Club Happenings

December 5 (Sat) Holiday Party
See full details on page 3. Potluck dinner at the Merkner’s, 6 to 10 pm, bring an inexpensive but desirable gift for the game.

December 6 (Sun) Adopt-A-Road 3 PM
This will be the last Adopt-A-Road cleanup for this year, a good opportunity to work off those calories consumed the night before at the GCC Holiday party. So if you’re interested in helping, dress accordingly and show up across from the Micanopy Pearl station on US 441 at Angle Rd. (CR 234). Afterwards we’ll be eating pizza (location to be announced at the cleanup).

December 13 (Sun) Annual Christmas Bike Fixup
Each year, The Gainesville Cycling Club spends a day helping the Gainesville Police Department do the final check over and tuning of 50 bicycles that will be given to underprivileged children. We will meet at a warehouse on North Main Street near Saturn of Gainesville. Please contact Chandler Otis at 377-1728 or chandler34@juno.com (or watch the email list) to find out final details.

Everyone can help! Even if you don’t know anything about bike mechanics, you can help by cleaning, by driving to get parts or supplies or by lending moral support. If you would like to help, please talk to Chandler. If you have children’s bikes to donate bring them or call Chandler to have them picked up.

This is the GCC’s community service project and is the reason that the Gainesville Police Department helps us each year with the Horse Farm Hundred.

December 26 (Sat) Memorial Cleanup, Lunch, and Ride
Help clean up the Depot Road Memorial starting at 8:30, potluck lunch from noon to 1:00, and then ride. See full details on page 3.

January 1 (Fri) New Year’s Day Ride 10 AM
Meet at the Plaza of the Americas. Note the later starting time to allow more time for recovery from a late night.

January 9 (Sat) Hunters Crossing Pedalers Do Lunch in High Springs
The Hunters will start as normal at the GRU facility, and go to High Springs for lunch.

January 23 (Sat) Chilly Chili Ride
Meet at O’Leno State Park a few miles north of High Springs on US 441 at 9 am and either ride the trails in the park or the roads in the area. Then gather to eat Chandler’s Chili and other good stuff you bring. Entry to the park is $3.25 for a car or $1 for a bike.
President's Message

Men In Black?

Imagine a scenario where our Air Force is economically bankrupt from repeated Mid East operations, but still required to go in to Baghdad for the 637th time to threaten the communications infrastructure there as a warning to Saddam to play nice. A maverick Air Force Lt. comes up with a brainstorm for the limited budget and assembles a crack team of former Stealth F-117 pilots to ride bikes into town at night after parachuting to the city limits from a DC-3 borrowed from a friendly third world nation. Their mission; to plant radio-detonted niobium nukes near government buildings under the cover of darkness. The bikes are not ordinary, they are flat black, with all the shiny gears and bits covered, all reflectors gone, no lights. The pilots (cyclists) are not ordinary either. All will wear black clothes, black gloves, black balaclavas, everything dark and non-reflective, all have excellent night vision allowing them, almost, to see in the dark. In effect they will be 'stealth' cyclists. These are all brave men, volunteers for what has been deemed a 'suicide' mission. "If the Iraqi troops don't get ya', the Baghdad traffic will!", cautions the Lt. to warn off the weak.

Why have I blown the cover on this top secret military mission so vital to our country's well being? Because its so very real! Every night I see those brave men out training right here in Gainesville on our city streets. Barely see them would be more accurate, their camouflage is so effective. I have lost count of the number of times I have nearly bounced one of these brave stealth men in black with my car. I know that these cyclists are not GCC members because they rarely have helmets and I know GCCers are far too smart to ride a bike without wearing a helmet. I also know that no GCCer is inclined to ride at night without lights, reflectors and light colored clothing, because no GCCer is training for a 'suicide' mission. And finally, I know that all GCCers understand that it is their 'mission' to make themselves as visible as possible so that people in cars (who we know are not our enemies) can see them and avoid 'taking them out'.

So when you see the Stealth guys out training, stop them and thank them for their selfless sacrifice, but as civilians, lets not try to emulate them. Safe night riding.

Following winds, my friends.

