Happenings

April 22 (Sun)  Earth Day Picnic
The Spaghetti Sauce Challenge at San Felasco, High Noon. See full details on page 2.

April 28 (Sun)  Off Road Riding Fundamentals Course
An entry level off road riding course at San Felasco State Preserve Bike Trails, 10 AM to noon under the pavilion.
If you have been curious about the sport of off road riding and weren’t sure what you need or how to start, this course is for you.
The course is intended to introduce you to the basics of off road riding including basic bike safety inspections, cornering and braking and riding over obstacles.
The course will be instructed by a nationally certified off road instructor and will include 2 hours of instructions followed by a group ride of about 4-5 miles.
Bring your bike, helmet, spare tube and water (and $2.00 for park admission). If you wish to join us, please email your name, age and phone number to Jim Pollard at oldrider@cox.net no later than Saturday April 21st.

May 5 (Sat)  Standard Ride Start Times Move to 8 am
But watch your email for groups who may switch earlier or later!

May 12 (Sat)  A Ride To Remember
A fully supported Century event with rides on the Gainesville Hawthorne Trail or into Ocala horse territory. Road rides of 50, 75 and 100 miles are supported, with anything from 1 to 32 on the Trail. Registration opens at Boulware Springs at 7 am, ride departs at 8 am. See page X for more details.

May 27 (Sun)  Adopt-A-Road Cleanup 4 pm
Meet at 4 pm to get organized for a 4:15 pm sharp deployment. Please don’t be late; it’s hard to get you supplied and assigned after we have started. We need about 14 people for an optimal crew. Please RSVP to diann@piercepages.com or call Diann at 378-7063. The club will help pay for dinner after the cleanup.

May 28 (Mon)  Memorial Day Picnic at Hart Springs
Ride the back roads of Gilchrist County to work up an appetite for barbeque and a need to jump in a cool spring. Time your arrival for gate-opening at 9 am if you will be doing a ride from Hart Springs. Food is planned for noon.
Entry into Hart Springs is $3 per head. If you are arriving by bike, please stop and pay (those doing rides from the park don’t have to pay to get back in).
Depending on where you are coming from in Gainesville, it can take up to an hour to drive to the park, which is southwest of Bell. Take SR 24 west from Gainesville (Newberry Road), In Trenton, turn north (right) onto US 129. After around 3 ½ miles, turn west (left) onto CR 344. At CR 232, turn right and after half a mile left to remain on CR 344. The park is on the right before you get to the end of the road.
You must be a club member to participate in the feast. We will sign you up on the spot if you’re not a member ($15 or $20 for a whole family). Bring deserts and salads to complement the meaty fare, and a lawn chair.
From The Editor

I'd like to thank the club for the handsome and generous award I received at the Annual Membership Event.

This issue is again a bit thin, but that is more than made up for by the large number of events we have on tap for the next two months! It is better to do stuff than read about stuff.

That said, another thing we'll be doing in early May is having a meeting of the Editorial Board of The Gainesville Cyclist. Who is on this board? Anyone who wants to contribute to making this a better paper to serve our membership. Watch for an announcement on GCCMail.

The online version of this newsletter contains bonus material, and most pictures are in color! Use the password on your mailing label (above your name), and access the newsletter in the Members Area on the GCC web site.

April 22 (Sun) Earth Day Picnic

The Spaghetti Sauce Challenge at San Felasco, High Noon. Whip up a batch of your best spaghetti sauce and enter it into competition. Chandler will provide pasta and a bland “comparison” sauce. The club will also have a big batch of salad to balance out the meal.

For rides, you have the obvious option of doing the dirt trails. This ride is suitable for mountain bikes. There are trails for riders of all abilities. The ride meets at the San Felasco Trailhead at Progress Park in Alachua at 9 am.

Road Group Captains are encouraged to schedule rides departing from the Sid Martin Center parking lot in Progress Park.

Entry to the State Park is $2 per vehicle (regardless of number of wheels or people involved). Also $2 if you are on foot.
President’s Letter

The GCC Annual Meeting/Party was held March 10th and a record number of people attended. For those of you unable to attend, special recognition was given to Jim & Mary Lou Merkner, Diann Dimitri, and Roger Pierce.

The Merkners have been gracious enough to allow their home serve as the site for our Christmas party for many years. With the club membership now exceeding 600 people we have outgrown their capacity and this year we will be moving to a larger venue. The Gainesville Cycling Club again thanks you, Jim & Mary Lou for your efforts and consideration over the years.

