

CLUB HAPPENINGS

Apr 4 (Sun) Daylight Savings Time Begins

Standard ride time is still 9 am, but you'll need to get up an hour earlier to make it!

Apr 4 (Sun) Open House 3 - 8 pm

There'll be an open house at the Pierce/Dimitri residence. Drop by at any time during this period. Bring a (relatively healthy) munchie if you can. Jan and Carl Brush will be on hand before departing for the summer. 5015 NW 19th Place – from NW 43rd St, turn west onto 19th Ave. At the circle jog right then left onto 19th Place. 5015 is on the end on the left. Park head into the curb.

April 10 (Sat) Felasco Spring Campout and Advanced Skills Training

Presented by the Friends of San Felasco CSO. Limited to 150 participants. No day of ride registration. Registration deadline is April 2.

April 13 (Tue) NatureFest Bike Tour Volunteer Party

At George & Lee Edwards' place. RSVP to 333-3184 or gedwards@atlantic.net.

April 17 (Sat) NatureFest Bike Tour

Fanning Springs State Park

April 19-23 Bike, Hike, and Bus Week (BHBW)

Apr 25 (Sun) Earth Day Ride

An off-road ride at the San Felasco State Park.

May 1 (Sat) Standard Ride Start Times Move to 8 am

But watch your email for groups who may switch earlier or later!

May 24 (Mon) Memorial Day Picnic at Ichetucknee Springs State Park

Ride the back roads of Suwannee and Columbia counties to work up an appetite for *Sonny's* Barbeque and a need to jump in a cool spring. For full details, see page 3.

Jun 1 (Sun) Adopt-A-Road 4 pm

Meet across from the Pearl station in Micanopy at 4 pm. We'll deploy promptly at 4:15, and will not be able to assign you to a group or provide vests and tools after that.. Long pants and gloves are recommended. Club subsidized feed afterwards! Please RSVP to diann@piercepapes.com, or call 378-7063.



Mike Kelley, who trains the Alachua Co. Fire and Rescue Bike team, and a certified instructor for the National Mountain Bike Patrol, will be teaching Intro to Mountain Biking at Santa Fe this spring. Learn basic skills, bike nomenclature, maintenance and repair, injury prevention and much more. Class will be 2 Saturdays, April 17 and 24, from 9am-1 pm. First class will meet at SFCC (Room P-215), and 2nd will be a field trip to San Felasco. Bring bike and helmet to both classes. Fee is \$44. You can register by calling 352-395-5193 (community education), in person at SFCC NW Campus V-17, 3000 NW 83rd St, or online at www.mysfcc.com and click on registration.



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GCC Web Page

www.floridabicycle.org/gcc

President's Letter



Dear Friends:

Don't forget the NatureFest Bike Tour on April 17th on the Nature Coast Trail, starting from Fanning Springs. This is our big event for the Spring, and we are looking rather short in the Volunteer department. If you can help with this event, contact me right away, and plan on a Volunteers meeting and dinner on Tuesday April 13th at our place. Easy work, and a fun event.

In the news department, we attended a meeting with a representative from the FDOT regarding the addition of bike lanes to US 441 through Paynes Prairie. This work is to start at any time (saw the survey crew on the job in early March), and will add seven feet to the shoulders on either side from Williston Road to the SR 234 By-Pass north of Micanopy. When finished this job will include milled-in rumble strips adjacent to the traffic lane, then five feet of designated bike lane. The rumble strips are said to be at five-foot spacings to allow bicycle access from the traffic lane.

Resurfacing to this stretch of 441, from Williston Road to the Marion County line, is said to be scheduled for contract award in July of 2006.

The Annual Meeting of the Gainesville Cycling Club took place at the Gainesville Hilton Hotel on February 29th, with a big crowd in attendance. We did our best to eliminate the smoked salmon and shrimp, but they kept bringing on more. By the time the dust had settled we had a room full of well satiated cyclists. I hope everyone remembers every day to click on www.thehungersite.com to provide, and no cost to you, enough food to keep a hungry person somewhere in the world going for one more day.

George H. Edwards



Mary Lou Merkner, Diann Dimitri, and Lee Edwards on the Nature Coast Trail Suwannee River Bridge.

Club Jersey

As of March 24th, The Bike Route had a good selection of club jerseys in stock. The following sizes were available:

- Small, both with hidden and full zipper.
- Medium, hidden zipper.
- Women's medium without sleeves.
- Large with full zipper, both in regular and race cut.
- Women's large, hidden zipper.
- XL without sleeves.
- There were two pairs of shorts, sizes XS and L.
- Also, there are two classic style jerseys (with the gator), a small and a large.

