June 4-5 8 AM  Yulee Railroad Days Bicycle Ride
An event put on by the Gainesville Sports Organizing Committee. It kicks off on Saturday with a 60 mile ride from Cedar Key to Gainesville. You can then continue Sunday to Baldwin and Fernandina Beach.

June 12 (Sunday) 4 PM  Adopt-A-Road Cleanup
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.

June 18 (Saturday) 9 AM  White Springs Rides and Picnic
See page 4 for full details on this event. Good food and new roads to ride on!

July 4 (Monday) Noon  Independence Day Party
Rides in the morning, jump in the Pres’s pool in the afternoon. Bring a covered dish. Ride schedules and final details will be posted on GCCMail in late June.

July 9 (Saturday) 9 AM  Fanning Springs Picnic
It’s picnic time again! Bring your bike, swim suit and your appetite to Fanning Springs State Park. Chandler will serve gourmet grilled food. Please bring a covered dish so there is healthy food.

    Fanning Springs is next to the Nature Coast Trail, a rail-trail that goes in three directions to Cross City, Chiefland, and Trenton. Visit the Dairy Queen (next to the trail!) in Cross City, and enjoy crossing the Suwannee River on the old railroad bridge.

    Fanning Springs is perfect for family recreation, with excellent swimming and a safe and scenic paved bike trail.

    Fanning Springs is 42 miles west of Gainesville on State Road 26. Take SR 26 until you reach US 19. Go west (turn right) and Fanning Springs Park will be ½ mile on your left. The park entry fees are $3 for a single occupant car, $4 for 2 to 8 persons in a car, $1 on bike or on foot.

July 29 (Friday)  Livable Communities Workshop
McKenzie Hall at Sweetwater Branch Inn; Parking across the street at the Kirby Smith Center (the grass lot).

    Come and learn how to improve your community’s built environment at one of seven Livable Communities Workshops with Dan Burden and Billy Hattaway. Hosted by the Florida Department of Transportation (FDOT) and Florida State University Department of Urban and Regional Planning, these FREE workshops will offer principles, practices, strategies and Florida-based case studies, providing community planners, transportation officials, developers, elected leaders, and advocates with information necessary to create visionary, workable and practical plans leading to safer, more sustainable neighborhoods, villages, towns, cities and transportation projects and systems.

    For more information, or to RSVP, please contact Stephanie Striefel, Graduate Research Assistant, at sstriefel38@yahoo.com.
From The Editor

When I first started editing The Gainesville Cyclist in 1995, I established a format that I liked, and stuck with it...for over 10 years! Well, as you can see, ten years was long enough. I hope you enjoy the new look, which is more crisp and provides more room for more stories.

Speaking of more stories, we’re welcoming three new columnists to the staff of The Gainesville Cyclist.

Kris Williams will be doing a column on interesting members of the Gainesville Cycling Club that we’re calling “GCC Rider.” With 500 members to choose from, we think that she will have no problem finding interesting people to write about.

Velvet Yates will be starting a series of articles in August that will introduce you to each of the bike stores in Gainesville. We currently have ten candidates for her to do articles on!

Perry Rosenfeld will be reviewing a cycling web site for each newsletter. There is a seemingly endless supply of these out there, and he’ll be looking for the good ones you should know about.

On a personal note, I crashed and broke a collar bone in late May (right in the middle of getting this newsletter ready!), so I won’t be riding for awhile.

Gainesville Cycling Festival

We are just beginning to start the planning for the 2005 Gainesville Cycling Festival. We’ll put out our call for volunteers to help out on the days of the rides in the next newsletter. We’ll need a lot of you to respond, as you always have. This event is the “signature” of our club, and showcases the best cycling roads in the State of Florida for many guests from throughout the southeast.

There is some “up front” planning that is required to put on the Festival. We do not need masses of people to do this, but we do need a few key individuals. If we get enough help, the workload on any one volunteer will not be very heavy.

Last year, I did much of this work myself. This worked OK until the last two weeks, where doing the work of several people became nearly impossible.

Our most crucial need is for a few people to form a small committee to run the rest stops for the two centuries. One person would be the Festival Aid Director and have oversight over the entire rest stop process; two more people would focus on each of the centuries. Last year we were unable to fill any of these positions.

The other important up-front persons are the Course Marshals. We have always been able to find persons to do these jobs in the past, but if you are interested in helping out, I know that we could use some new blood from time to time.