Rob Wilt

Jersey

We now have eight names on the jersey list. Put your name on the list NOW so that we can build up enough names to start an order. Call 378-7063 or email RCPBIKE@aol.com with your size.

Primo has a few jerseys left. Sizes are men’s small and women’s small and medium.
Cleans up, Bike Ride slated for Dec. 26

A cleanup of the area around the bicycle memorial, followed by a bike ride on the Gainesville Hawthorne Trail is scheduled for Saturday, December 26. That day is the second anniversary of the terrible accident that claimed the lives of Doug Hill and Margaret Raynal, and injured four members of our bike club.

All events are at the Bike Memorial, at Depot Avenue just east of Main Street. The cleanup will be from 8:30 to noon, followed by a pot luck lunch from noon till 1 p.m. Informal bike rides will leave the Memorial starting at 1 p.m.

The cleanup will begin at 8:30 a.m. at the memorial. Please bring gloves and any tools you can. Lawn mowers, weed whackers, rakes, shovels, wheelbarrows and any other lawn maintenance tools are needed. If you can help for one to two hours, that would be great! The area around the memorial is littered and is looking neglected. We should make the memorial look nice to honor our friends.

At noon, following the cleanup, there will be a potluck lunch. The Club will provide Gatorade and water and paper plates and utensils. Chandler will bring a kettle full of some concoction. If you are not able to help with the cleanup, please bring a covered dish to reward the hungry cleaners.

At 1 p.m., there will be an informal bike ride to the Gainesville Hawthorne Trail. Ride leaders are needed to lead rides of 10 to 50 miles. If you have a particular route you would like to ride, please call Chandler at 377-1728 or E-mail him at chandler34@juno.com.

If you would like to help or organize some part of this event, please call Chandler Otis at 377-1728 or E-mail him at chandler34@juno.com.
Holiday Party

Gather at Jim and Mary Lou Merkner’s new residence at 2401 NW 27th Lane. From Glen Springs Road (NW 23rd Blvd between NW 13th St and NW 34th St) take either 23rd Terr or 24th Terr south to 27th Lane.

Bring something for a pot luck dinner. The club will provide sodas. We will have a prize for the dish that is voted best.

We will be playing the two popular games that we have been using for the last two years. When you arrive, Lauri Jenkins will pat you on the back, leaving your new identity pasted there. No one can tell you who you are, but they can answer questions that you have about yourself. When you figure out who you are, move your new name to the front. Last year’s event was illuminated with celebrities such as Marilyn Monroe, Bill Clinton, and George Washington. Can we look forward to a return visit from Djamolodene Abdujaperov this year?

You need to bring an inexpensive wrapped gift for the next game. We’ll draw names until everyone has had a chance to play. When your name is drawn, you have the option to pick a gift from under the tree, or to steal one that someone else has already opened. But choose wisely, you only get to steal twice during the evening. If your gift is stolen, you then choose or steal another. The game ends when the last gift is taken from under the tree.

Sliders Give Birth

As they were born from the Hunters, the Sliders have given birth to a new group, the Spinners. Still closely allied with the Sliders, the Spinners (captained by Larry Bowman) move a bit faster, averaging around 17 mph.
Off Road

by Brian Raisler

As those of you who subscribe to the mailing list already know, I cracked the frame of my mountain bike recently. I did complete the recent race in Gainesville with the cracked frame. But now the frame is on its way out to the manufacturer to hopefully fall under warranty and be replaced. So I am without my off-road rig and suffering through a little bit of withdrawal. Sure I have my road bike that I could ride (and I will) but it is just not the same. So what do I do when I can’t ride my mountain bike… well, sometimes I look for mountain bike information on the Internet. This time I will take you along for the trip.

http://www.afn.org/~bike/

I couldn’t start an internet tour without first visiting our own homepage. If you haven’t seen the homepage yet or haven’t been back to visit it lately, it is definitely worth a look. Thanks largely to our own Roger Pierce we have a very well organized and useful web presence. I heard a comment recently from a non-member that our club web site was one of the best that he had seen. You can find out about what rides are meeting where and when, club special events, and links to other clubs and cycling sites around Florida.