When this stock is somewhat more depleted, the club will start investigating when we should do another jersey order.



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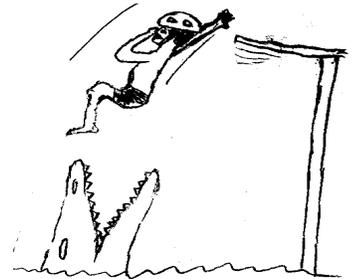
Memorial Day Picnic

Ichetucknee Springs State Park

Ride the back roads of Suwannee and Columbia counties to work up an appetite for *Sonny's* Barbeque and a need to jump in a cool spring. To partake, you must be at the ride start **not later than 9:15 am** to place your order with the Lantern Rouge; plan on arriving by 9 am.

WARNING!! IF YOU ARRIVE AFTER 9 YOU CAN COUNT ON WAITING IN A LONG LINE OF TUBERS TRYING TO GET INTO THE PARK!!

Depending on where you are coming from in Gainesville, it can take up to an hour to drive to the north entrance to the Ichetucknee Springs State Park on CR 238 (from US 27 at Ft White



take SR 47 north and turn left onto CR 238). It costs \$3.25 to get a car into the park (bikes \$1) so get some buddies together and carpool. Park in the area past the little fence on the far end of the parking lot; the regular lot will see lots of coming and going by tubers, and your car could be damaged (tubers will be long gone by the time we finish riding).

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 Sonny's fare.

League of American Bicyclists



Advice from the Crypt

by Rob Wilt

As you do this biking thing for a while, you get a sense of automation about it. And as the years go by you sort of stop noticing all the little things that you learned to do that have come to make it really easy. But I decided to step back and recount what has made biking easier and more enjoyable for me, and share it with you. This should be particularly helpful if you are a newby cyclist, you won't have to figure all of this out on your own, or pick it up piece meal, as I have, over ten years of biking.

1) Kevlar tires – I'm not talking about bead, I'm referring to the Kevlar belts. Get these the next time you replace your tires. Fixing flats is not nearly as much fun as people say, and it always seems to happen in the worst place at the worst time. I haven't had to fix any on-the-road flats since I went to Kevlar.

2) Kickstands – most serious bikes don't have kickstands because of weight. A pretty good substitute is the rubber band from a bunch of broccoli. Put this on your handlebar, and when you need to stand your bike up, you use the rubber band to hold the rear brake lever tight against the grip so the bike won't roll away. It works; the bike will stay wherever you lean it. It also might make it more difficult for a thief to run off with your bike.

3) Simple Green – I've seen a lot of complicated cleaning units for chains and sprockets, but they are a mess and involve getting pretty nasty while doing the cleaning. Simple Green is available at Walmart and other discount stores and is pretty cheap. You just spray it on, let it sit for a while, then wash it off with a hose. After the water dries you can relube your transmission, and it will be dirt and grit free and work smoothly. This gets all the nooks and crannies of the chain, sprockets and derailleurs. I've seen nothing that works better, other than disassembly of the components and hand brush scrubbing, which is a lot more work.

4) Maps – It's always good to have a map. The local telephone book usually contains detail maps of all the little towns in the Alachua area. The next time you get a new telephone book, rip the maps out of the old one before you recycle it, and put them in your pack. Someday you'll be glad you did. A tiny watch compass is a good idea too.

5) Tools – If you ride afar, that is, more than a few miles from home, you should have some tools. Minimally, a flat kit and tire levers, and a spare inner tube. The spare inner tube saves a lot of time and hassle on the road if you do have a flat; the flat kit is in case you have another flat (which is unlikely, but possible). Naturally if you have Kevlar belts the probability of a flat is substantially lower. And you need

either a mini-pump, or a CO2 inflator to get the tire back up to pressure. And a mini-pump that works by body weight instead of arm muscles is far less tiring, particularly when you are already tired, so get yourself a floor type mini-pump. Learn to use your tools at home when you have lots of time to play with them. It truly sucks to discover on the road that you don't know how to use your gear, or that it just doesn't fit or work as expected. If you have to open your tube of bike tire cement, keep it, but carry a brand new unopened tube too. Once opened the tubes tend to dry out.

6) Fluids – No matter what anyone says, water is not enough if you ride more than 25 miles at a time. Sweat contains salt, and this needs to be replaced if you sweat a lot. Gatorade or any similar product will provide that replacement salt. You'll get used to the taste eventually. I did. On a really hot day, leave the poppet pulled open on your water bottles while you ride. Otherwise you may find that you get a huge flush of fluid in to your mouth when you pull the poppet with your teeth, from the pressure in the bottle produced by heating. This is particularly true if you like to put carbonated beverages in your water bottle. As the bottle shakes during riding, the carbonation gets shaken out and will spray you when you pull the poppet.