Give me a call at 378-7063 if you are interested in helping in any of these areas.
Dear Friends:

Sustainable Alachua County is organizing a Bike Alliance to serve as a focus of cycling activities and advocacy for this area. The GCC has been invited to participate, and Chandler Otis and I have been attending meetings when we can. SAC Director Kiara Pywell is leading the charge, and she is to be commended for her efforts.

This development may not be as easy as you might think, because at a recent meeting we spent 75% of our time just trying to figure out what to call ourselves, without reaching a conclusion.

Several of those present favored "Alachua County Bicycle-Pedestrian Alliance," which is not only awkward but seeks to spread the tent to include pedestrians, who have no identified constituency (all those involved are either cyclists or government bureaucrats).

Everyone is going to call this thing the "Bike Alliance" anyway, so I suggested we make that official, but I don't think I was heard. (The MTPO's Bicycle-Pedestrian Advisory Board is generally referred to as the "Bike Board," for what that's worth.)

One of the most important services such an Alliance could provide is communications, probably by means of a website. Aside from the excellent (thank you, Roger Pierce) GCC website there is no central location in this community for cycling information, such as ride routes, trails, safety issues, where to go for assistance in getting started in cycling, sources of bicycle service and sales, etc. I realize that between the GCC website and the GAINESVILLE CYCLIST we are already providing most of those services, but a Bike Alliance website could be a valuable adjunct to our website, and GCC wants to help the Bike Alliance with this.

Kiara has started a list of mentors to help beginning cyclists, and several GCC members have volunteered. As yet there is no identified group of individuals needing help ("mentees" as they are called, and I do apologize for that), but Kiara's request for mentors did make us pause to reflect that GCC has a well developed (if informal) program to provide mentors to novices and young people. We have been doing this for a long time and are really pretty good at it.

The Pedalers and the EZ Riders, in particular, cater to people who are starting out riding and want to work up to faster groups. Diann Dimitri and Chandler Otis are invariably willing to offer counsel to beginners, usually without gratitude or credit. We have sponsored FBA training courses, and we will do this again. The GCC website receives many requests from out-of-towners (some from overseas) who seek information about riding in the Gainesville area, and we provide it. Since helping beginners and other cyclists is a service that the GCC is already offering, we may want to expand or formalize it, perhaps in conjunction with the Bike Alliance. What do you guys think? Your input is valued, so let me know.

No one knows where this idea will go, or how the Bike Alliance will develop, but it looks like a good thing, and I will keep you informed as things progress.

Regards,

George H. Edwards

League of American Bicyclists
Dedication ceremonies were held on April 2, 2005. The Memorial shelter is located on the Gainesville-Hawthorne Trail spur that is just inside the west entrance to the Paynes Prairie Preserve about a mile from the Boulware Springs trailhead.

White Springs Rides and Picnic

The Gainesville Cycling Club will have bike rides and a picnic with the Suwannee Bicycle Association (SBA) on Saturday, June 18 at White Springs. Road rides will start at 9:00 a.m. at the SBA Clubhouse in White Springs. Off-road riders may want to meet at one of the trails near White Springs.

The picnic, which will start about noon at the SBA clubhouse, will feature either spaghetti or jambalaya, tossed salad and soft drinks. GCC members may want to bring a desert or other goodies.

Road riders can choose one of ten different road routes, from 10-50 miles. Each route is marked with arrows painted on the road and maps are available.

A brand new paved trail is nearby in the Big Shoals area. The 4 mile trail connects Big Shoals and Little Shoals, and enables riders to bike and take a short hike to view the scenic shoals on the Suwannee River.

Off road riders may want to organize a ride on one of the many area trails. Please check on the river level, as some trails may be flooded.

For those who don't want to ride, Stephen Foster State Park is 200 yards from the SBA Clubhouse and the State Tourism office is just across the street. There are also springs nearby for swimming.

White Springs is 50 miles north of Gainesville. You can take I-75 north to exit 439 (SR 136), head east on SR 136 into White Springs. At the flashing light in downtown White Springs, cross over US 41 and the SBA Clubhouse is on the right.

You can also go to White springs on US 441. Head north on US 441. In High Springs, US 441 joins with US 41. Continue north on US 441/41 into Lake City. In Lake City, US 441/41 separate, continue on US 41 to White Springs. In White Springs, turn right onto Bridge Street. Bridge Street is at the intersection of US 41 and CR 136 (CR 136 goes left (west)).

