April 1 (Sat) 600 Kilometer Brevet
See our web site for details.

April 1, 15 & 29 (Sat) Juniors Ride
Supervised rides for ages 10 thru 18. See page 10 for details.

Apr 2 (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 9 (Sun) Paint Out Ride
Meet in Micanopy at 9 am to ride to Evinston. See more details about the event on page 3.

April 22 & 23 Earth Day Rides
As part of Earth Day, the city of Gainesville will be sponsoring two family bike rides on Saturday and Sunday, April 22 and 23.

The Saturday ride is on the Gainesville/Hawthorne Trail. This ride is suitable for riders of all abilities as the Gainesville Hawthorne Trail is paved. This is a great ride to introduce newcomers or children to the joy of bike riding. The ride meets at the Boulware Springs Trailhead at 9 a.m. The City of Gainesville will provide refreshments.

The Sunday ride is at San Felasco, which has 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. Following the ride, the City will provide lunch. Chandler will cook jambalaya and serve other goodies. Chandler could use some help in the kitchen. If you could help a bit at the event, please contact Chandler at chanbike@aol.com.

If you have questions, please E-mail me, Chandler Otis, at Chanbike@aol.com.

May 6 (Sat) Standard Ride Start Times Move to 8 am
But watch your email for groups who may switch earlier or later!

May 29 (Mon) Memorial Day Picnic at Little River Springs
Ride the back roads of Suwannee County 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; plan on arriving by 9 am.

Depending on where you are coming from in Gainesville, it can take up to an hour to drive to the park, which is just north of Branford. Take US 27 from High Springs to Branford. Turn right onto US 129. Drive three miles north on US 129 and turn left onto County Road 248. A green "Little River Spring" marks the turn. Go about a mile toward the river (west) and follow signs to the spring.

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, and a lawn chair.
This issue we have some new contributors, and are missing some of our regulars (whom we expect back for June).

If you have an idea for a column or just a one-time article, don’t hesitate to write it up and send it to me. The more people we have contributing, the more dynamic and viable a newsletter and club we have.

Before the next newsletter comes out we’ll be starting the organizational process for the next Gainesville Cycling Festival. Let me know if you would like to be involved in the management of the event. We will need to find persons to work in the areas of route management, aid station organization, and registration.
Our Annual Meeting took place on March 4th and was a culinary delight. The roast beef and pan seared salmon drew raves from those in attendance. The Board of Director for 2006 were introduced and a special award was presented for George Edwards thanking him for his four years as club president and overall contributions to our club. From a field of limited entries Roger Pierce’s 1982 Avatar 2000 won for Best Recumbent, I was lucky to win Best Road Bike with my 2003 Cannondale Road Warrior, and Candler Otis’ 1988 Miyata “Ninety” Suburban Commuter won for Best Antique Bike. It was a pleasure spending the evening with those of you who could make it and perhaps those who missed the dinner can come next year.

I would like to personally thank all of those who volunteered their time to help with Bike Florida as everything went great. You have shown once again that the GCC can be counted on for support for a worthwhile cause.

It’s good to see the spring weather here and welcoming those club members who have been waiting for a less challenging climate. Here’s wishing everyone a safe, happy, and productive cycling season.

Bob Newman

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Evinston to Cross Creek Paint Out Event

Kiara Winans

All are welcome to ride any of the event days, April 7-12th, 2006. If you would like to be part of a group, gather in downtown Micanopy at 9 a.m. on Sunday, April 9th to join a group ride on the route. Riders are encouraged to stop in Evinston and chat with the painters. Let a painter know if you are willing to model for their painting. Fifty painters will be working on location in Evinston and Cross Creek.

Paintings are for sale as soon as they are complete at the Post Office in Evinston. A final Gala and Sale takes place at the Thomas Center in Gainesville, Friday April 14, 7 - 10 p.m. All events are free. Profits go to the Renovation Fund established to make upgrades required for the Wood & Swink Old Store and Post Office in Evinston. This is Florida’s oldest post office and one of only a few operating general store post offices in the nation. Without the upgrades the Postal Service will close the post office. This event also inaugurates the Heart of Florida Scenic Loop. The Florida’s Eden project will be developing this loop in the next year--including cycle routes---as part of sustainable rural economic development.