7) Mirror – A mirror provides situational awareness and hence increases safety and peace of mind, so makes for a better ride. Get one.

8) Cell phone – if you have one, carry it with you. Have all the numbers you might be expected to call in a list that you keep onboard your bike, including local police and medical facilities (for your buddies sake). It's also nice too to have an emergency notification number on you (next of kin), in the event you end up unconscious.

9) Money – always carry a few bucks on your bike. You may need a snack to keep from bonking or your group might decide to stop for lunch unexpectedly.

10) Odd parts – if your bike has some very unusual parts on it, that wouldn't be found at a local bike shop, its best to have replacements with you on a trip, just in case. A whole bike vacation could be ruined by the lack of a small part. In my case, I now carry an extra derailleur cable and a seat bolt, because historically these break infrequently, but unexpectedly, on my bike; and the bike is pretty useless without them. I know what you're thinking, 'You can get a seat bolt at any bike shop.' Go ahead, call and see if they have them! I could only find mine at one particular hardware store.

11) Sunscreen – Cyclists use a lot of sunscreen, the one I use is No-Ad 45. For about \$8 you can get 16 oz. This lasts me a whole year. Available at Walmart or Kmart. Hawaiian Tropic makes a chap stick that has a sun screen factor of 45, it costs a bit more than other chap sticks, but one chap stick lasts me about 3 years.

12) Helmet burns – If your hair is thin on top, you can either smear sunscreen in your hair (and get it all over your helmet too), or you can buy one of the new helmet liners to protect you from the sun. They pass moisture and heat reasonably well. True, this is not as cool as no liner, but then skin cancer isn't cool either.

13) Sunglasses – Sunglasses aren't just good for cutting the glare of reflected sunlight from the roads, they also protect you from getting bugs and dirt in your eyes. When you buy them, consider polarization; it makes a difference.

14) Bike pants – The best bike pants are not necessarily the most expensive. Nashbar has bike pants that cost half to one third what Voler, Pearl Izumi and other manufacturers charge and offer more padding and comfort for the money.

15) Jerseys – In Florida, a jersey needs to be loose knit or open weave to effectively pass moisture and heat. The clubs last biking-gator jersey is a good example of this type of material. Cotton is not a good summer riding material, it soaks sweat and stays wet, and while wet, does a very poor job of passing heat out from the body.

16) Bike rack – By far the best type of bike rack to have is the type that connects to a hitch on the back of a car. This keeps the bikes or rack parts from making contact with the car's paint. It also allows entry to the trunk when the rack has bikes on it. The advantage over roof racks is that the bike does not have to have the front tire removed, and the bike will not have to be manipulated on the roof, potentially scratching or denting the roof. In travel, a bike behind the car is not going to get bug splattered as it would on the roof. The hitch type rack can also be quickly and easily removed and placed in the trunk when not in use. Removal usually involves just pulling a pin, then sliding the receiver out. The only down side to a rear hitch rack is that your bike(s) may obscure your brake lights or your rear vision in the mirror. Check to make sure this isn't the case, and rearrange your bikes if necessary.

17) Gloves – brightly colored gloves, with lots of palm padding are the best. Nashbar and Performance brand are both good and cheap.

18) Shoes – shoes made specifically for bikes do provide an advantage because of the harder soles than regular tennis shoes. Tie the laces (if they have laces) to the far outside of your shoes away from the bike, then they will be less likely to twirl around the inside of the pedal and trip you up. If you have a lot of extra lace, cut the laces shorter to get rid of the extra, or tie them up a couple of extra times to get rid of the extra length.

19) Tire irons – as much as plastic tire 'irons' are touted, I don't use them. Why? Because they break on my tires. So I use steel tire irons. If you have plastic, better try them with your tires to see if they will break before you really need them. Steel is heavier than plastic, but if the plastic are

going to break and be useless, then leave them home and save even more weight! Why carry useless tire 'irons'?

20) Water bottles - When I get home from a ride I wash out my water bottles and then refill them with Gatorade and put them in the refrigerator. Why? Because this prevents the creation of disgusting black fungus in the water bottle and assures my bottles are ready all the time. I also wash them in the dishwasher about every three months.

21) Bike clothes – Rather than run a washer load to clean my bike clothes, I run water as hot as possible in the bathroom sink with an appropriate amount of Tide, immediately after the ride. Stirring the water around with your hand or a plastic spatula will mix the soap in to solution. Drop the shorts and jersey in and swish them around a few times. Leave them to soak, till the water turns cool. Drain, then fill the sink again with hot water and swish the clothes around to rinse them out. Now hang them out above the bathtub to air dry; they will be dry and fresh the next day. Don't use a hanger that will rust when you hang the clothes up to air dry, plastic is best!