http://members.aol.com/FlaMap/bargeC.html

One of the links from the GCC homepage, but definitely worthy of its own mention in my column, this site focuses on the offroad trails at Barge Canal/ Santos Trail Head just south of Ocala, FL. If you haven’t ridden at Barge Canal, you are missing a wonderful experience. There are trails there for all types of riders whether you are looking for a family outing or some more challenging technical riding. With the recent extension of the Spider Kingdom trail, I would estimate that there are at least 30 to 40 miles of beautiful trails to be ridden. The trails are well marked and maintained largely through the efforts of the Ocala Mountain Bike Association. Best of all, the trails at Santos are free to ride. That’s right! Just drive down, park, and ride to your heart’s content… or until your legs give out. This web site will give you all sorts of information about the trails including directions of how to get there and maps of the trails for when you are there. There are also stories of people’s experiences riding there as well as a few choice photos.

http://www.goneriding.com/

This web site is from the promoters of the Florida State Championship series of off road races. Since I participate in the series, this web site is a fairly frequent flier for me. You can find out about race results and upcoming events. Maybe you are thinking of racing sometime and want to see how you might stack up against the competition. Grab your cyclocomputer and compare your average speed with some of the racers. Maybe you want to check on the point standing of that racer that you know from the bike shop to see how hot he or she really is. This is the place to find out. There is also a links page with sites of interest to racers.

http://www.mtbr.com

The last site for my column is also one of my favorites. I keep finding useful information at this site. It is a resource that I keep coming back to again and again. I can’t say enough about this site, but let me give it a try anyway. The heart of the site, or at least where it started, is a cross referenced list of bikes, bike parts, accessories, and toys with reviews written by real riders. If you are wondering whether to buy this bike or that one, whether to upgrade your fork or not, or just what is the best type of clipless pedal, this is the place to look. The reviews are all written by regular riders who rate the equipment that they have used. The quality of the reviews does vary since they are written by every rider from the 12 year old kid down the street to experienced bike mechanics and serious racers. From there, the site has grown and now offers so much more. One of the most valuable sections for me is the Marketplace. Mountain bikers and roadies alike post messages here for items they have for sale or things that they want to buy. All of the postings
are free and the interface is like a bulletin board and pretty easy to use. The deals are there to be had… with a caveat. You are dealing with individual people so a little caution is suggested. COD works well and is the method of choice for most transactions. That said, I have bought several items from different people through the marketplace and have found people to be very friendly and accommodating. The site also features many other sections dealing with other areas of interest to all cyclists. Definitely put this site on your list to visit. That wraps up the report for this time. Hopefully my bike will be rebuilt and I will have a much more active report next time. Rides will continue to be announced through email. If you don’t have email and want to ride, just give me a call at 338-4594 and I will tell you where and when the next ride will be.

Ride on, Brian Raisler
GCC Offroad Director

New on the Home Page

The GCC Roster is now available online, but only if you have the password! If you are a member, the password is on your mailing label. It is case sensitive (use upper and lower case letters as indicated). The password will be changed with each newsletter. The program will store the password in a cookie, so that you will only need to enter it when it has changed. As with the printed roster, the online roster is for members personal, noncommercial use only; please safeguard the password. The roster has active links to members’ email addresses; click on the address to compose email to the member. The roster is on a commercial site (that allows for passworded access) so there will be an ad banner at the top of the page.

The publications for all years from 1992 on are now complete. Earlier years will be completed as time allows; since they are not computerized, they will need to be scanned and proofed.

The first pictures from the Horse Farm Hundred are now online on the Gainesville Cycling Festival page.

Dead Man’s Curve

As you near the end of the Gainesville Hawthorne State Trail coming into Boulware Springs, about a mile out, you go through an exhilarating whoops-se-do and then start down a gradual incline along the power line easement. It is very easy to build up quite a bit of speed on this incline without realizing it. Then the trail abruptly makes a sharp 100 degree right turn into the woods, “Dead Man’s Curve.” The unaware cyclist will be hard pressed to stay on the trail, and will frequently be forced to the far left edge of the pavement. In August, Bud Jones learned about this turn the hard way; the ambulance crew had to cut the lock on the trail gate to get to him (he recovered in plenty of time to ride Cycle Oregon a month later). In October, one of our guests on the Horse Farm Hundred rammed a child who happened to be in the right place at the wrong time; the result was $200 damage to the riders bike and severe bruises for the child.

