Happenings

April 16 (Sat)  Gainesville TT Challenge
Tentative date. See page 7 of the February issue for full details.

April 9 (Sat) 600k Brevet
Full details are posted on the club web site. 3 AM start.

April 30 (Sat) May Day Picnic at Wauberg
Watch GCCMail for the main dish. Bring homemade side dishes, salads, and desserts.
PLEASE RSVP if you are going to eat the main dish. Use the link in the event email, or click the button in the Members Area on the web site.
The event is at the Paynes Prairie Preserve State Park picnic area on Lake Wauberg. The park is located on US 441 just north of Micanopy. After entering the park, take a left turn to get to the picnic area.
Road ride groups can use Micanopy maps for rides leaving at 8:30 to as late as 10 am. For a change of pace, off-road cycling is ok on the following trails: Chacala, Bolen Bluff, Jackson's Gap, and Cone's Dike. Be back by noon to eat!
Entry to the State Park is $6 per vehicle ($4 if only one occupant), $2 per bike. The park opens at 8 am. For park info, see http://www.floridastateparks.org/paynesprairie/.

May 7 (Sat) Standard Ride Start Times Move to 8 am
But watch your email for groups who may switch earlier or later!

May 12 (Thur) R2R5 Packet Stuffing
We'll need a few people to help stuff packets. Sign up in the Members Area on the club web site.

May 14 (Sat) R2R5
The Ride To Remember's fifth year!
NEW THIS YEAR: Flemington start for 25 or 50 mile rides.
See the GCC web site for full information on this event.
Registration is now open.

May 21 (Sat) Gainesville TT Challenge
Tentative date. See page 7 of the February issue for full details.

May 30 (Mon) Memorial Day Picnic at Hart Springs
Ride the back roads of Gilchrist County to work up an appetite 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. The club will provide a main course; bring side dishes, salads, and deserts, and a lawn chair. PLEASE RSVP if you are going to eat the main course.
Use the link in the event email, or click the button in the Members Area on the web site.
Entry into Hart Springs is $4 per head ($2 seniors), max $12 per car. 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.
From The Editor

Roger Pierce

A'z Place is the beneficiary for this year’s Ride To Remember. Recent events have suddenly made their fundraising activities MUCH more important. The Legislature is proposing cutting off all state funding. Sign up today to do a great ride for a valuable cause!

Start writing your articles now for the June issue! Input was a bit sparse for this one.

29th Tour of Southern Rural Vistas (TOSRV South) is coming up on April 16-17, in Tallahassee. This two day ride overnights in Albany, GA, making it unique in this area. Riding options include back-to-back 100 mile days from Tallahassee, or shorter options (still over metric century lengths) from Cairo, GA.

For more info, see http://cccyclists.org/tosrv_new_2011.html
This is our time of the year. Not only is the riding weather getting close to ideal but so is the party weather. This month we will have our first annual Spring Picnic to be held at scenic Lake Wauburg (see details elsewhere in this newsletter).

I would like to personally thank all of the GCC members who graciously volunteered their time to help Bike Florida. Bike Florida, who this year chose Gainesville as its hub for their seven day ride of up to 440 miles, helps fund the Florida Traffic and Bicycle Safety Education Program. Special thanks to our own Chandler Otis who serves not only on the GCC Board of Directors but Bike Florida's also.

I'm sure many of our members are, like me, still working on that spare tire we put on while hibernating over the winter. It's never too early to try to get in shape for the Gainesville Cycling Festival and the Ride To Remember, especially for me. While enjoying this summer’s rides I would like to again urge each one of us to ride safely and within all cycling laws. Try to ride both courteously and defensively, you never know when it may save a major incident.

Be safe, be happy.

Bob Newman

Are you 40-60 years of age?
Do you exercise regularly?
Do you wonder what your brain looks like?
Want to know your estimated VO2max?

If your answer to these questions is YES, you may qualify for a functional magnetic resonance imaging study being conducted at the University of Florida. The purpose of this study is to learn more about age differences on brain functioning.

To participate you must:
* Be right-handed
* Perform aerobic exercise regularly
* Be able to undergo MRI (no metal implants, pacemakers, etc)

Travel compensation will be provided to those who qualify and you will be given pictures of your brain and an estimate of your VO2max.

If you are interested in participating, please call 352-376-1611 ext 5395.
For our regular activities (mostly riding bikes) the club organizes itself into groups. Established groups get a page on our website so that new members can choose one or more to participate in, and have the ability to communicate amongst themselves using group mail.

