

Happenings

September 2 (Mon) Labor Day Picnic at Boulware Springs

Our last picnic of the summer! We'll fire up the grills and have brats, salmon burgers, boca burgers, and dogs with all the fixins. ** BRING ** side dishes to complement the main courses and for dessert. Chandler will appreciate those who volunteer to man the grills!

We will provide enough main course for those who RSVP. Please RSVP before the weekend if you will be eating the main course so that we can buy enough food. (Find the RSVP link in the eNews, or on the News page in the Members Area on the GCC web site.)

Rides should be planned to meet at the park at 9 am; eating will commence by noon.

Boulware Springs is located on SE 15th St. See <http://gccfla.org/starts/ridelocboulware.html> for more detailed directions. We meet on top of the hill behind the pump house.

September 20 (Fri) Gainesville Senior Games

See page 4 for full information about this event.

October 26-27 Gainesville Cycling Festival

Registration for the Gainesville Cycling Festival is now open! Club members should sign in to the Members Area and use the short cut button there to ensure you get club member pricing (join the Club and save \$5 per ride!). Volunteers should wait to register until your assignment is posted (this ensures you get your free shirt and ride).

On Saturday, the Orthopaedic Institute Santa Fe Century will offer rides of 103, 68, 55, and 32 miles. The short option is the 18 mile Millhopper Ramble. Ride the 65 mile Gravel Challenge if you eschew the pavement!

Also on Saturday, in conjunction with the Santa Fe Century, will be the Sixth Annual Ride For Recovery. Participants can select the special event t-shirt available when registering for a Santa Fe ride.

On Sunday, the Horse Farm Hundred starts at the First Magnitude Brewing Company, which means a free craft beer when you finish the ride!

November 11 (Mon) Veterans Day Poker Run

Watch for further announcements about this annual event.

November 15 - 17 League Cycling Instructor Seminar

Receive training to become a League of American Bicyclists Cycling Instructor. The training is held in Sarasota and costs \$350. See full information on the News page in the Members Area.



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Gainesville Cycling Festival

Director **vacant**

GCC Web Page

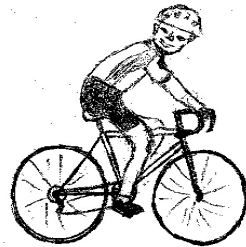
gccfla.org



Once upon a time we did a long form newsletter like this every other month, printed hundreds of copies, and mailed them to the membership. That got really expensive a few years ago, and most of our members are able to get this same

information via email.

This month's long form newsletter is needed due to the large volume of information to get to you. Hope you make good use of it!



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Gainesville Cycling Festival

CALL FOR VOLUNTEERS

The Gainesville Cycling Festival, which incorporates The Orthopaedic Institute Santa Fe Century and the Horse Farm Hundred, is coming up soon. Proceeds from the Festival are used to provide a donation to the Boys and Girls Club, and to supplement GCC dues to run the 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.

How to Sign Up

All volunteers should complete a Festival Registration, but only after getting your position recorded in the data base. CONTACT Colin Hines colinhines@gmail.com to get a volunteer slot BEFORE registering. When we have you in the system as a volunteer, you will get your choice of T-shirt, and those working multiple or longer shifts will also be eligible to ride one of the rides for free.

You can also sign up at the Labor Day Picnic.

Type of Help Needed

REST STOPS. Hand out food and water during the Horse Farm Hundred at First Magnitude, Flemington, the lunch stop at the Roberts farm, or the trail stop, and during the Santa Fe Century on Pre-Columbian Road, Watermelon Park, Worthington Springs, and DeSoto Park in Hague.

REGISTRATION. We will be open Friday evening, Saturday morning and afternoon at the Boys Club, and Sunday morning at First Magnitude and in Flemington.

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

money for gas.

PARKING. We'll need a few people to help direct parking at First Magnitude on Sunday.

We'll also be looking for help to load and unload the trucks before and after the rides, and clean up the week afterward. Prime positions at the packet stuffing party will also be up for grabs!

You can check on exactly which jobs are available by going to our web site and checking the Festival Volunteers page in the Members Area.



Pink Pumpkin Pedal-Off Discontinued

by Barb Wills

It is with deep sadness that we announce the discontinuation of the Pink Pumpkin Pedal-Off after 7 great years. As Co-Founder of the event, this has been a remarkable experience, and one that exceeded all of my expectations. What began as a way to honor the cancer journey of my fellow Co-Founder, Barb Thomas, and the memory of my mother who was lost to breast cancer, became a true labor of love for us all.