We have been told that the State intends to put up a warning sign for Dead Man’s Curve, someday. Be aware that the beautiful first three miles of the Gainesville Hawthorne State Trail, with all of the hills, turns, breathtaking scenery, and blind corners, is also the most heavily used portion of the trail. Expect to see lots of kids on small bikes, roller bladers, pedestrians, bounding deer, and even (though illegal) dogs on leashes. High speeds in this area are uncalled for and dangerous. On the rest of the trail you can see far enough to slow down when encountering other traffic; in the first three miles you frequently cannot. Gear back to 15 mph and enjoy the scenery.
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.

For Sale: 1989 Giant "Iguana" mountain bike. Red. 21" (X-Large) frame. A fixer-upper perfect for a tall person looking for a bike to ride to work or school. I will throw in a set of Zefal fenders if you want them. Call Craig at 475-1825 or e-mail thelees@atlantic.net.

All of the following items are offered by Rob Wilt, 380-0561.

CYCLO-CROSS TIRES - AVOSET Cross 700c x 35c, $15 for pair

WET SUIT - BAILEY nitrogen blown neoprene, 5 mm, black and red, long sleeve. Plush nylon inside & out. Spine pad, key pocket, clean, medium, fits man or woman $ 60

Ortofon CARTRIDGE (Dual TKS 55E with DN 155E biradial stylus). Provided as original equipment on Dual CS 627 turntable. Has only a dozen or so playings on the stylus. Was displaced by a Shure V15 type 5. This model originally sold for $115. Excellent overall characteristics, low tracking weight. Will sell for $50.

INDUCTIVE AMPLIFIER - Progressive Electronics Inc. Model 200B. Hand held model with speaker. $ 25.

RAM, 30 pin SIMMs 1mb x 9, 80ns, $5 each, 4 available

RideLine Volunteer Needed

If you would like an important but relatively easy role in the Gainesville Cycling Club, we are looking for someone to keep the RideLine updated. You must be on the email list to do this job.

On most weeks, a generic announcement about our regular starting times and places is all that is required. Only when there is something special, such as a holiday ride, an out of town ride, or a party is a special announcement needed.

If you are interested, give Roger Pierce a call at 378-7063.

Rob and Andrew discuss their Horse Farm ride
RIDING GROUPS

A Riders. (no Group Captain). Fast paced rides. The main group usually goes two to three hours this time of year. There is frequently a small group that will go longer. The ride may become very fast for some periods. Team Florida often rides with this group on Sundays.

Giders. Andrew Gill, 338-9205, apgill@gnv.fdt.net. Rides in the upper B range (18-19 mph average). Rides will normally be around 50 miles in length.

Spinners. Larry Bowman, 495-2305, jjrider@hotmail.com. Rides in the mid B range (16-17 mph average) on Saturdays, usually from GRU.

Sliders. Bill Boyette, 338-2945, tteyob@aol.com. Paul Zimpfer has been subbing for Bill recently, 462-5003. Rides in the lower B range (15-16 mph average) on Saturdays. Meeting times and places are sent to group members by email about a week before the ride.

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

Newmans 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 35 mile ride.

Centurians. Roger Pierce, 378-7063. Hundred mile rides and up. We do many out-of-town invitational centuries. Group members usually ride with the A Riders on weekends.

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.

Off Roaders. Brian Raisler, braisler@ufl.edu or 338-4594. Meeting times and places usually announced via email on the club list (gcc-fla@cycling.org).

Feet First. Bruce Bush, bruce@musician.org. Recumbent bicyclists. May do one or two rides a month, announced on the club email list.

REGULAR STARTING TIMES AND PLACES

GRU FACILITY RIDES
(On NW 53rd St, north side, just west of NW 43rd Ave)
SATURDAYS
Sliders, Spinners, Giders, and Hunters Crossing Pedalers meet at 9 am (but check email for time and place updates).