You can review the groups that you have joined by signing in to the Members Area on the club web site, and going to the My Riding block. That is also where you can join a group (just click on “Join A Group”, and pick one from the list).

If you participate in a group, but have not yet joined, go ahead and sign up! It doesn’t cost anything to do so, and you’ll be able to get group mail (don’t worry, there’s not a lot of that sent out).

There are few “stealth” groups out there that have not yet set themselves up on the web site. The procedure to do so is not rocket science! The hard part is getting together and deciding who will be the Group Captain. Then that person clicks the button and sets up the group.

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Group Captain</th>
<th>Regular</th>
<th>Occasional</th>
<th>Total Members</th>
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<td>A Riders</td>
<td>Ken Sallot</td>
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<td>BikeMS: Team Gainesville</td>
<td>Jo Weaver</td>
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<td>James Thompson</td>
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<td>EZ Riders</td>
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<tr>
<td>Feet First</td>
<td>Bruce Bush</td>
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<td>4</td>
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<td>Gliders</td>
<td>Roger Pierce</td>
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<td>Matt Staras</td>
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<td>Chandler Otis</td>
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<td>Bob Newman</td>
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<td>Off Roaders</td>
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<td>Melinda Koken</td>
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<td>Rob Wilt</td>
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<td>Sunrise</td>
<td>Paul Messal</td>
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<td>Team VetMed</td>
<td>Chris Sanchez</td>
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<td>10</td>
<td>18</td>
</tr>
</tbody>
</table>

Interest Groups

Commuters: Jim Funk 13 16 29
Trailkeepers: George Edwards 2 2

South Parking

IMPORTANT! When parking in the Publix shopping center on 34th St at Williston Road, park away from the stores. NEVER use the first 5 or 6 slots near the stores! Best practice is to use the slots along 34th Street, and then fill in the last few slots on the rows.

Darryl J. Tompkins P.A.
Attorney at Law
Board Certified Real Estate Lawyer
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- Title Insurance
- Mortgage Foreclosures
- Corporations
- Trusts
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Team Gainesville, MS Cycle to the Shore 2011

Bike MS is the single largest non-profit organized Bike Ride in the United States, both in terms of number of participants and money raised for a world free of MS. It’s the Society’s signature event and the North Florida Chapter is proud to announce that locally in 2010, Bike MS: PGA TOUR Cycle to the Shore raised $1.3 Million Dollars to help create a world free of MS.

Gainesville Cycling Club’s MS Team Gainesville alone, raised $12,580.00 towards finding a cure and helping people who are living with Multiple Sclerosis in the Florida, St. Augustine – Bike MS PGA Tour Cycle to the Shore event and we had a great time doing it! This year, Team Gainesville is regrouping to ride again! We are participating in the FLN 2011 Bike MS PGA Tour Cycle to the Shore which will be held October 1st and 2nd, 2011. We will start and finish at St. Johns County/St. Augustine Airport.

The Bike MS: PGA TOUR Cycle to the Shore is a cycling adventure in which participants’ ride 150 miles for two days of fun, fitness, networking, developing friendships and most importantly a great cause. Cyclists are pampered throughout the ride with fully stocked rest stops, entertainment, plenty of safety support and guidance, along with breakfast, lunch and dinner. On Saturday of the Tour, breakfast and registration will begin promptly at 6:00 a.m. Cyclists will start at 7:00 a.m. and then will follow an 82-mile route that takes them from St. Augustine to the Hilton Oceanfront Resort, Daytona Beach. Cyclists stay the night in Daytona, returning to St. Augustine from the Hilton the following day.

Team Gainesville’s top fundraiser last year, Linda DuCharme, has made a very generous offer as incentive for our team fundraisers: The highest MS fundraiser, over $2,000.00, on Team Gainesville wins a four day stay at “Avalon Mist”, a beautiful cabin in the Smokey Mountains, TN. See the cabin:


This is your chance to do something you love, bicycling, and help people who struggle just to make it through the simplest of daily tasks let alone, ride a bicycle. Please join us and help us reach our current team goal of $20,000.00 and make a difference.

You can join Team Gainesville by going to
http://main.nationalmssociety.org/goto/teamgainesville
We’d love to have you on the team. We have members of all abilities and pace doesn’t matter. You may also want to join GCC’s ride group “M S: T e a m Gainesville” (click on Join A Group in the Members Area). We will begin regular group rides this month.