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

Jay joined the GCC about a year after moving to Gainesville in 1996. He had bicycled all his life, but had ridden more than 30 miles only once before, and had never been a member of any club. He soon fell in with the predecessor of today’s Lo Bee group, and has been riding with the group ever since. Jay only rides once a week, and even then only if the weather cooperates. Many of the other Lo Bee group members are also fair weather riders in the 15-16 mph range.

During the week, Jay is a professor in the Warrington College of Business at the University of Florida, where he teaches finance and is an internationally recognized expert on initial public offerings (IPOs) of common stock. (Find his rules for investing in IPOs on the web—where he has also earned the title “Mr. IPO.”)

Jay states “I had lived all of my life in the northern United States before moving to Florida, so being able to ride year-round is a real pleasure. My first choice for exercise is hiking, and if there were mountains nearby I probably wouldn’t bike as much.” He is also an amateur bird watcher, and as he rides along he frequently calls out “swallow-tailed kite on the left” or “bald eagle on the right.”

About two years ago Jay became the ride leader for the Lo Bee group. He adds “As a ride leader, I have to pay more attention to the names of the roads, rather than just following someone around. The main responsibility, however, is making sure that I or someone else sends out an e-mail each week describing when and where we will meet to ride. We rotate the starting points in order to get some variety. Recently we’ve added a new route in Marion County that passes by properties with bison, zebra, antelopes, and other exotic animals.”

Maria Fiedler, Ride Leader Coordinator

It’s the role of Ride Leader Coordinator to facilitate communication regarding ride issues, the goals being to support our GCC membership. I invite your concerns / comments / inputs. Email (mybf43@yahoo.com) or call me (352-271-1251).

New ride leaders (Captains) are encouraged and welcome to initiate new ride groups within the GCC guidelines found on the club website. Ride leaders take on the responsibility of the riders participating in the rides and have the support of the club in establishing their respective requests as long as these guidelines are stated prior to the rides.

I joined the club about two years ago. I had read several Gainesville Sun articles by Gary Kirkland and followed-up with doing the Wildflower Ride with Rob Wilt (Stays). Rob was very supportive and encouraging and I have not looked back since. I have learned something new each time I ride and I have gotten to meet and laugh with a lot of fun individuals! I am happy (and fortunate) to be a part of a group that matches my love of bicycling...

My love of riding began with a friend and a Schwinn at age nine behind an elementary school. That Schwinn took me all over Sheboygan including to my violin lessons! No rear view mirrors on that one, just backward manual foot brakes! My pride and joy on my 16th birthday was a Peugeot. Lots of miles on that one, all over Madison campus as well as UF campus. If bicycles can talk, I’d be in BIG trouble! I really regret giving it away at a garage sale.

I challenge you to share your “bike story” with the membership. I have thoughts of compiling our individual "stories" with some graphics and getting it published...Anybody got a wild title?

Look forward to hearing from you, real soon...happy riding, good cheers, safe home, Maria.
My husband, Bob Newman, and I went with fellow GCC members Jim and Mary Lou Merkner to the world-class professional cycling stage race, the Tour de Georgia on Saturday April 23. We chose to observe stage 5, the mountain stage, because we thought it would be the most exciting. We also knew that with Lance Armstrong’s imminent retirement this would likely be our last chance to see him in person.

We got a lot of information from the Tour de Georgia website, www.tourdegeorgia.com. It had detailed maps of each stage with estimated arrival times. The web site also had the cyclists’ numbers and pictures of their jerseys, important in identifying the cyclists. Lance, of course, was #1 and the rest of the Discovery Channel team followed.

The web site also has links to host cities. By February most of the lodging in the mountains was either too expensive or full so I made reservations in Gainesville, Georgia, the beginning of stage 5. Luckily, our motel was within walking distance of the town square as a large crowd turned out for the race start.

Two sides of the town square were cordoned off to allow the cyclists to warm up, check in and line up for a mass start. We took spots where we could get a good view of the cyclists arriving and warming up. One of the cyclists put on quite a show, picking a pretty girl from the crowd for kisses and photos. We suspected he was Italian. Sure enough, he was Italian racer Michele Miccanti of Team LPR.

We hoped to see Lance but found out too late that he warms up in his trailer and appears at the last minute. By the time we realized this, a mob had gathered at the starting line. I got a glimpse of his helmet above the crowd as he rode by so technically I did see him.