22) Grease on jerseys - If you get some grease on your jersey, a soft bristled toothbrush and some hand soap will usually remove it, working directly and carefully on the affected area.

23) Reflectors – A lot of people remove their reflectors because of weight. I keep mine because I ride at night, but if you remove yours because of weight think about putting some reflective tape on your bike to substitute. Its available in all colors and is very visible with headlights. Remember that it's your obligation to be seen, it's the drivers obligation not to run you over when they see you. So be seen!

24) Washcloth – This may seem intuitive, but it is always good to have a washcloth (or a cotton scarf or handkerchief) with you on a ride. I carry a very thin washcloth, and use it mostly to wipe sweat out of my eyes. But on a hot day you can wet it at convenience stores and use it to wipe down your face and neck, arms and legs. The difference that this can make in your body temperature during a long ride in the summer can be truly amazing. And there is a lot to be said for the renewed feeling of just getting the road grit off of you for a little while. If you have ridden much, you know that it isn't uncommon for convenience stores to lack paper towels in the bathrooms. So carry your own washcloth.

25) Planning rides – I have found that one of the very best tools to help plan rides is the Microsoft Streets program. This runs about \$25. It has very accurate distance measurement tools in it, so you don't have to guess how long a desired route will be. You can also highlight and then print out a desired ride with as many added details, as you desire. The best part is, that you may already have Streets on your computer as part of your OEM software package. It's often included with new computers, particularly when you purchase an MS Office package.

400K Brevet Report

by Barb Bergin

The ride started March 6th from the Quality Inn on Williston Road at 4 am. There were 14 riders registered; 13 left at 4 am sharp with one rider starting a few minutes late.

Jim Wilson and Mark Wolff were there to send us on our 250 mile journey. We had till 7 am Sunday to finish.

I was the only female rider, and soon found herself towards the rear of the group where I hooked up with Chris Kaiser from Atlanta.

Since I was also registered for the south Florida 400k with Peter Noris for the following weekend thoughts of turning around and going back to a warm bed kept going through my head. I had no intention of riding solo. I started chatting to Chris, who was the last rider, who was riding with a broken computer!! Less than 20 miles into the ride we saw two riders pulled off to the side. I asked if they were waiting for us; they said "no" and told Chris and I that they were fine, so we continued. Now we no longer were the last riders. I start to feel much better.

They were also the riders that missed a turn adding 11+ miles to a long ride ahead.

Several miles further up we saw two more riders pulled off. Dave Buzzee and Michael Grussemeyer had computer problems; they joined us. Now there were four.

It turned out to be a great morning but Dave decided to drop out at the first control due to stomach problems.

Adrian was heading out shortly after we checked in.

The three musketeers continued....against the wind yes, all day!!

Chris and I were fine. I had no complaints since I was on his wheel. Mike was working hard to stay with us; it was his first 400.

Joe Fritz (the late starter) hooked up with us while we stopped at a store to refuel. He continued solo; the man was on a mission. He got hooked up with the riders that missed the turn (it was not his day).

About 10 miles from the second control (Madison) and half way point, we saw recumbent Doyce. He was the

first rider on his way back to Gainesville (go Doyce)!! I thought.....wow we are 20 miles behind him.

The terrain got hillier with strong winds. Mike decided he needed a break; we continued.

Then we see Dan heading back. A bit further Andrew and Tom Wells. Now the wind was really picking up. It started to sprinkle. It came down on us so hard it got very cold; felt like hail. I was so cold with the shakes that I asked Chris to pull off so I could put on my rain coat (plastic trash bag). Hey, it works!! Mark, I am waiting for the pictures!

While there Andrew pulls up he decided to abandon Tom and join us (what a man). We only had 2 ½ miles to the control.

Waiting for us were Jim and Meegan; also Mark Wolff (thank you Mark for your support; you are the best and so is your nice dry coat). As always Meegan fed us well.

At the control was Adrian. He decided to join us for the ride back. Now we had 4 (I like it).

Components continued to break for Chris. His front shifter broke off (not his day either). He & I turned around to look for it with my blowtorch. It happened while he was in the small chainring which was good since we still had a few bumps to go.

Just before we got to the secret control we passed Woody; our paceline was growing. Only 25 miles to go....

Mark was manning the secret control; what a welcome sight. He had homemade banana bread (made by Meegan) pretzels, oranges, water and beer.

With only 22 miles left we could smell the barn.