This event is being organized by the Artists Alliance of North Florida as part of its Florida’s Eden plan, and in collaboration with the Conservation Trust for Florida; complete info online at www.FloridasEden.org.
Glide through the raining pollen, warm up your winter-weathered muscles. Ride the roads and trails. Meet some new members of GCC—maybe one or two will become your riding partners.

Art Mowery

Art started riding bikes as part of triathlon training. Now he rides both on and off road on his Specialized Allez Tri Setup or Specialized Stumpjumper Pro. He likes to ride 30-40 miles at 18-20 mph. A dentist, he’s lived in Gainesville for 20 years and originally hailed from Melbourne. His favorite rides are the Wacahoota area and San Felasco.

Robin Politowicz

Robin just moved to Gville from Cape Coral, Florida, in November. She says, “It is the anti-Gainesville: no nature, no trees, no bike lanes, no shade, no culture. Why didn’t I leave sooner?” She rides 16-18 mph and 20-30 miles, carried by her Cannondale road bike or her Trek mountain bike (she’s got a Kona on order to “soothe her addiction”). You’ll find her riding Millhopper and around the university on the weekends. She started riding bikes when she lived up north, learning to ride a two-wheel bike in the basement. Robin remembers, “I could go 5 pedal revolutions on my extremely cool Schwinn with banana seat.” Her favorite adventure was a vacation in Wyoming—she was thrown from a horse during a thunderstorm on top of a mountain, went white water rafting on the Snake River, and hiked the Grand Tetons, also outrunning an elk in Yellowstone.

John Schlitter

“Don’t be afraid to try and draft a recumbent,” says John, who takes his on long rides in the 23-26 mph zone. A founding father of Bacchetta Bicycles, he spends a lot of time at world headquarters in St. Pete. His longest ride was the 12 hour race at Sebring for 269.5 miles, but his best bike adventure was being a member of the four-man Race Across America Team ALS/Bacchetta 2005—they took 3rd place overall. Although he rides his Bacchetta Aero recumbent 80% of the time, you’ll also see him on a Felt carbon road bike.

Martha J. Burt

Martha Burt sees dead people (well, that’s a joke, but she really does as a new UF faculty member and Assistant Medical Examiner in Gainesville). She didn’t have a car in med school, so she biked everywhere and got hooked. She still rides the very old Specialized Allez she bought then, preferring to ride the road alone or in a group. She’s moving a little slow she says (14 mph or so) on her 20-30 miles, but hopes to get faster. She’s also looking to try mountain biking. She grew up in Alaska, went to school in Oregon, has also lived in New Orleans, Minneapolis and Miami. Her favorite adventure was raising her son.

Andrea Tabler

Andrea just got started riding; taking her borrowed old Cannondale for rides around 12-13 mph while saving for a new Trek Hybrid. Her longest ride to date is 33 miles. She lives in Keystone Heights and likes riding the Hawthorne trail (and she’s looking forward to a new trail in Keystone). She started riding with a friend that she works with at Shands and found adventure when her friend talked her into riding Highway 20 to Hawthorne from Gainesville (the trail is better, really!) When not working or biking, she enjoys cooking and going to the beach.
Dear Friends:

I am delighted to announce that the Gainesville Cycling Club has been honored with the Gold Award by Keep Alachua County Beautiful for the Outstanding Achievement of our Adopt-A-Road program. At the KACB banquet on March 10, Adopt-A-Road Director Diann Dimitri was presented with a handsome basalt obelisk commemorating this recognition.