Because of all of our wonderful riders, sponsors and volunteers and with the help of the University of

Florida's donation multiplier, the Pink Pumpkin Pedal-Off delivered over \$3 million in research monies to further treatment-resistant breast cancer research. In that time, several significant research milestones were reached. It is our honor to be a part of that success.

Although we realize this announcement may be met with some degree of shock and sadness, circumstances are such that we were forced to choose between giving a meaningful donation to the university and delivering a great experience to our riders. We hope you understand that impossible choice.

Please know that we will forever keep our breast cancer survivors and fighters in our hearts and minds. You are not alone and we will continue to fight alongside you.

Thank you all for a great run! We wish you all the best.

Barb Wills
Co-Founder

Gwen Creel
Event Co-Organizer

Annual Gainesville Senior Games

Are you 50 or older? If so, come on out and test your cycling skills at the 19th Annual Gainesville Senior Games 5K and 10K time trials on Friday, September 20. Compete against other riders in your age group -- or just to see how well you can do! This is a friendly event, so don't be afraid to participate.



The time trials start at 9:00 am at the Gainesville Raceway. This local Senior Games is sanctioned by the Florida Sports Foundation and is a qualifier for the Florida State Championships. The top five athletes in each age group will qualify for the the state games in Fort Lauderdale in December.

Details and registration can be found at www.gainesvillesportscommission.com.

Evening Ride, Anyone?

Do you ride after work? Would you like some company? Would you like extra insurance coverage while you're riding?

The main purpose of the Gainesville Cycling Club is to make it easier to get groups together to ride. To do that we have a ride calendar on our web site. All we need is someone to step up and be a ride leader to get a ride on the calendar.

If you would like to lead a weekday evening ride, the best way to get started is to have your weekend ride group captain designate you as a

Ride Leader. Once done, you can then post your ride from the Ride page in the Members Area. You could also post an Ad Hoc ride, but you will have much less control over the post and will not have an established group to draw from.

Rides can range from an out-and-back on Millhopper Road, a cruise down the Gainesville-Hawthorne Trail, to a road ride that just gets in before dark. We need YOU to post a ride!

MORE RETRO JERSEYS IN STOCK

We expect to have most sizes of the Retro jersey available at the Labor Day Picnic. We also have men's Classic jerseys in medium. Women have a wide variety of choices in scattered sizes.

What is an e-bike?

An e-bike is a regular bicycle with a battery and a small motor that assists the rider while riding. I bought a Trek e-bike, but be aware that a regular bike can be converted into an e-bike. There are several places in town that can do this.

I got mine because due to a medical condition (that's my excuse and I'm sticking with it) I was having a lot of trouble keeping up with even my own group and walking up many very moderate hills. My e-bike solved those problems with room to spare.

Usually there are four levels of assist. You control your speed with your feet, just like with a regular bike, you just have more to show for the same amount of effort. The e-bike is not meant to do the riding for you. When you stop pedaling, the bike stops assisting.

There are many types of e-bikes. A lot of them are designed for short errands around town. These bikes have a very limited amount of mileage before the battery needs recharging. If you are getting an e-bike for use on club rides make sure the bike has the range that you would like to ride.

Naturally, the higher assist levels will use up more battery charge than the lower assist levels. Even though my rides are usually in the 30-35 mile range my bike will get 70-80 miles on a charge if I stay in the lower two assist modes.

I will discuss e-bikes in more depth in a future article. (NOW ONLINE!)



Commuter's Corner #10: Beyond the Wall of Fear

by Stephen Perz, LCI

It is unquestioned truth to most cyclists that riding in the street is a death wish and tantamount to suicide. Rare is the cyclist who has gone beyond this, the wall of fear. Well, I have, and here I report back on my experience. I am pleased to report that I am still alive. I am also happy to say that this experience has proven to be pleasantly surprising. Ironic, even.

Yes, it did begin with opprobrium from some motorists, you know, with the honking horns. But it is also true that the phenomenon of acclimation reported by other commuters, where the motorists get used to having cyclists around, has also transpired in my case. I've now done this for nearly three years, and the honking and so forth have declined to nearly nothing. I have become accustomed to taking the lane and riding along my merry way. I have gone beyond the wall of fear.