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MERICAS RIDES
(University of Florida campus in front of Library West under the walkway)
SATURDAY
A Riders meet at 9 am.
Off Roaders meets at 1 pm (check email)

SUNDAY
Giders, A Riders and Newnans Lake Riders
meet at 9 am.
Dec 4-6  **Secret Santa Weekend**  
*White Springs FL*

Saturday there will be a forty mile ride into Live Oak to visit the Christmas Festival. Sunday there will be a century ride (35, 50, 64, or 101 miles). Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. (904)397-2347

Dec 13 (Sun)  **Tour of Boca**  
*Boca Raton FL*

A police-escorted tour of Boca (run monthly through the winter). Registration starts at 12:30 pm and the ride at 1 pm; fee is $2. Start at Patch Reef Park (corner of Military Trail and Yamato Road), rest stop at Rutherford Park. Children must be 10; those under 14 must be accompanied by an adult. Elaine Buri (561)391-8791.

Dec 21 (Mon)  **7th Annual Winter Solstice Century**  
*Tallahassee FL*

Meet at the St Marks trailhead at 8 am. YOYO. (850)224-7729 or (850)297-1893.

Jan 1 (Fri)  **YO-YO Century**  
*Orange Park FL*

8am, from Orange Park Schwinn on US 17 (Park Avenue), at Campbell St., or 9am, from Cove Plaza, the PINK!!! shopping center, SOUTH of Green Cove Springs, on US 17, just south of SR 16 East. You're On Your Own for 45, 75, or 104 miles. Jeanne at (904)264-7168 or (904)260-1126

Jan 10 (Sun)  **200 km Brevet**  
*West Palm Beach, FL*

124 miles, the first ride of the 1999 Brevet series for qualification for this years Paris-Brest-Paris. Jim Solanick (561)433-8796.

Jan 10 (Sun)  **Tour of Boca**  
*Boca Raton FL*

See Dec 13 for details.

Jan 15-17  **Sebring Tandem Weekend**  
*Sebring FL*

Kenilworth Lodge (800) 423-5939 or (941) 385-0111. Joshua Feingold, STW '98, 244 SW 180th Ave., Pembroke Pines, FL 33029.

Jan 16 (Sat)  **IDIDARIDE**  
*White Springs FL*

Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 904-397-2347.

Jan 22-24  **Tallahassee Fat Tire Festival**  
*Tallahassee FL*

Primarily a racing event, but also has "Guided Rides" and other entertainment. Tom Brown Park, (850)942-2379.

Jan 24 (Sun)  **Boca Raton News Boca Bike Festival**  
*Boca Raton FL*

30, 62, or 100 miles, and a police escorted family ride of 15 miles.

Jan 29-31  **Tour De Cape '99**  
*Cape Coral FL*

Saturday 15, 31, 62, and 100 mile through scenic Cape Coral. Sunday 30 mile "Ground Hog Day" ride which begins with a continental breakfast. Call (941)574-0801 or fax (941)574-0822 or write Cape Coral Parks & Recreation, Special Events Division, 4537 Coronado Parkway, Cape Coral, FL 33904.

February 6-7  **300k Brevet**  
*West Palm Beach FL*

186 miles, the second ride of the 1999 Brevet series for qualification for this years Paris-Brest-Paris. Jim Solanick (561)433-8796.
February 12-14

**Suwannee Sweetheart Cycling Weekend**

*White Springs FL*

Call Jeanne at (904)264-7168 or (904)260-1126.

February 14 (Sun)

**Tour of Boca**

*Boca Raton FL*

See Dec 13 for details.

March 5-7

**Breast Cancer Ride For Life**

*West Palm Beach FL*

Ride to Orlando, 188 miles in 3 days. $1200 minimum funds raised. Breast Cancer Ride For Life, PO Box 442, Goldenrod FL 32733. (407)677-4728.

March 6-7

**400k Brevet**

*Sebring FL*

Kenilworth Lodge. 248 miles, the third ride of the 1999 Brevet series for qualification for this years Paris-Brest-Paris. Jim Solanick (561)433-8796.