Our finish time was 11:30 pm. Total 19 ½ hours. Chris met his goal time!

According to Jim, Doyce Johnson was the first rider to finish at 6:42 pm.

Tom, Ken & Todd finished at 1:15 am.

Mike Grussemeyer endured fog and light rain, finishing solo, arriving at 4:28 am.

Great ride—could have done with less wind or rain.

Chris, thanks for the awesome pull!

And thank you Jim, Meegan and Mark for being there.

Early January A/Gliders Ride

Photos by Danny Muehlschlegel

Available in color on our web page courtesy of Neil Corbet



Danny & Susanne Muehlschlegel



Chilly Chili Picnic

Craig Lee photos

In color on Ofoto



Old Belamy Road



Barb Thomas creates chili masterpiece



Chandler Otis and Craig Lee



Diann Dimitri on the trail



Florida Bicycle Touring Calendar (VERY ABRIDGED)



See the complete calendar on the World Wide Web at <http://www.floridabicycle.org/fbct/>

April 3 (Sat) <i>Gainesville FL</i>	Brevet Series: 600 km 372 miles. Jim Wilson (352)373-0023.	<i>Athens GA</i> April 24-25	50 or 100 kilometers.
April 3 (Sat) <i>Brandon FL</i>	Brandon Ramble 2004 12, 25, 50, 100 miles. Ken at (813)685-4222, or Charlie at (813)689-5677.	<i>Miami FL</i> April 25 (Sun)	Maroone MS 150 "Breakaway to Key Largo" 50, 75, 100, 150 miles. Cris Vidal (954)731-4224.
April 3 (Sat) <i>Jupiter FL</i>	Brig Edwards Rally and Ride Marchinski Park, located on A1A, 25 miles, 7:30AM. Heidi Edwards, C/O FloridaCycling.com, 9266 Pinion Dr. Lake Worth, FL 33467.	<i>Jacksonville Beach FL</i> April 29 - May 2	Tour de Forts New location this year. 18, 30, 71, or 102 miles.
April 3 (Sat) <i>Washington GA</i>	Washington GA Historical Bike Ride 9 AM. 28, 62.5 mile, and a century ride. Chain Gang, 2686 Lincolnton Rd., Washington Ga. 30673. Skip Padgett, (706)274-3511.	<i>Live Oak FL</i>	Suwannee Bicycle & Adventure Fest 5-100 miles. SBAF Registration Coordinator, 2461 95th Drive, Live Oak FL 32060. (800)428-4147.
April 3 (Sat) <i>Savannah GA</i>	Savannah Cardiology Earth Day Ride 25, 50 miles or the short kids ride. Dave Sanderson (912) 665-0854.	May 1 (Sat) <i>Crystal River FL</i>	Cross Florida Double Dipper Crystal River to Cocoa Beach 270K RUSA Brevet. Peter, 321-779-8601.
April 3-9 <i>Gainesville FL</i>	Bike Florida 2004: Springs Fever BIKE FLORIDA, P.O. Box 621626, Oviedo, Florida 32762-1626.	May 1 (Sat) <i>Jackson GA</i>	Jackson-Butts County Rotary Wheels 10, 25, 50 and 100 miles. Beverly Stewart at 770-775-2189 or 770-775-4641.
April 4 (Sun) <i>Bradenton FL</i>	16th Annual Spring Classic 60, 35, or 25 miles. Pat McNulty (813) 839-7126.	May 1 (Sat) <i>Vidalia GA</i>	Sweet Onion Century 31, 50, 63, 100 and 125 miles. Libby Kimball at 912-538-0270 or Lamar Martin at 912-526-9179.
April 10 (Sat) <i>Gainesville FL</i>	Brevet Series: Fleche 24 hour ride. Jim Wilson (352)373-0023.	May 1 (Sat) <i>Chattanooga TN</i>	3-State 3-Mountain Challenge Daisy Blanton, (706)820-1157.
April 10 (Sat) <i>to Sebring FL</i>	Brevet Series: Fleche 24 hour ride. Peter Noris (321)779-8601.	May 1-2 <i>Inverness FL</i>	MS 150 Cycle to the Forest To Silver River State Park. 50, 75, 100 or 150 miles. Michael Cooper 888-950-9080.
April 10 (Sat) <i>Metter GA</i>	Another Bloomin' Bike Ride 15, 62 and 100 miles. Another Bloomin' Festival, c/o Samantha Poppell, 1207 Brooklet S. Dr., Brooklet, GA 30415. (912) 842-4835.	May 1-2 <i>Senoia GA</i>	Pine Mountain Tour 50+ miles each day. Leslie Neville 404-361-3102.
April 16-18 <i>Milledgeville GA</i>	BRAG Spring Tune-Up Ride Bike Ride Across Georgia, PO Box 87111, Stone Mtn. GA 30087-0028. (770)921-6166.	May 2 (Sun) <i>Cocoa Beach FL</i>	Cross Florida 170 miles. Peter Noris (321)779-8601.