But here the real story begins. For I have become a denizen, an inhabitant of the lane. The lane is no longer something I "take", it is now something I rightfully occupy and own. I therefore have expectations of my fellow travelers, whatever their transit mode: not only for their respect, but also their unflinching attention to what they are

doing, and thus competence in their driving.

For beyond the wall of fear, I no longer experience that cold chill of rejection one feels when some ignorant motorist opts to lean on their horn in hopes of re-establishing the car-only order of the street. Nowadays I ignore their intent to get me out of their way, and focus on the fact that it is useful that they let me know they are there, and that they are signaling that they can see me. I feel downright safe. And they always go around. I wave and smile.

I also no longer feel disappointment when waiting for unwitting motorists who lose everybody's time at the light because it turned green while they were still scrolling thru all those cat pictures on their stupid phone. This now pisses me off, so I bellow at them to get their heads back where they belong: focused on what's in front of their vehicle.

That's right, you read this correctly: BEYOND THE WALL OF FEAR, IT IS THE CYCLIST WHO DOES THE YELLING. HEY, SOMEBODY HAS TO KEEP THE TRAFFIC MOVING. Maybe I should get an airhorn. And duct tape to stick it on my bars.

There is more. Remember Lance Armstrong's "The Look" on L'Alpe D'Huez back in 2001? Beyond the wall of fear, I have come to employ the same "look back" (and hand signals) at the drivers whose cars I am about to move in front of when preparing to turn left, and for the same reason: it is not only a signal of intent, it is also intimidating. They don't want to run over the vulnerable cyclist from behind, and they know why. So they slow down, I take the next lane, and then I make my turn. Groceries, anyone?

Beyond the wall of fear, it is the cyclists who manage the lane. I will straighten out the inattentive in traffic, so it flows predictably. I will wave back at the police who celebrate that I stopped at that yellow light. I will glare and snarl at the motorists when they are on their phones, when they fail to yield, when they fail to signal.

Beyond the wall of fear, the street is a wonderful place, where cyclists achieve oneness with the traffic, because the motorists take instruction. May there be more cyclists there to provide it in the years ahead.

**Gainesville Cycling Club, Inc.
Income Statement June 30, 2019**

General Club Operations

Revenues	14,752.93	
Expenses	11,295.62	
Surplus		3,457.31

Gainesville Cycling Festival

Revenues	28,856.00	
Expenses	25,441.94	
Surplus		3,414.06

Brevet Series

Revenues	4,066.00	
Expenses	1,188.22	
Surplus		2,877.78

GCC Jerseys

Revenues	400.12	
Expenses	257.40	
Surplus		142.72

Merchandise

Revenues	1,735.00	
Expenses	1,503.42	
Surplus		231.58

Major Donations

Florida Bicycle Association	2,000.00	
League of American Bicyclists	1,000.00	
Active Streets Alliance	1,000.00	
Loss		(4,000.00)

Special Event Support

Ride To Remember	304.25	
Loss		(304.25)

Overall Surplus 5,819.20

Statement Notes

The GCC had an up financial year in FY2019 (July 1, 2018 - June 30, 2019).

Two things combined to boost our overall bottom line. This is a Paris-Brest-Paris year, so the Brevet series ran the full four events (200k, 300k, 400k, and 600k). Also, we completed implementing a planned change to the way we support non-GCC events. While we are continuing to supply insurance coverage for these events in Gainesville, we pay for it from event proceeds rather than from the Club treasury.

Recent Years Overall Results

FY 2018	1,767.80
FY 2017	(2,042.09)
FY 2016	4,423.48
FY 2015	234.75
FY 2014	4,865.40
FY 2013	(3,939.90)
FY 2012	1,978.27
FY 2011	3,509.37
FY 2010	(722.08)

Prior to this, we did not have a bookkeeper, and did not have comparable financial statements.

WELCOME TO OUR NEW BUSINESS SPONSOR



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The GCC elects its Board of Directors each January. In our history, we have had two contested elections; all others have been by acclamation.

We invite all members (who will have been a member for at least a year by January 1) to compete for a position on the Board.

The Board consists of the officers of the Club, most of whom have specific assigned duties. The current Board will select 11 of the following positions to comprise the 2020 Board:

President

Responsible for the overall operation of the Club. Conducts meetings of the Board of Directors and the general membership.

Vice President

Assumes the duties of the President when the President is not available, and performs other duties as assigned by the President and/or the Board.