March 14 (Sun)

**Lake Weir Kiwanis Tri-County Tour**

*Weirsdale, FL* 20, 40, 60, or 100 miles through the rolling hills of Marion, Lake, and Sumter counties. Kiwanis Beach on scenic Lake Weir in Weirsdale, Marion County. Glen (352-821-4653) or Julie (352-624-9237).

March 14 (Sun)

**Tour of Boca**

*Boca Raton FL*

See Dec 13 for details.

March 21

**First annual Royal Palm Classic**

*Fort Myers FL* 100/62/45/15 miles. 8 AM from Buckingham Park. I-75 Exit #23 to signs. Caloosa Riders, PO Box 870, Fort Myers, FL 33902. (941)549-1366.

March 26-28

**Red Ribbon Ride**

*Orlando FL*

AIDS benefit. The three-day, 275 mile journey averages 90 miles per day. Minimum $1,250 in donations before the ride. 1(888)658-2453.

March 27 (Sat)

**Tour de Ranch**

*Vernon FL* 100/62/25 miles. Panama City Flyers Cycling Club, P. O. Box 15966, Panama City, FL 32405. (850)872-8166 fax (850)769-8334.

March 28 (Sun)

**15th Annual Strawberry Century**

*Plant City FL* 30/62/100 miles. Lots of Strawberries! Belinda Carlson (813)985-5933 - FAX (813)985-7462.

April 4-10

**Bike Florida**

*Daytona Beach FL*

Daytona Beach to Crystal River to Gainesville. Fully sagged, rest stops, indoor and outdoor camping and entertainment. $100 registration fee. Mike Caleen (407)943-7992.

April 11 (Sun)

**Tour of Boca**

*Boca Raton FL*

See Dec 13 for details.

April 17-22

**The 19th Annual Florida Bicycle Safari**

*Live Oak FL*

Florida Freewheelers. PO Box 916524, Longwood FL 32791. (407)788-3446 fax (407)788-7433.

April 17-18

**16th Annual TOSRV South**

*Quincy FL*

VOLUNTEERS

Horse Farm Hundred Rest Stops
Bill Cochran, Aid Director
Diann Dimitri, Assistant Aid Director
Jan Lautner, Morningside Crew Chief
Joanne Malles, Irvine Crew Chief
Arnold Betancourt
Bud Jones
Toru Matsuzaki
Jeff Meyer
Chieko Matsuzaki
Suzanne McDowell
Nancy Groome
Joanne Cochran
Gary Kirkland
Michael Malles
Robert Malles
Mary LaPlante
Heather Rolfe

Horse Farm Hundred Route Crew
Linda McMahon, Course Marshal
Chandler Otis, Pavement Marking
Barry Gibbons, Course Signing
Marty Tod, SAG Driver
Paul Zimpfer, SAG Driver
Jim Merkner, SAG Driver
Sean Nickerson Pace Car Driver

Santa Fe Century Route Crew
Bill Boyett, Course Marshal
Chandler Otis, Pavement Marking
Tim Strauser, Course Signing
Richard & Debbie Rowland, SAG Drivers
Jim Twomey, SAG Driver
Rick Smith, SAG Driver
Clare Jones, SAG Driver
unknown citizen, SAG Driver
Rob Wilt, Pace Car Navigator

Registration Crew
Roger Pierce, Registrar
Mary Lou Merkner, Irvine Chief
Rebecca Quandt
Mike Cochran
Karalisa Hartigan
Richard Colbert
Kim Davidson

Photographer
Maureen Petersen
Gainesville Cycling Festival

Many thanks to all of the volunteers who made this year’s Horse Farm Hundred and Santa Fe Century great successes. 241 riders headed out on the Horse Farm Hundred, and 212 on the Santa Fe Century and Millhopper Ramble.

As usual, our rest stops were thoroughly stocked with only the best stuff. This year we outdid ourselves on the Horse Farm Hundred. In addition to the deliciously decadent muffins available at the start, we had fresh homemade brownies available at lunch...umumum good!

And of course the great weather gave us the smallest number of no shows on record (56 less than last year!). Mark your calendars for next year, October 9 and 10, 1999.

First century riders arrive at lunch
MORE ON FALLS

While you are riding your bicycle, you are constantly (without realizing it) making minute corrections with your steering to maintain your center of gravity directly over your bicycle (we call this "keeping your balance"). Anything that prevents you from doing this will lead to an instant fall.