Plus, Primal Wear is developing Team Gainesville’s jersey. The jerseys will be $60 each. For each purchase of the jersey Primal Wear will donate 15% to the National Multiple Sclerosis Foundation. Plus, there will be a team store on http://www.primalwear.com. What this means is that everyone, on the team or supporting the team and cause, can order a jersey from the site. There’s still time to have your company logo added to the jersey by making a minimum donation of $200.00 in Team Gainesville’s behalf. So, please check in with http://www.primalwear.com for the team store!!

If you have any questions please email Jo Weaver, Team Captain, at mrs.joweaver@gmail.com or call 352-871-7162.

Bike Works

13005 SW 1st Road
Suite # 123
Newberry
FL, 32669
Shop: 352-225-3585
Cell: 352-538-0145
adcouins@gmail.com

10% GCC Discount on EVERYTHING!!
On March 15th, members of the Gainesville Cycling Club spoke in favor of the Multi-Modal Transportation Mitigation Program before the Alachua County Commission. While the details of this program are quite technical, an end result of its implementation will be (among other things) increased funding for bike lanes in Alachua County.

The meeting itself was long and difficult. We had twenty-four GCC members in attendance at the start of the scheduled two hour session. Well over three hours into the meeting, the public was allowed to speak, and only nine of us remained. The Commissioners did notice our presence, and given that more than half the crowd left before speaking time, we continued to have the largest presence except for the developers (who were on our side regarding the issue at hand). The Commission unanimously approved to move forward with public advertisement and further consideration of the multi-modal plan that will, if approved, increase connectivity between transit, bicycle, automobile, and foot traffic.

If you are unfamiliar with politics, this meeting was frustrating. But in the end, we won. Listening to the discussion, many of us wondered what this meeting had to do, if anything, with bike lanes. All the talk was about developers fees and confusing impact issues. Well, those fees are what pays for bike lanes, bus routes, sidewalks, and potential rail transit needed to handle the increased traffic generated by new development. Impact fees are levied so that general taxes on existing properties (that's the ones we live in) do not have to be used to support new development. That is the connection, even though explicit transportation and connectivity issues were mentioned only late in the meeting. Developers have been a part of this planning process for all four years, whereas we have only just arrived. It is natural that their issue (money out of pocket) will get a lot of attention, but in the end they did support passing the plan.

The Commissioners, staff, and engineers knew we were there and thanked us for bringing our members out. The Tea Party and anti-government people also knew we were there, and many of them left well before our cycling club members. The people who don't like bicycles were there as well. In the end, however, we heard a few fleeting voices speak out against buses, or against government in general. But the developers, home builders, cycling advocates, transportation engineers, county staff, planners, and others came out roundly in favor of moving forward with considering the multi-modal plan. Not one speaker said anything negative about bike lanes.

Many of you were disappointed and believed the meeting was stretched out purposefully to discourage our participation. Keep in mind that the whole county was watching, and it is important for elected officials to show their constituents due diligence in questioning methodology, staff advice, and other issues. A wise man once said, all you can ask of politics is that the meetings are short, and victory. One out of two isn't bad.

The single agenda item for the evening was to direct County staff to forward the multi-modal transportation plan to the public in the form of advertising. The frustrating thing was that the Commissioners began debating that plan, instead of asking that it merely be forwarded for consideration. In the end, however, we got what we wanted, and we got it in part because you cared to show up and be seen and heard.

The Gainesville Cycling Club is becoming more involved in the political process as issues affecting our use of the road are brought before governing bodies.

The hottest issue currently on the table is the design of the project to repave NW 16th Ave/Blvd. Our position, which was recently endorsed by the Gainesville City Commission, is that there should be 4 foot bike lanes striped on the roadway. This will leave room for two 10 foot lanes for other vehicles (a bit wider than the typical width of lanes on NW 6th st).

Ten foot lanes should slow down traffic (which typically travels at 50 mph despite the 40 mph limit) and move the traffic further away from the sidewalks. The only cost involved is for the paint for the additional lane line.