April 17 (Sat) <i>Fanning Springs FL</i>	NatureFest Bike Tour Part of the NatureFest at Fanning Springs State Park. 333-3184.	May 2 (Sun) <i>Piedmont AL</i>	Cheaha Challenge Century+ 110 miles, four "mountains."
April 17 (Sat) <i>Cocoa Beach FL</i>	The Cocoa Beach Comber Ride 65 and 35 mile rides. Axel Schlem 407-629-2453.	May 8 (Sat) <i>Venice FL</i>	Sharky's 2nd Annual Fun Ride 62/35/15 mile rides. Sharky's on the Pier, 1600 S. Harbor Dr. Venice FL 34285.
April 17 (Sat) <i>Satellite Beach FL</i>	Populaire: 100/150 km Peter Noris (321)779-8601.	May 8-9 <i>Athens GA</i>	Athens To Lake Hartwell Tour Each day is roughly 60 miles.(706) 227-0774.
April 17 (Sat) <i>Jacksonville FL</i>	TRIO's "Pizza Ride for Life" 10/15/35/50/75 miles. (904) 858-3370.	May 14-16 <i>Helen GA</i>	Helen Fat Tire Festival Woody 706.878.3715.
April 17-18 <i>Quincy FL</i>	23rd Annual TOSRV South 200 miles or 126 miles in two days. Capital City Cyclists. Larry Pushor, Coordinator, 974 Park View Drive, Tallahassee, FL 32311. 850-78-7473.	May 15 (Sat) <i>Blackstock Vineyards GA</i>	Georgia Wine Tour David Hedges 770-642-5527.
April 17-22 <i>Live Oak FL</i>	24th Annual Florida Bicycle Safari George Cheney, P.O. Box 916524, Longwood, FL 32791-6524. (407)788-BIKE .	May 15 (Sat) <i>Rome GA</i>	Up the Creek Without A Pedal 10, 30, 62 and 100 miles. Coosa Valley Cycling Association PO Box 2764, Rome, GA 30164-2764. Day (706)291-1501
April 18 (Sun) <i>Cocoa Beach FL</i>	Bike Across Florida (BAF) Total distance will be 167 miles.	May 15-16 <i>Jekyll Island GA</i>	SunTrust Jekyll Island Challenge Century and Sunset Ride 25, 50, 64, 100 miles. Bicycle Savannah LLC, PO Box 60533, Savannah, GA 31420. (912)665-0854.
April 18 (Sun) <i>Cocoa Beach FL</i>	Halfway Across Florida 85 miles.	May 16 (Sun) <i>Flagler Beach FL</i>	AIA Scenic Highway Century 100/60/24 miles. Rotary Club of Flagler Beach, 2268 S. Central Ave., Flagler Beach, Fla. 32136.(386)439-3645.
April 18 (Sun) <i>Enterprise AL</i>	Boll Weevil 100 25, 50, 100 miles. Enterprise Lions Club, PO Box 310598, Enterprise, AL 36331. (334)393-0802.	May 16 (Sun) <i>Fairburn GA</i>	Tour De Cure 1-888-DIABETES.
April 24 (Sat) <i>Satellite Beach FL</i>	Brevet Series: 600 km 372 miles. Peter Noris (321)779-8601.	May 21-23 <i>Statesboro GA</i>	Georgia Tandem Rally Roger Strauss or Eve Kofsky 770-565-4150.
April 24 (Sat) <i>Loxley AL</i>	Fenner McConnell-Matt Wantz Memorial Ride 30, 65, 100 miles. West Florida Wheelmen Bicycle Club P.O. Box 9321 Pensacola, FL 32513.	May 22 (Sat) <i>Bonifay FL</i>	Century of the Month Ride Series 40, 60, 100, 200 miles. Joe Arnold (850)547-5196.
April 24 (Sat) <i>Melbourne FL</i>	5th Annual "Ride for the Red" Cycling Tour 100/62/33/10-15 Fun Ride. Joann or Kevin Gulliver at 321-752-0618.	May 22 (Sat) <i>Spartanburg SC</i>	Assault on Mt Mitchell 102 miles, extremely challenging.
April 24 (Sat) <i>Bonifay FL</i>	Century of the Month Ride Series 40, 60, 100, 200 miles. Joe Arnold (850)547-5196.	May 29 (Sat) <i>Satellite Beach FL</i>	Populaire: 100/150 km Peter Noris (321)779-8601.
April 24 (Sat)	Twilight Gambler	May 29-30 <i>Sarasota FL</i>	Sarasota Century 2004 Century, 65, 35 miles Karlee Knowles 407-831-5142.
		May 29-30 <i>Hartwell GA</i>	Challenge of the Centuries 35, 62, or 100 miles. (706)856-2218.
		May 29-30 <i>Statesboro GA</i>	Jim Kruse Century Sat. 25, 50, 65, 100 miles. Sun. 45/65 miles. Paul Hibbs, 305 Donehoo St. Statesboro, GA 30458.