The most common thing that will prevent you from steering is getting your front tire up against the tire of the bicycle in front of you. This won't affect the rider in front, but you will eat gravel.

Railroad tracks that cross the roadway at an angle are a classic problem. As you approach such tracks, check for traffic (and stop if necessary until there is a break). Then approach the tracks so that you cross them as near to perpendicular as possible. If you cross too close to parallel, your front wheel may be sucked into the gap next to the rail, resulting in an immediate over-the-bars stop.

A more insidious problem is parallel cracks and ridges in the roadway. If your tire gets up against a ridge or into a crack for just a moment, that will be all it takes to get your center of gravity off to one side, at which time you will get a dramatic demonstration of the effectiveness of gravity. A ridge of as little as a half inch can do it. In particular, look out for these ridges on CR 318 in Marion county on either side of Ft McCoy. Watch for cracks along the edges of roads with obvious deterioration in the pavement; the cracks form between ancient narrow underbases and more recent widenings, right where we ride. Also, on the University of Florida campus there are some significant cracks between slabs on older concrete roads.

Bicycle Trails at San Felasco State Preserve

A small committee of interested off-road cyclists met at the home of Brian McAllister in early October to review maps and receive an update on trail building status. Lys Burden had participated in the preserve's management planning process in 1997 and helped incorporate trails and more bicycle access in the new 5-year management plan. A network of bicycle and horse trails is slated for the new acquisition land on the east side of the preserve behind the Progress Center on US 441, south of Alachua.

These new trails will be developed under the auspices of the preserve's "CSO" or citizens support organization, called the "Friends of San Felasco." Any and all cyclists who would like to help with this project are encouraged to join the CSO ($10 per year) and participate in their activities. To that end Lys Burden and Dan Brant of High Springs helped with the CSO's trail clearing and annual horseback ride fundraiser in early November.

In late October Marlie Sanderson and Lys Burden met with Preserve Manager, Randy Brown, and were escorted by him through the area for a couple of hours on a survey trip. Approximately 1,500 acres of varied terrain, lakes, creeks, sloughs, hills, ridges, sink holes, open fields and ancient oak fence lines comprise the tract. Both Marlie and Lys are excited about the trail potential. Marlie noted that it will be great to have climbs and descents of such magnitude so close to home. Presently he drives to Georgia to find good, challenging terrain.

The access road to the eastern side of the park is still incomplete. Thus, public access and parking are still unavailable, until the road is complete and a trailhead and parking area are constructed. During the initial survey trip, Marlie and Lys indicated it would take many months of field survey (by bike and foot) to site the trail corridor, and Randy has given permission for reconnaissance trips with proper notice. If anyone would like to help with the trail survey work, please contact Lys Burden at 454-3304.
REST STOP REVIEW
by Bill Boyett

I have also enjoyed calories plus rides that went by Mildred’s; i.e. consuming more calories than you burn on the ride.

Here is another chow spot to add to your list. When riding south of Gainesville be sure to stop at McIntosh Grocery for some good chow. It is located in the middle of McIntosh on the east side of 441.

As you walk in the door you will find an abundant display of fresh pastries and baked goods. The favorite of the chow hounds I ride with is the bakalava, the best I have found. These little calorie bombs will fuel you for many miles. (I do not recommend eating six at one sitting as Skip has been known to do.)

Further to the left is the Deli. They have the usual selection of corn dawgs and potato logs (Larry’s fuel of choice) but there is an unusual choice not found in most of these grease emporiums. That selection is the lentils and rice. The friendly matron makes this dish with just the right touch of spices.

The last time we got an order of lentils and rice she ladled on some warm onions that she had cooking in olive oil. HOT DAMN!!!! it just don’t get any better. Rocke enjoys the corn fritters so much he can be easily persuaded to buy a rather large order.

Being a grocery you can also find anything from Twinkies to bananas.

After loading down with chow we usually head out to the block wall and sit down to indulge. On the last visit a sign that said “beware of coral snake” caused us to change our plan. Go half a block east away from 441 and you can enjoy a rest stop in the charming town park. On Sunday morning you can enjoy the sounds of organs playing in the surrounding churches as you munch away on the park bench.