The part of the course the riders are on has a rolling roadblock so we traveled back roads to get ahead of the roadblock near the end of the race. We knew Brasstown Bald, with its steep ascent at the end, would be packed with spectators so we drove to a spot about 10 miles from the finish at the top of a rolling hill and settled in to wait. We mostly waited in the car because it was cold. It snowed on top of the mountain that day.

Two hours later, a lone breakaway cyclist came by. A few minutes later, a small pack of four or five riders appeared. Then the first main peloton arrived. The eventual leaders of the stage were among this group: Tom Danielson, Lance Armstrong and Floyd Landis. The first cyclist couldn’t maintain his lead and finished 11th and our Italian lover finished a respectable 24th.

After the cyclists and the rolling roadblock went by, we drove the course backwards through the mountains. The king-of-the-mountain areas are truly impressive to the amateur cyclist. We saw many recreational cyclists combining riding and watching the race. Although we merely watched this trip, it was great being part of this event.
Rob Wilt led the Strays to the Tallahassee area for a couple of rides around St. Marks on the weekend of May 21-22.

On Saturday we rode from Wakulla Springs State Park to the St. Marks’ lighthouse and back, for a total of 44 completely flat miles. Our speed was a bit faster than average, for we knew we had to get back before the restaurant at the Wakulla Springs Lodge closed at 2:00, if we wanted lunch.

The lighthouse is located well within the beautiful St. Marks nature preserve, which provided a scenic backdrop of palm trees and salt marshes leading down to the shore. There were many sightings of “the flora and fauna of Florida,” including red-winged black birds and several gators. The most dramatic gator sighting was of the one stretched across the road on our way back; it was apparently sunning itself and in no hurry to go anywhere. After navigating this obstacle, we were still making such good time that we stopped at a roadside stand to sample wild mayhaw jelly.

We made it back to Wakulla Springs Lodge in plenty of time for lunch, with our appetites whetted by the ride and by Barb Thomas’ praises of the fried chicken served there. After a sumptuous Southern-style repast in the historic and beautifully restored Lodge, we strolled around the grounds. The Springs, reputed to be the deepest in Florida, were teeming with swimmers and divers and tour boats.

Later that evening, after a good rest, we reconvened in Tallahassee at a restaurant recommended by our food expert, Barb Thomas. The restaurant, Nino’s, specializes in Italian and Bavarian cuisine; the excellent fare ranged from rouladen to spaghetti. A great time was had by all.

On Sunday, we rode the St. Marks trail from Tallahassee to St. Marks and back, for a total of 34 miles. This was the first rails-to-trails trail in Florida, and we were impressed by how well-maintained it is. We were also very grateful for the shade provided along most of the way by overarching trees; it turned out to be a very hot and sunny day. In the quaint coastal town of St. Marks, we visited the remains of a Spanish fort, as well as a vast three-story boat storage facility at the marina.

Our seasoned tour guide, Rob Wilt, nominated Posey’s for lunch, a restaurant in an old rickety wooden building on the shore of the marsh, advertising “world-famous” smoked mullet. We rode back to the trailhead with visions of smoked mullet dancing in our heads (after all, we ride to eat). We drove to St. Marks and gathered at Posey’s, squeezing into a long table out back on the water. My dining companions assured me that smoked mullet is a delicacy not to be found in Gainesville, and they were relishing every bite. Being less adventurous, I tried the smoked mullet dip, which was quite good.

Afterwards, we loaded up and headed back home, along the quiet back roads of western and central Florida.

Many thanks to Rob Wilt for an excellent job of organizing and leading the expedition. The participants: Diann Dimitri, Barb and Dave Thomas, Suzanne and Bob Newman, Lydia Winterberg, Gay and Joe Haldeman, myself, and guest fisherman/photographer, Christopher Bunn.
As the first event of the weekend, many teams were out for blood and ready to take risks to stake a claim to some national titles. The weather was rainy for the women and eventually dried up for the men. The wide open one mile course was considered by many to be “too wide open” as the swarming groups churned and crushed themselves on each lap. This caused tight physical battles for position and often overly aggressive riding. For this reason, both events were marred with numerous crashes. While all of our riders kept the rubber side down, the treacherous nature of the race affected the outcomes of each event.

In the women’s race there were approximately 80 starters that included our own Rebecca Larson, Elisabeth Schneider, and Teresa Garcia. With many of the favorites running scared from the gun, the main selection of the race was made in the opening miles. After all of the initial crashing and attacking, this eventually amounted to about 40 girls. Rebecca managed to make the front group while Teresa and Elisabeth hung on to a smaller chasing group riding for about 50th which was later pulled. Rebecca rode conservatively in the front group and made her charge on the last lap for the win. Rounding the slick final turn several girls up front crashed but Rebecca found her way through and led up to the line and was only passed by one rider. So a hard fought and impressive silver medal!