Gainesville Cycling Club

2004 Annual Meeting

February 29, 2004 Rob Wilt reporting



Tom Wells rose to indicate that he is looking in to the laws in European countries which render cyclists a more favorable legal status than in the US, with an eye toward getting the laws improved here.



President George Edwards starts the business part of the meeting with the State of the meeting with the State of the Club Address.



UF Economics Professor Jay Ritter rose to suggest that board members hosting the monthly board meeting be reimbursed by the club for meal expenses. With such wise financial leadership, we are all hoping that Jay will eventually replace Alan Greenspan!



John Parker suggested that the board needs a wine & food taster for all meals prepared for board members at monthly meetings. He volunteered for this new position. The board is giving his suggestion due consideration.



Vicki Santello rose to thank Greg Grooms for the excellent effort he extended in getting the club its latest jersey.



Smoked Salmon (yum)



Photographer Rob Wilt (this photo by Carol Glavin)

Take the Century Challenge

by John Lee Ellis

Now that spring and longer days have arrived, you're probably considering your cycling goals for 2004. Maybe those goals include centuries: riding your first century this summer ... improving your performance on your club century ... or even setting a PR for total century miles in a year!

Whatever your goal, there is a great set of resources at:

www.ultracycling.com/training/preparing_for_centuries.html

where you can find a series of articles covering training, equipment and nutrition for century riders.

If you've already ridden a few centuries, why not take the Century Challenge? How many centuries can you ride in 2004? The Ultra-Marathon Cycling Association (UMCA) runs an annual Mileage Challenge, where you can register your centuries and other long rides.

Crista Borrás and Chuck Wood rode 84 centuries in 2004, to take first place in the UMCA Mileage Challenge. They aren't professional athletes - she's 56 and he's 60, both have full-time jobs, and they live in Washington, D.C., not sunny California!

Kevin Kaiser, a first-time rider in the Mileage Challenge said: "There were many days when it would have been easy to quit at 40-60 miles, but the Mileage Challenge motivated me to push for at least 100 miles. Nothing else would count on this list."

I live in Colorado - there are only four "big event" organized centuries with entry fees, rest stops and t-shirts. Yet, by going on local club rides, I can log 34 rides of at least Century Division length. All I need to do is remember to stop at mini-marts for burritos!

Yes, a century ride doesn't have to be a big event with a lot of fanfare to count in the Challenge. A club ride of that distance is just as good. If there aren't enough of those in your area, you can organize your own, as Crista and Chuck do. And finally, if you're more inclined just to go out and do a hundred miles without an organized ride, you can do that, too, in the Mileage Challenge.

For more information on the Mileage Challenge, go to: www.ultracycling.com/standings/umc.html

As a bonus, any rider who logs at least 1000 miles in the UMCA Mileage Challenge can buy Endurox R4 and Accelerade at a discount directly from the company.



GCC Recording Secretary Bob Newman and wife Suzanne at the National Rally in Madison this past fall. Photo by George Edwards.



BUSINESS SPONSORS

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

Bike Route	15%	374-4550
Bikes & More	10%	373-6574
Chain Reaction	20%	373-4052
Gator Cycle	10%	373-3962
Ominski Massage	\$10 off	
Recycled Bicycles	10%	372-4890
Spin Cycle	22%	373-3355
Streit's Schwinn Cyclery	10%	377-2453
Water World	5%	377-2822

Some restrictions apply, ask for details at the store.

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: 2002 TerraTrike v3.4, with Cat Eye computer, disk brakes, excellent tires (Primo Comets and IRC Metro), with good components. Recumbent ease and comfort with the speed and handling of a human-powered sports car. New trike under construction. \$1,250. George Edwards, 333-3184.

SPECIALIZED STUMPJUMPER Front Suspension ATB converted to SINGLE SPEED, 19" frame w/ Rockshox Fork, Paul WORD Components and all of the Dean, Salsa, & Kooka Titanium Parts that one could want, Very Light and Very Functional. You will not find a nicer single speed anywhere, Please eMail me for a detailed description (StevenPSparks@aol.com) or (C)317-5652 \$600 obo

JERSEY: Women's sleeveless size medium, new syle. \$45 Diann Dimitri 378-7063.