Diann is to be commended for her devoted leadership of this program which so far has spanned 12 years. The citation for the Award states “Since 1994 members of the Gainesville Cycling Club have demonstrated their appreciation of Alachua County and its natural beauty by striving to keep one section of a lovely rural highway free of litter. Over the years many individual club members have contributed hundreds of hours to this effort, and have collected more than 22,400 pounds of unsightly rubbish from the shoulders of this Old Florida Heritage Highway. One corner of Alachua County has been beautified over many years through their selfless labor.”

Congratulations to Diann, and congratulations to every member of GCC who have taken part in this major effort. All the Club should be proud that our Community appreciates us.

Cheers,
George
Many thanks to Mr Goodbike, Bikes N’ More, Gator Cycle, Bike Route, Streits’s Schwinn Cyclery, Spin Cycle, and Recycled Bicycles for the donation of door prizes that were given away at the meeting.

Slim pickin’s at the swap meet.

Concorse d’ Elegance

Many thanks to Mr Goodbike, Bikes N’ More, Gator Cycle, Bike Route, Streits’s Schwinn Cyclery, Spin Cycle, and Recycled Bicycles for the donation of door prizes that were given away at the meeting.

Slim pickin’s at the swap meet.

There were no entries in the Off Road Bike category, so we presented the trophy to outgoing Off Road Director Leslie Folkerth.

Recumbent winner: 1982 Avatar 2000, Roger Pierce

Antique winner: 1988 Miyata “Ninety” Suburban Commuter, Chandler Otis

Road Bike winner: 2003 Cannondale Road Warrior 700, Bob Newman

Annual Meeting

Roger Pierce Reporting
March 11 - Recapping the 400 Kilometer Brevet
Jim Wilson - Regional Brevet Administrator

Undoubtedly, the 400K brevet is the hardest of the four-ride series. The 200K is barely longer than a century and most randonneurs treat it like one. The 300K is shorter than a double, and starting at 5AM, most will finish before dark or shortly after. The 600K has a time limit of 40 hours, and almost everyone can grab a fair night’s sleep in the middle and do most of their riding in the daylight.

The 400K is a real slog. 250 miles in 27 hours pretty much demands you don't sleep. The GCC version starts at 4AM, but almost no one finishes before dark. On this year's ride the weather was perfect, but riders still arrived in twos and threes until just after midnight.

As I predicted, Andrea "The Italian Stallion" Tosolini and the "Flying Family Stevens" ( Danny, his son, Danny Jr., and brother "Shoeless" Rob) raced through the early hours and finished a full century just as their less ambitious A-rider friends were convening at Le Store for the Saturday club ride. They continued their torrid pace and arrived back at the finish at 5:32 PM, well before dark.

Alachua’s Nanci LeVake deserves the courage award. Around midnight her knees gave out, and, according to those riding with her, her speed had dropped to under 5 MPH. Luckily, the return route took her to within a mile of her house. A side trip for an application of ice and a few hours sleep proved to be sufficient. At 4AM, she crawled out of bed, limped to her bike and finished the ride at 5:59 AM. Bon Courage, Nanci!

Gill who greeted the riders in the dark at the 5 AM secret control and Barb Bergin who helped me scout the route in the cold rain and wind a few weeks earlier.

[1] OK, he didn't do the welding, but he is a principal in Florida's own Bacchetta Bikes, a brand familiar to many other GCC members who have sipped the Kool-Aid poured up by Jim “Jones” Ossa.

Photographs by Andrea Tosolini.
April 9 (Sun)  
Palmetto FL  
Spring Classic  
60/35/25 miles. Registration opens at 7 am at Tony D’s at 304 7th Street W. in Palmetto (just north of Bradenton). 60-mile 8 am, 35-mile 8:10, 25-mile 8:20. St. Petersburg Bicycling Club PO Box 76023, St. Petersburg, Florida 33734.

April 9 (Sun)  
Titusville FL  
Bike Across Florida (BAF)  
NO REGISTRATION ON DAY OF RIDE! 150 miles across the great state of Florida. 407-831-5142 ext. 3.