Diann was honored for her past years of service on the Board of Directors.

Roger, our newsletter editor/publisher, web master, Membership Secretary, and tireless leader of the Gainesville Cycling Club was presented with a trophy and gift certificates to local bike shops in recognition of the countless things he does for the GCC. I hope to see you all at next years meeting/party.

In my capacity as President of the GCC I do not wish to take a position on the Springhills Development Project. I do however want to urge anyone so inclined to educate themselves on the project, both pro and con and make your opinions known to your local government representatives. Such participation will allow you to help shape the Gainesville area in whichever way you feel is best.

As always, stay safe, and enjoy your rides.

Bob Newman

GCCMail News

Hmmm. News about our news email list.

We have been pretty good as a group at posting only stuff on our list that belongs there, items that have to do with bicycling in Gainesville. We have had a few instances of misbehavior, but not like other lists that have been killed off by activity of that sort.

It is important to remember that you have opted in to receive GCCMail, and that you can opt out at any time by following the instructions at the bottom of every GCCMail message. You cannot select which GCCMail messages to receive, its an all or nothing proposition.

A couple of you (who are no longer on GCCMail as a result) have tried to block certain GCCMail messages by blocking certain GCCMail senders or by marking GCCMail as SPAM with their providers.

Blocked messages cause a “bounce”, which gets recorded on the list provider’s data base. If you get a lot of bounces, the list provider must remove you from the list because of their contracts with ISPs.

Marking a message as SPAM causes your ISP to tell our list provider that they are sending SPAM (and if they don’t stop it, your ISP will block ALL email from the provider– not just GCCMail). Given this type of threat, our provider will immediately remove you from GCCMail and send me a nasty note about your behavior. Please, if you don’t want GCCMail, simply unsubscribe – don’t mark it as SPAM.

PJ’s Cafe & Catering
Hitchcock’s Square • US 301
Hawthorne, FL
(352) 481-4801
Owners: John & Lois
Weekday Lunch Specials • Breakfast Served All Day
Hours: Wed. - Mon. 8 a.m. – 4 p.m. • Closed Tuesdays
A Ride To Remember

Saturday May 12

A benefit for the Alzheimer’s Association Central and North Florida Chapter — Serving 31 Florida Counties with Alzheimer’s Education, Outreach and Research Support.

Boulware Springs Park
Registration at 7 am
(Pre-registrations welcomed!)
Ride begins at 8 am

- Rest stops will be provided with drinks, fruit and snacks. Sag wagons will be on courses following the last riders.
- Helmets Required
- You must sign a release form at the registration table before starting the ride.

Entry Fee $35 ($40 week of event)

Ways to Register:
- Mail the entry form you can print from the GCC web site with your check, money order or credit card information by May 5 to the address below
- Call the office with your credit card information
- Register online at Active.com (service fee applies)
- Register at the event ($5 added to fee the week of the ride)

Alzheimer’s Association
North Central Office
2411 NW 41st Street
Suite A
Gainesville, FL 32606
FAX (352) 372-2038
Phone (352) 372-6266

Ways to Register:
Trail Ride (1 to 32 miles)
Road Ride (50 miles)
Horse Territory Ride (75, 100 miles)

Equipment and organizational support provided by the Gainesville Cycling Club. Our intention is to put on an event with the support you have come to expect at the Horse Farm Hundred.

Trail Warning

George Edwards Reporting

Dear Friends:

Trail Management has warned us of a new traffic hazard on the Gainesville-Hawthorne Trail: Camp Ranch Road, the first STOP sign after you leave Boulware Springs, will be open to public traffic on weekends as of Saturday, 17 March.

Camp Ranch Road has been closed on weekends for many years, so the presence of motor vehicle traffic on weekends may present you with some conflicts. The opening of the road is open on the weekend, and the public will now be allowed to park at the Park Service District 2 HQ South of the intersection of the road and the Trail.

The Florida Statutes do require cyclists to stop for this STOP sign. The DEP Law Enforcement folks have an office at the end of Camp Ranch Road, and it is just possible that one of them will set up station at the intersection of the Trail. The tickets they hand out can be very expensive, well over $100. I guess the best advice is to stop for the STOP sign.

Cheers,
George
PS

If you go Right at the STOP sign to the end of Camp Ranch Road you will find a bike rack beside the parking lot. You can lock your bike there and amble down La Chua Trail, where you will be rewarded with one of the best views the Prairie has to offer, and a close encounter with more alligators than you knew existed. Bikes are not allowed on the La Chua Trail.