We will need good participation from our members when this issue is next brought up before the Alachua County Commission. Those who believe that bicycles should be relegated to sidewalks, and that automobiles should have plenty of room to go fast, have been very vocal at past meetings.
BUSINESS SPONSORS

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

- **Alligator Island Optical** 10%  332-9028  2275 SW 91st Street – Ste 160  www.alligatorisland.net
- **Bike Works** 10%  225-3585  13005 SW 1st Road – Ste 123  http://bikeworksofjonesville.com
- **Bikes & More** 15%  373-6574  2113 NW 6th Street  www.bikesandmoregainesville.com
- **Chain Reaction** 5-20%  373-4052  1630 West University Avenue  www.chainreactionbikes.com
- **Coach K Fitness** 20%  246-5514  http://coachkfitness.net/
- **Gator Cycle** 10%  373-3962  3321 SW Archer Road  http://gatorcycle.com/
- **Mr Goodbike** 10%  336-5100  425 NW 13th Street  http://mrgoodbike.com/
- **Pedalers Pub & Grille** 10%  http://pedalerspubandgrille.com/gcc  www.pedalerspubandgrille.com/gcc
- **Pointy Helmet Coaching** 20%  573-9481  http://8thavebikecoffeehouse.yolasite.com/
- **Recycled Bicycles** 10%  372-4890  805 West University Avenue  www.recycledbicycles.com
- **Schwinn Shop** 10%  374-2064  1225 W University Avenue  www.schwinnshop.com
- **Sisters (restaurant)** 10%  379-0281  5212 SW 91st Terrace  www.eatatsisters.com
- **Spin Cycle** 20%  373-3355  424 West University Avenue  www.spinracing.com
- **Super Cool Bike Shop** 15%  371-2453  3460 W University Ave  www.supercoolbikeshop.com
- **The 8th Ave Bike & Coffee House** 50% (on service)  378-2100  235 NW 8th Ave  5015 NW 19th Place  Gainesville FL 32605-3435

Some restrictions apply, ask for details at the stores.
Welcome New Members!

Sherry Adams Gainesville FL
Barbie Aldrich Gainesville FL
Julie Anthony Gainesville FL
Ryan Aulton Gainesville FL
Leticia Aviles Gainesville FL
Brenda Banks Gainesville FL
Ryan Banks Gainesville FL
Jessica Bennett Gainesville FL
Sophia Gabriella Black Penaloza Alachua FL
Christine Boehm Gainesville FL
Paul Bonanno Gainesville FL
Georgia Browning Gainesville FL
Paul Bruney Gainesville FL
Cathy G Cain Gainesville FL
Marc Cauchon Gainesville FL
George Chappell Gainesville FL
Martin Cox Gainesville FL
Cassandra G. Davis Gainesville FL
Marco De Santis Gainesville FL
Rosanna De Santis Gainesville FL
Calogero Dolce Gainesville FL
Alexis Dold Gainesville FL
Ellen Donovan Gainesville FL
Patti Funk Gainesville FL
Alan Gonano Gainesville FL
Jacquie Hafner Gainesville FL
Robert Jake Gainesville FL
Hitchcock Alachua FL
Ryan Hulslander Gainesville FL
Troy A Ismir Gainesville FL
Randy Jungklaus Gainesville FL
Tami Jungklaus Gainesville FL
Jackie Klein Gainesville FL
Jamie Knapp Gainesville FL
Bette Kohn Gainesville FL
Bob Larimer Gainesville FL
Gary Liljegren Gainesville FL
Micki Luck Gainesville FL
Jennifer Martinos Gainesville FL
Clayton Mathews Gainesville FL
Genn McDonald Gainesville FL
Teresa McDonald Gainesville FL
Scott Mongeon Gainesville FL
J. Allen Morgan Gainesville FL
Parker Musgrove Gainesville FL
Dennis Pinner Gainesville FL
Mary Anne Pinner Gainesville FL
Kathleen Romero Gainesville FL
Jessica Sabo Gainesville FL
Whitney Sanford Gainesville FL
Kristen Seymour Gainesville FL
David Shivley Gainesville FL
Francisco Gainesville FL
Silva-Gonzalez Gainesville FL
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Charles Sweeney Gainesville FL
Amy Tompkins Gainesville FL
Fred Townsend Gainesville FL
Priscilla Townsend Gainesville FL
Scarlett Tudor Gainesville FL
Daniel Vaudreuil Gainesville FL
Kelli Vaudreuil Gainesville FL
Rachel Walters Gainesville FL
Jim Winburn Gainesville FL
Lisa Winburn Gainesville FL
Gerry Woods Gainesville FL
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Fax: (352) 372-0509

The Gainesville Cyclist April 2011