April 15 (Sat)  
Metter GA  
Another Bloomin’ Bike Ride  
25, 62 and 100 miles. Call Samantha at 912-842-4835, Metter-Candler Chamber of Commerce at 912-685-2159.

April 22 (Sat)  
Jacksonville FL  
Katie Ride For Life  
Starting on Amelia Island, Florida. The one-day ride will feature a 100km route for avid cyclists and a choice of a 60km or 30km ride for recreational enthusiasts of all ages. Katie Caples Foundation 904-261-1137.

April 22 (Sat)  
Hiawassee GA  
Tour De Georgia Circle The Bald  
Register Early, 1000 rider limit.

April 22 (Sat)  
Marion AL  
Old Howard 100 Bike Ride  
A ride through Alabama’s historic Black Belt sponsored by Samford University’s Howard.

April 22-23  
Quincy FL & Cairo GA  
25th Annual TOSRV South  
Tour of Springtime Rural Vistas, Two day event. 200 mile ride starts in Quincy, Florida: and 200 km(126 mi) ride starts in Cairo, Georgia. Limit 500. Capital City Cyclists. Larry Pushor, Coordinator, 974 Park View Drive, Tallahassee, FL 32311. 850-878-7473.

April 22-27  
Live Oak FL  
26th Annual Florida Bicycle Safari  
6 day ride is limited to 225 participants. 3 day option also available. George Cheney, (407)788-3748.

April 28-30  
Madison GA  
BRAG Spring Tune-Up Ride  
Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. (770)921-6166.

April 29-30  
Tampa FL  
MS 150 “Wheels, Whales & Tails”  
Busch Gardens Tampa to SeaWorld Orlando and back to Busch Gardens Tampa. Michael Cooper 2701 Maitland Center Parkway, Suite 100 Maitland, FL 32751 (407) 478-8880 ext. 29.

April 29 (Sat)  
Athens GA  
Twilight Gambler  
50 or 100 kilometer ride through northeast Georgia’s rolling countryside past Beaver Dam Farm (built by Kenny Rogers hence the name Gambler).

April 30 (Sun)  
Jacksonville FL  
The 15th Annual Tour de Forts  
All routes are very flat. 18, 30, 62, 75, or 100 miles. The 62 and longer routes leave at 7:30. The shorter routes leave at 8:30. The shorter routes include Florida wetlands. The longer routes add ocean views, Amelia Island, and Fort Clinch.

May 4-7  
White Springs FL  
The 15th Annual Tour de Forts  
All routes are very flat. 18, 30, 62, 75, or 100 miles. The 62 and longer routes leave at 7:30. The shorter routes leave at 8:30. The shorter routes include Florida wetlands. The longer routes add ocean views, Amelia Island, and Fort Clinch.

May 6 (Sat)  
Helen GA  
Brasstown Bald Buster Century  
7:30 a.m. Registration is limited to only 300 spots.

May 6 (Sat)  
Chattanooga TN  
3-State 3-Mountain Challenge  

May 7 (Sun)  
Piedmont AL  
Cheaha Challenge Century  
7,400 feet of cumulative climbing. (256)435-5710. Mail: NEABC, P.O. Box 2414, Anniston, AL 36202.

May 20 (Sat)  
Spartanburg SC  
Assault on Mt Mitchell  
May 20-21 Jacksonville FL  
Tour de Cure  
Kimberly Lewis 904-730-7200, x3061 or 800-676-4065, x3061.

May 20-21  
Jekyll Island GA  
Jekyll Island Challenge  
Sunday 25, 50, 64 and 100 miles. Bicycle Savannah LLC, PO Box 60533-0533, Savannah, GA 31420. (912)665-0854.

May 21 (Sun)  
Flagler Beach FL  
A1A Ocean Shore Scenic Hwy Cntr  
100/60/56/24 miles. Rotary Club of Flagler Beach, PO Box 2005, Flagler Beach, FL 32136; (386) 439-0134.

May 27-28  
Hartwell GA  
Challenge of the Centuries  
Each day, your choice of a different 35, 62 or 100 mile loop! (706)377-2432.