Secretary

Maintains the legal records of the Club. Takes minutes at Board and Club meetings. Supervises the Historian.

Treasurer

Maintains the financial records of the Club. Manages the Club funds. Manages the governmental requirements of the Club (annual corporate registration, sales tax, tax returns). Supervises the financial record keeping functions.

Chief of Staff

Responsible for the day-to-day administrative operation of the Club. Performs or supervises the following functions: Membership Secretary, Membership Card Laminator, Bookkeeper, Webmaster, Data Base Manager, Web Content Manager, Warehouse Manager, News Editor, Advertising Manager, Jersey Manager, Bike Store Liaison, Email List Manager, Photographer, Insurance Manager, Bike Case Manager, Facebook Admins, Storekeeper.

Picnic Manager

Responsible for the overall process of supplying and staging GCC picnics. Activities include proposing picnic dates and venues to the GCC Board, arranging for use of facilities at picnic venues, coordinating with the Equipment and Supplies Manager and the Fluids Manager, finding a Venue Manager for each picnic, publicizing the picnic, and arranging for or providing a main course food item.

Ride Captain

Supervises the riding programs of the Club. Performs or supervises the following functions: Club Safety Officer, Insurance Officer, Group Captains.

Gainesville Cycling Festival Director

Puts on the Gainesville Cycling Festival. Supervises a vast staff of volunteers.

There is no incumbent for this position.

Brevet Administrator

Puts on the Gainesville Brevet Series.

There is no incumbent for this position.

Membership Services Director

Contacts all new club members to welcome to them to the club and answer questions about how to participate in club activities.

Publicity Director

Arranges for publicizing the Club and the Gainesville Cycling Festival. Produces advertising materials.

Member At Large

This persons prepares to assume another position on the Board by observing and assisting for one term. Members are limited to one elected term in this position.

The Board meets monthly, currently on a Monday evening at 7 pm.

Contact any Board Member if you are interested in running.

Ryan Rides Mongolia

by Kimberly Sarah

Woohoo Ryan Saylor! Preliminary results, as folks are still racing. But looks like he killed it today and moved up. Lucky 7 overall for #77! 2nd place in his division. 1st from USA. I guess all those hours of training paid off!

(GCC Member and jersey sponsor Ryan Saylor competed in the Mongolia Bike Challenge, finishing 7th overall.)



Ryan Saylor
The Cyclists's Realtor
352-870-RYAN



From the event web site <http://www.mongoliabikechallenge.com/> : Former US-American Cat 1 amateur road racer Ryan Saylor said today that it had been exactly that promise of experiencing such unique landscapes and views that made him come to his first MBC.

“I’ve just never been to this part of the world and when I saw the videos and photos from last year, that really caught me and made me want to do this. I love trying out destinations that are not regular for most people.”



The Gainesville Cyclist 5015 NW 19th Place Gainesville FL 32605-3435

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The Gainesville Cyclist is published occasionally. All submissions are welcome.

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BUSINESS SPONSORS

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

Bikes & More	15%	373-6574	2113 NW 6 th Street	www.bikesandmoregainesville.com
Chain Reaction	10%	373-4052	1630 West University Avenue	www.chainreactionbikes.com
Coach K Fitness	20%	246-5514		http://coachksp.com/
G-DO REDO (plumbing)	10%	494-2695	8630 NW 35th Rd	http://plumbinggainesville.com/
Gainesville Cycle	10%	374-2064	919 W University Ave	www.schwinnshop.com
Gainesville Eye	15%	333-1186	12921 SW 1 Road, Ste. 107	http://www.eyecare4all.com
Gator Cycle	10%	373-3962	1700 NW 13 th Street	http://gatorcycle.com/
Goodbike	10%	327-3727	210 NW 10 th Ave	http://goodbikeshop.com/
Pedalers	15%	353-8712	(Exotic cycling tours)	http://pedalers.travel/?club=GCC&prct=15
Perfect Point Acupuncture	20%	284-5937	2720 NW 6th Street Suite 3	http://marcywilson.com
Specialty Machining	10%	472-5130	25430 NW 8th Lane Suite 100	http://www.specialtymachining.net
Super Cool Bike Shop	15%	371-2453	3460 W University Ave	www.supercoolbikeshop.com
The Athletes's Den	10%	514-1784	3417 NW 97 th Blvd	https://theathletesden.com/

Some restrictions apply, ask for details at the stores.