Cheers,
George
PS
Amazingly, there were 166 riders willing and eager to ride their bikes for 12 hours and 81 were going on for the full 24 hours. Riders I met came from California, Texas, Missouri and Great Britain as well as Florida. Most of the riders were in their 40s and 50s. Seven were under 30 and 6 were over 60. This surprised me a little. I was expecting more riders in their 20s and 30s but I guess endurance events don’t appeal to the triathlon crowd. Riding from Gainesville were James Ossa, Barb Bergin, Ellen Sayers and Andrea Tossolini. James, Barb and Ellen were riding recumbents, Andrea was riding an upright. Andrea, James and Barb were riding in the 24 hr race. Ellen was riding in the 12 hr.

The 12/24 Hour Race started 3 years ago as a 12-hour race following the tradition of the 12-hour car race. The organizers of the Race Across America (RAAM) found out about it and asked if it could be extended to 24 hours so it could be used as a qualifying race for riders wanting to ride in the RAAM. There was need for a qualifying race that could be held in the spring on the East Coast. If you are under 50 you need 425 miles non-drafting to qualify. Over 50 and you get a break, only 400 non-drafting miles are required.

The course was set up so the riders started off with a 100 mile ride up to Frostproof and back. Then they did a 13 mile loop around Sebring until about 5:30 p.m. when they moved into the Sebring International Raceway and rode in circles around the 3.7 mile road course all night. The 12 hr and 24 hr races used the same course.

At 7 a.m. The temperature was in the 20s but at least the high winds of the previous day had ended and it looked like it would be a nice day. The riders were already heading out. The 12/24 Hours of Sebring had started at 6:30 a.m.

It looked like about 1/4 of the bikes were recumbents – mostly Bacchetas but I did spot one Gold Rush with a full body stocking and a Barracuda with a full streamliner shell. There was also one tandem in the race. The Barracuda was the fastest over the first 100 miles arriving back at the start line at 10:30. Several more recumbents came in before the first conventionally framed bike arrived. Jim Ossa completed the century in 4:45 and was among the leaders.

The Barracuda lost some of its speed advantage when it had a flat rear tire. Changing the tire required placing the bike in a special support cradle then extracting the whole bike frame from the shell. Once the frame was out the tire was repaired then the bike reassembled. The whole process required 3 people and about 1/2 hour to complete.

During the day we talked to the other support crews i.e. friends and relatives of the riders. We also checked out the food at the SAG stop. They didn’t have near the variety that we have at the GCC stops. They had the standard peanut butter, jelly, bananas, chips and Gatorade but no pretzels, Oreos, Fig Newtons, etc. (shameless plug for GCC rides). To be fair though, most of the riders seemed to be relying on their own supplies for food and drink because they all had their own ideas of what energy foods/drinks would keep them going for the whole 24 hours.

At 5:30 all of the support vehicles and crews lined up and drove over the track bridge into the pit area for the night portion of the 24 hours.

During the road part of the race the support crews were spread out over the whole entry area of the racetrack. When we moved into the pit area the crews were packed into a smaller area and suddenly it looked like a party. Crews cheered when their riders went by. People socialized and came by the RV for Clare’s hot chicken soup. Even on vacation she does SAG stops.

There was electric power along the pit wall so the support crews set up electric stoves and microwaves to heat food for their riders. One crew even had a laptop with a projector showing movies on the wall.

During the night the temperature dropped again. Worse it started raining with gusty winds around 3 in the morning. I really felt sorry for the riders that were still out on the track. The rains stopped around 5 a.m. and riding conditions improved for the finish.

I ran into Joel Sothern about 7 a.m. He had flown in from California the day before to try and qualify for the RAAM and was riding completely unsupported on a conventionally framed bike. I asked how he had done. He was disappointed because he had ridden all night and ended up with 392
miles on his odometer. Just short of the 400 miles he needed to qualify for
the RAAM.
Jim Ossa stopped at 12 hours with
221.5 miles and a first in his division.
Barb Bergin rode until 2 a.m. when eye
problems halted her. She finished with
255.8 miles and a first in her division.
Ellen Sayers did 101 miles in the 12 hr
race. Andrea Tossolini was attempting
to qualify for the RAAM. He needed
425 non-drafting miles in his division.
Unfortunately he only made 392.6
miles. Just 32 miles short.
The happiest rider had to be Joel
Sothen when he found his bike’s
odometer was wrong and his official
distance was 401.9 miles. He not only
qualified for the RAAM but he also
ended up with a first in his division.
Dennis Grek and his Barracuda set
a new course record of 522 miles.
More pictures of the event are
available at http://homepage.mac.com/jonesbud/
Sebring_07/
and

Gainesville Bicycle Stores
Velvet Yates Reporting

Recycled Bicycles
805 W. University Avenue
(Continued)
Saturday February 17, 6:30AM had the 12 and 24 hr riders lined up for the start at the Sebring Race track for riders to ride the track loop 3x's.