ROB WILT 380-0561 (leave message) or email at Klattu2051@aol.com:

Teac V2-RX cassette tape deck, 3-heads, In excellent condition, \$100

35 MM Flash - Compact Zoom Strobe with Thyristor Flash. Adjustable flash head for close and wide angle shots. Head changes angles for non-direct lighting shots. Active hot shoe type for 35mm. With carrying bag. \$20

Airwalk Chaos casual shoes. Black, dark gray and light gray. Virtually new. Worn a couple of times, were a bit too small. Very clean. Would fit a 9D well. \$20

Books on tape, many titles, murder mysteries, historical, comedy. In excellent condition with original packaging. Most used only once. For a list of titles and prices email me and I will forward you the complete listing of available tapes.

Panasonic KX-P1123, 24 pin dot matrix printer. In good shape, with stand, manual, and extra ribbons. \$25

Brand New GCC polo shirts: Quality Queensboro shirts (www.queensboro.com), featured logo is the sweaty pony on a penny farthing bike. One each: Yellow with green text and red horse, Yellow with black embroidery, White with gold text and red horse. All shirts Men's size Large \$20 each.

Grand Excursion 2004 Bike Ride is a once in a lifetime event that will start on the banks of the Mississippi River in the Quad Cities (Rock Island, IL). The cyclists will depart 27 June 2004 upstream to bike along the Mississippi River with the largest paddle wheeler and riverboat flotilla in over a century that includes the Delta Queen, Mississippi Queen and other excursion boats. The ride concludes in the Twin Cities on 4 July with a large celebration. You will get to view paddle wheel boats and tow boats pushing barges everyday on this ride. You may want to stop for a rest and watch these vessels pass through one of the many locks & dams on the river. This event celebrates the renaissance of the upper Mississippi River region and builds upon the original Grand Excursion of 1854, a celebration and journey that brought world-wide attention to what was then America's wild, western frontier. Our overnight stops will coincide with the excursion boats. The mileage each day will be between 35 & 70 miles with some hills. We will be traveling along Mile 484 to Mile 840 of the Upper Mississippi River. Our overnight communities: Quad Cities, Savannah IL, East Dubuque IL, Prairie du Chien WI, LaCrosse WI, Wabasha MN, Red Wing MN, Prescott WI & Twin Cities. More info on this event can be obtained by visiting www.grandexcursion.com.

The Gainesville Cyclist

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome.

Classified ads will be run free-of-charge for club members; email or mail to the editor.

Ads are \$20 for a standard size ad, \$40 for a quarter page ad, and \$80 for a half page ad. A one year (six issue) subscription for standard size ads is \$100.

JUNE DEADLINES

Ad copy needing setup work May 10
Articles and classifieds May 17
Ads in GIF or TIFF format May 20

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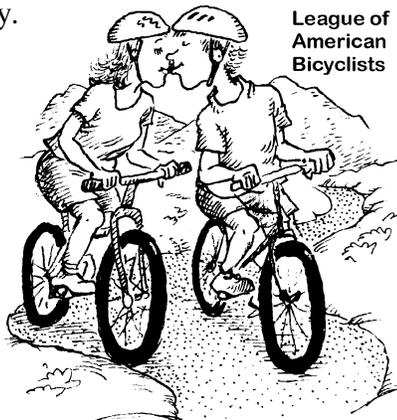
APRIL 2004 ISSUE Mailing label with expiration date identifies current member.

2004 Gainesville Cycling Festival - 23-24 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



 Welcome new members Jeannie Bobroff, Mike Buono, William Butler, Sanjay Dave, Dean Hart, Erik Steene, and Ira Thorpe of Gainesville, Lisa Butkus of Orlando, Catherine Price of McIntosh, and Steve Wilkin of Newberry.



League of American Bicyclists

 The 25th Annual Athens Twilight is a three day (April 23-25) festival filled with sports, music, and fun for all ages. The festival offers a Criterium race, the Plexus USCF Amateur Finals, 5k & 100k races, handcycle races, mountain bike races, and a fat tire criterium. This 25th Anniversary year also is hosting the sixth stage of the Tour de Georgia, featuring Lance Armstrong. This intensely popular, nationally recognized event brings over 30,000 spectators and athletes to downtown Athens, and was voted "Number One" race by professional and amateur cyclists. For more information, write the Athens-Clarke County Chamber of Commerce, 246 West Hancock St., Athens, GA 30601, or visit www.athenstwilight.com.