Next time you are down south be sure to stop by and enjoy this small family run grocery.

bon apetit
bill boyett

Most cyclists think of a rest stop as the nearest Jiffy store or gas station, but tucked into the country corners of North Florida are fun and interesting places that exude a laid back charm and offer to make a ride special. And for those who are willing to take more than the max 10 minutes, some stops can be an adventure.

Rest Stop Review will be a regular column in the newsletter. Send your articles or suggestions to the editor.
The League of American Bicyclists and the Uniform Vehicle Code

Some of the grunt work that your League is doing for you.

Friends,

Riley Geary (representing LAB) and I (representing the Ohio Bicycle Federation) participated in the National Committee on Uniform Traffic Laws and Ordinances (NCUTLO) meeting Tuesday in Arlington, Virginia, which made five bicycle-related changes in the Uniform Vehicle Code (UVC).

During the meeting, we approved all five changes recommended by the NCUTLO Task Force on UVC Revisions Regarding Bicycle and Pedestrian Issue, on which we both served.

One change exempted bicyclists from the UVC Section 11-809 ban on racing and any other "test of physical endurance." During the meeting, I mentioned that this ban, if adopted by state legislatures, could prohibit the hundreds of bike tours which take place each year.

NCULO tabled my recommendation last year which would have exempted all non-motorists from the racing ban. This year, they accepted the narrower exemption of bicyclists.

The other four Bike/Ped Task Force recommendations approved by NCUTLO for publication in the next edition of the UVC included:

1. Permitting the use of both standard and flashing LED lights in Section 12-705.
2. Citing the new 12-705 in Section 12-221(c).
3. Changing the bicycle braking distance requirement from 25 feet to 15 feet at 10 miles per hour. This makes the UVC conform to federal regulations which manufacturers are already complying with.
4. Adding the words "The intent of this subsection is to facilitate the overtaking of slowly moving vehicles by faster moving vehicles" to UVC Section 11-301, which requires slower moving vehicles to be "as close as practicable" to the right-hand curb.

John Forester also participated on our Task Force. While he was unable to attend Tuesday's meeting, he was responsible for initiating the last three recommendations.

LAB Representative Riley Geary was responsible for recommending the UVC changes permitting the LED flashing and solid lights. Riley knocked their socks off at the NCUTLO meeting by demonstrating a new high-intensity LED flasher with several different modes.

I proposed during the meeting that our Task Force on UVC Revisions Regarding Bicycle and Pedestrian Issues continue its work, as there are many outstanding issues to discuss, and many ways in which the UVC can be made more bicycle friendly. NCUTLO officials seemed agreeable to this continuation of our committee.

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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.

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!

Individual: $30  Family: $45

Name _________________________________________________
Address ____________________________________________
City _____________________________ State ____ Zip ________
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Make check payable to:
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Gainesville Cycling Club, Florida
I will keep you informed as events develop.

Chuck Smith
Chair, Ohio Bicycle Federation
LAB Life Member
chksmith@juno.com
BUSINESS SPONSORS

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

- Bike Route 15%
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- Ominski Massage $10 off
- Primo Bicycle Works 10%
- Recycled Bicycles 10%
- Streit's Schwinn Cyclery 10%
- Water World 5%

Some restrictions apply, ask for details at the store.
Cycling Shorts

Welcome new members Drew Amery, Marie Teresa Baquero, Craig L. Baylis, Jane Crawford, Linda Crider, Simon Crider, Joe DiPietro, Maria Foster, Carolyn Goddard, Clare Jones, Michele Leone, Robert A. Levitt, Delynn Salafrrio, Jack Sheldon, Ruth M. Sheldon, Jim Smart, and Jeanette Sperhac of Gainesville, Bill Battle of Waldo, Sandra Fradd of Alachua, and Robin Hiner of Hampton.

Thanks to Drew Amery for volunteering an evening to get the membership cards out. If you'd like to spend an evening helping out in the GCC "office", call Roger Pierce at 378-7063. There's always something that needs doing.

Thinking of spinning the winter away?...