There were 75/12hr riders 1 female on a recumbent and 12 male on recumbents. For the 24 hr race there were 82 riders 12 male on recumbents, 2 female on recumbents and 1 tandem. It was very cold 36. Not only was it very cold but very windy too! The combined weather conditions that I totally dread. Since I had plenty of warm clothing on I felt comfortable like a bear on wheels.

The 3 loops around the track had me riding solo after that they put us on the road course. Managed to get in with a couple of pace lines stayed with them to the turn around in Frostproof. Rode some of it with Bacchetta riders Jim Wallace and Ken Evans. At the turn around check point I did not want to stop to use the bathroom decided to continue on my own stop on my way back at some orange grove. That worked great but I ended up riding 1/2 of the return distance on my own when the pack caught up to me I was toast from fighting that dreaded wind! I really need one of those cool looking disc that all the Bacchetta riders had except myself and a couple of the other B male riders I know I could have been faster with a disc I need one to confirm that. Ya'll will be proud of me I finished the century in 5:34; next we had to ride as many of the 13 mile loops till 6. During one of the loops I saw Mark Powers (Power on Cycling) standing on the side of the road clapping me on that really cheered me up I was hating that headwind!

That afternoon I got to take the sleeves off my jacket with Conchi Ossa's assistance since Mike was golfing 36 holes!!! He did not show up to support me till I got on the track at 6:00. Bud and Clare Jones were there too gave me water also offered me cookies but I wanted to continue on. The Bacchetta support helped out especially Conchi and Rich Pinto who was all too happy to share John Schlitter's Perpetuem with me since all of my food supplies were with Mike at the golf course:-(

Late in the afternoon Bud and Clare moved their RV to the track lining up at 6PM as the 12hr riders finished their race. Bud snagged a nice space near the track it was convenient to stop in and warm up. Bud took many pictures for more Sebring pictures check http://www.homepage.mac.com/jone sbud/Sebring_07/ their RV was also a place for riders to get warm and enjoy Clare's hot soup, chai tea, coffee, cookies and eye drops. Mary Kostenbauer took some of Clare's soup to her friends that were supporting their rider. She finished the 12 hr race earned a medal in her age group staying on to help out and also cheer on her friend Roxanne 255.9 miles her first 24hr race.

Unfortunately from the wind and cold my eyes got very blurry. It had me asking riders why it was so hazy/smoky thought it was due to a forest fire! Well it did not get better the cold and wind really did a number on the old eyes. It got worse on the track at night my pupils felt like they had been dilated. Had to ask Reinhard to lead me so I followed his commands and lights I wasn't drafting either being cautious so I would not run into him. When Reinhard quit for the night so did I he was my eyes did not want to chance crashing or running into anything since I already destroyed several red blinkies that were in the center of the track a beacon to the riders. It was good timing to stop Mike was coughing not feeling well he was coming down with a nasty cold. Approximately 1:30AM I quit riding.

Ellen Sayers on her Corsa finished the century with 101 miles the only female recumbent riding the 12hr race. She stayed with Bud and Clare in their RV for some rest before heading home. James Ossa and Jay Copp finished at 12hrs. John Schlitter finished with an incredible 479.5 miles non drafting, how does he do it? But the big winner was the Barracuda Dennis Grek. He rode with a fully enclosed shell it looked like a Yellow Tail Shark as he blew by me his total 522 miles; totally amazing....

Sara Kay Team Bacchetta placed #1 medal with 367.7 miles. Me, I finished with a medal too for 255.8 miles I did not beat my last year total of 309 miles on my Litespeed. The weather was so much nicer then it really makes a difference.