May 27-28  
Statesboro GA  
Jim Kruse Century  
25, 50, 65 and 100 miles. Paul Hibbs, 305 Donehoo St, Statesboro, GA 30458.
Recently I made the decision to commute to work on my bike. The reason – every time I go to the gas station, I was sobbing from the cost of gas. My poor truck doesn’t remember what a full gas tank is anymore. Thus I made a decision to ride my bike to work.

In preparation to take this leap, I first had to find affordable and easy solutions for some obstacles.

1. **Cleanup.** I’m sure my co-workers appreciate the fact that I clean up after my ride in. There isn’t a shower at work so I made up a goodie bag that I leave in my desk for cleanup. The goodie bags consists of the following:
   a. Babywipes – I bought the unscented and these work great for cleanup
   b. Deodorant – for obvious reasons
   c. Hair Dryer/Hair Spray – I take my shower before I leave my house so I need to dry my hair. Helmet hair does nothing for fashionable appearances.
   d. Makeup/Combs and Brushes

2. **How to transport clothing, lunch and other items.**
   The Owners at Gator Cycle were a huge help with this obstacle. I didn’t want to carry a heavy backpack so I had to find another solution. We came up with a rear rack solution, but another problem was that I didn’t want to permanently attach the rack to the bike – ala Quick Release. I purchased the following items to use:
   a. Topeak Quick Release rack
   b. Topeak Pannier frame (attaches to the rack as a side frame)
   c. Topeak Trunk Bag (with fold out panniers)

   This setup has worked out perfectly. I have ample room for storage of items and when not in use, it’s easily removed. By commuting on my bike to work everyday, the savings in gas has already paid for the rack setup, and it’s easily removed – PERFECT!

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**Dangers of the Road**

Once I began my commute I quickly discovered there are things to be aware of:

1. **Ride DEFENSIVELY!!**
   By riding in the morning, most people appear to be in a daze and not awake i.e. drifting all over the road (yes into the bike lane at times too), cut you off at the intersections and the one thing that really drives me nuts – talking on the cell phone and not paying attention. You must ride more defensively and pay extra attention because most drivers are not.

2. Since the mornings here in Gainesville are somewhat “damp” I initially had a problem of my glasses and mirrors fogging up when I stopped at traffic lights. I purchased a glass cleaner that prevents fogging and use that on my sunglasses and mirrors at least once a week. This has definitely taken care of the problem.

3. **Road Debris.** It seems like certain roads here in Gainesville are always magnets for road debris. I travel on 53rd Ave (going east) and noticed there always seems to be a lot of dirt, sand and rocks at the intersection (by the train tracks) of 441 and 53rd. So much so that I have to move over into the lane of traffic to avoid it. Be constantly aware of road debris.

4. **Trunk Rack/Panniers.** I did notice that once I loaded up my new trunk bag and panniers, the back of the bike is much more heavier now. That changes the response of the bike. I try my best to ride safely, with the extra weight in the back, I have to be more aware of how differently the bike responds now.

I can honestly say that I now do enjoy my commute to work. The fresh air and exercise clears the head and is a great start to my day. Now I don’t sob uncontrollably at the gas station since commuting (all of those $$ saved…I can actually smile some!) I highly encourage people to consider commuting on their bikes, it’s an inexpensive way to travel and it’s a great way to start your day at work! “Save a vehicle – Ride a Bike!!”
Calling All Juniors!

By Scott J. Pfaff

I was on a Saturday afternoon ride with my son this past Fall when he posed the question to me “Why don’t other kids ride with the GCC groups”. I pondered his question awhile and couldn’t really come up with a good answer. So after a few Google searches I discovered a whole world of juniors programs out there. All the programs seemed to have a path to take kids from recreational riding right through USCF racing. This made me think of the time I spent coaching my son playing baseball. I thought WOW this might be fun if I could incorporate something I truly love with the thrill of introducing a kid to a sport he can enjoy his entire life. We all know what cycling can offer, those epic rides where every muscle in your body is calling it a day but you know you would never forgive yourself if you stopped now. The rides with just a few close friends, whether sprinting to the next sign or just enjoying an afternoon of friendship and conversation. This is the sport that made me decide it would be a good idea to try and start a program here in Gainesville.