Will I do it again?? Absolutely, with a disc:-)

Did see the eye dr. and family dr. I have a nasty sinus infection. The weekend after Sebring I pre-rode the 400km brevet with Jim Wilson RBA and Andrew Gill it was windy all day. The 600km on 3/31 will be the completion of the 2007 brevet series the first on a recumbent.
PBP on the Bacchetta I am thinking about it............
UF Bike Ped Expo

March 21, 2007

Table staffed by Diann Dimitri

Photos by Dekova Batey
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):

<table>
<thead>
<tr>
<th>Business</th>
<th>Discount</th>
<th>Phone</th>
<th>Address</th>
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<tbody>
<tr>
<td>Bike Route</td>
<td>15%</td>
<td>374-4550</td>
<td>3429 West University Avenue (Westgate Regency) in April</td>
</tr>
<tr>
<td>Bikes &amp; More</td>
<td>10%</td>
<td>373-6574</td>
<td>2113 NW 6th Avenue</td>
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<tr>
<td>Chain Reaction</td>
<td>20%</td>
<td>373-4052</td>
<td>1630 West University Avenue</td>
</tr>
<tr>
<td>Gator Cycle</td>
<td>10%</td>
<td>373-3962</td>
<td>3321 SW Archer Road</td>
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<tr>
<td>Mr Goodbike</td>
<td>10%</td>
<td>336-5100</td>
<td>425 NW 13th Street</td>
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<tr>
<td>Pedalers Pub &amp; Grille</td>
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<td><a href="http://www.pedalerspubandgrille.com/gcc">http://www.pedalerspubandgrille.com/gcc</a></td>
<td>(Exotic cycling tours)</td>
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<tr>
<td>Recycled Bicycles</td>
<td>10%</td>
<td>372-4890</td>
<td>805 West University Avenue</td>
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<tr>
<td>Spin Cycle</td>
<td>22%</td>
<td>373-3355</td>
<td>425 West University Avenue</td>
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<tr>
<td>Streit's Schwinn Cycery</td>
<td>10%</td>
<td>377-2453</td>
<td>4421 NW 6th Street</td>
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Some restrictions apply, ask for details at the store.

CLASSIFIED

GCC club bike shorts, VO MAX model, red stripe with the yellow GCC text on the side. Size large. These are very good condition, clean, worn maybe ten times. Will sell for $30. Rob Wilt 380-0561 or email me at robertwilt@juno.com

Yakima bike rack set with basket. Very lightly used. $540. Same pieces sell new for $787 total based on Yakima website. Email to wallfinder@yahoo.com with "Yakima Bike Set" in subject for details. Evan.

Recumbent Bicycle for Sale. EZ Sport AX Ltd. Aluminum frame. Extremely comfortable long wheel base, low pedal design. Mesh seat back and thick foam seat pad. Rear view mirror, kickstand, 2 bottle cage mounts. This is a superb riding and performing bike, ideal for cruising, commuting, touring, and bike trail use. Save, and buy this well maintained and excellent looking EX Sport AX Limited for only $650 (a similarly equipped new one costs $1300). For further information and photos call Lew at 352-376-1652 (Gainesville): please leave message if I am out, or email sussman@ufl.edu sells new for $1225.

Cycling/Non-Cycling For Sale. I have 2 roadbars with traditional bend, 40cm c-t-c, $20 obo, brand new, minor scratches. Spinergy RevX wheels, Michelin Axial Bi-Sport tires included(1new/1used), $400 obo. San Marco Era Pro saddle, brand new, bought it for $80, sell it for $60 obo. Ultegra 10 spd front derailleur, braze on, slightly used, I think I had it for about 200 miles, $30. Cinelli Spinaci aerobars. Yellow and blue. $30 obo. Festina jersey. medium. $20. Formula 1 style radio control car, top spd is about 15 mph, ran once, includes bat+charger,$30 obo. Tyco radio control hovercraft. New was $80. Perfect condition. Sell $40 obo. includes bat+chgr. Graphite tennis rackets. $25 ea (I have 1 new, and 2 used). Coffee table $5. Please feel free to give me a call. I have all kinds of stuff for sale. 246-7756. Thanks. Huan
Welcome New Members!

Fred Edelson  Gainesville FL
Sandra Edelson  Gainesville FL
Alexandria Figueroa  Gainesville FL
Jared Kennedy  Gainesville FL
Susan Lefstead  Gainesville FL
Steven Lichty  Gainesville FL
Douglas Noren  Palm Bay FL
Yvonne Peng  Gainesville FL
James Smyth  Ocala FL
Matt Staras  Gainesville FL

The Bike Route is relocating to a new facility on US 441 at Harmony Gardens. This is not far north of where NW 43rd St intersects with US 441, on the left as you go north. This move is expected to occur on May 1.