Our program is just beginning. Some of you may have already seen the flyers in the local bike shops; the first rides are April 1, April 15, and April 29. We hope to have two distinct groups of juniors; one group to just introduce the kids to riding and teach them some of the basics; the other will be a more structured program geared towards racing and training. Our hope is that this program can be more than just “Riding Bikes”--as with any sport there is a lot more to the sport than just the activity itself. Every sport requires discipline, dedication and perseverance; the great thing about learning these qualities through an activity you like is that it doesn’t really feel like “Learning” when you’re with a bunch of your friends.

This kind of brings me full circle to the question my son posed last fall, it seemed there were no kids riding with the GCC groups because kids like to hang out with kids not a bunch of old folks (mind you I’m not old, just properly aged). Like my son said the other night on our Progress Park ride “Dad, you guys don’t talk about anything cool”. Which made me think that he had a point. My son and I ride together quit a bit but it never occurred to me that he was bored with the content of the ride, not the ride itself, just all the stuff that occurred between sprints and the occasional “Smack” talk. So with that realization a small group of GCC members and myself have embarked on an endeavor that hopefully will bring cycling to a whole new group of GCC members.

So if you have the desire to help now or in the future please feel free to contact me and I will be happy to discuss our program with you. You can also grab me when we are on one of the group rides--I’ll be the one trying to keep up with my son!

Thanks
Scott J. Pfaff
352-472-3325
pfaff.scott@gmail.com

p.s. I tend to learn a lot of important things from my son, especially about things that really matter, you know everything besides work. That’s what makes 10 year olds so smart, they don’t let all the other things cloud their judgment.

The Schedule:
We are starting with three introduction rides on:
April 1  Gainesville/Hawthorne Trail
April 15  San Felasco Trailhead
April 29  Gainesville/Hawthorn Trail

2:00 pm  Bike Inspection*
3:00 pm  Ride Starts

* Bikes must be inspected in order to participate.

Age Groups:
10 - 12
13 - 15
16 - 18

• Must be a GCC member in order to participate.
• Annual memberships will be available on ride days for only $10 (student rate)
• Helmet and bikes are required
• There will be at least two adults per group.

League of American Bicyclists
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 Name</th>
<th>Discount</th>
<th>Phone</th>
<th>Address</th>
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<td>10%</td>
<td>374-4550</td>
<td>3429 West University Avenue (Westgate Regency)</td>
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<tr>
<td>Bikes &amp; More</td>
<td>10%</td>
<td>373-6574</td>
<td>2113 NW 6th Avenue</td>
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<td>Chain Reaction</td>
<td>20%</td>
<td>373-4052</td>
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<td>10%</td>
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<td>10%</td>
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<td>4421 NW 6th Street</td>
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<tr>
<td>Susan Bridges Massage</td>
<td>10%</td>
<td>262-8240</td>
<td>901 NW 8th Ave, Suite A1</td>
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Some restrictions apply, ask for details at the store.
Welcome New Members!

Chris Bunn       Gainesville FL
Alison Cooper    Gainesville FL
Todd Cooper      Gainesville FL
Grant Francis    Alachua FL
Timothy Grainger-Rousseau Gainesville FL
Monica Grey      Gainesville FL
Douglas Henningsen Gainesville FL
Prince Hinson    Gainesville FL
Heather Lear     Gainesville FL
Pamela Lear      Gainesville FL
William Lear     Gainesville FL
Allison Morgan   Gainesville FL
Julie Peerson    Live Oak FL

Streit’s Schwinn Cyclery has moved. They are now at 4421 NW 6th Street. You can check out their web site at http://www.streitscyclery.net/. They specialize in recumbent bicycles, and also stock Fuji road bikes.