In the men’s event, Brad Davis, myself (Dan Larson), and David Guttenplan represented our cause. With 128 starters, it was a battle from start to finish. Even with the corners and small rise on the course, the race averaged 28.5 mph. These laps were also all peppered with crashes. While I made a few efforts to get prime points and force some breakaway action, the open course and negative disposition of the field won out. With only 5 laps to go, there were still over 100 riders in the hunt for the victory. This included our three. While my late run for the front was interrupted by crashes, Guttenplan maneuvered into the front on the last lap and held on for 16th place. Brad came in for 48th after being caught behind a crash in the final turn and I coasted in for 90th.

After the first day’s events, we sat in 6th place overall, one place out of the team medals.

**ROAD RACE**

The second days event was the road race. The weather was much improved and one could only complain about the wind. The women contested a 54 mile race while the men did 85 miles. The course was rolling and very open to the wind.

With our same women’s team, we had hoped that this event would be one of our best opportunities for scoring. Adversity in several forms limited our outcomes. With around 100 starters from the widest ranges of ability, the field again proved a bit dangerous. After a few miles, both Elisabeth and Teresa were taken down by crashes directly in front of them, and were forced to chase for the remainder of the day. They did so valiantly and finished 54th and 68th respectively. This was most painful as the team points were scored down to 50 places. For additional difficulty, Rebecca got a rear flat with about 20km to go. After a slow wheel change and an amazing chase, Rebecca caught back up to the group with only a mile or so remaining. She then charged up the final hill with the front gals for an awe inspiring 5th place sprint.

The men’s event was difficult as well. Riding with myself, Guttenplan, Anton Tupa, and Phil Gaimon, we felt we had a good, deep team to get at least 3 of our 4 in the top 50 places. This would be no small feat as the race had over 170 riders in it. The rough plan was for me to head out in the early break of the day to put all of our guys in good position for the long race ahead. After a few early attacks, I managed to wrestle a group away with some horsepower to use. While we hammered away, our lead was not building as we had hoped. It crept up in 5 second increments to a maximum of about 1 minute 45 seconds. Apparently we were fighting a concerted chase and after about 35 miles we were inevitably caught. While I was spent from the effort, Phil, Anton and Guttenplan soldiered on. Phil held on for most the rest of the race but eventually dropped off to finish 100th in his first nationals event. The diminished field eventually roared in for a 70 rider field sprint. Guttenplan finished our best with a 14th place sprint. Anton finished a very admirable 39th.

After two days of racing we sat in 5th place overall with only the TTT remaining.

**TEAM TIME TRIAL**

The team time trial was contested on a mostly flat 12.5 mile course. While one direction was blazing fast, the other featured a decent hill heading straight into the wind. The women’s teams could start four riders and their time was taken on the 2nd rider, while them men could start four but the time was taken on the 3rd finisher.

The women, Rebecca, Elis and Teresa, rode impressively and as a team. Teresa got things rolling early and Elisabeth impressively held on and pulled with Rebecca for the remainder of the course. Crossing the line, our ladies finished with the fastest time to that point and we were excited at their effort. Only 5 more teams were able to beat their time, and each had a full compliment of 4 riders at the start. With only 3 riders to work with, it was a very impressive result (6th place).

The men’s team consisted of myself, Anton, Phil and Brad. As we had held Brad out of the Road Race, he proved to be the freshest of all and was instrumental in our great ride. Thanks to my early exit from the road race I was feeling my oats as well. Working well together we smoothly beat our whole team to a fast, cohesive, collective pulp. We crossed the line 3rd fastest, and were only then beat by two other teams, which yielded a 5th place medal ride. This was a very happy end to a long weekend of racing.

After all of the points were tallied, we finished 5th team overall!
Hello Gainesville Cycle Club, although I am a relative newcomer to the GCC (I think I am just now approaching the two year mark), I have been asked to put together a column on cycling topics on the World Wide Web. Now most all of us use the www quite a bit, and I don't want to pretend to know the best or most exhaustive list of cycling links, but the ones I know and find may be ones the readers haven't explored.

At the time of this writing, summer is on its way, so let's focus on family vacations!

Now, there are any number of cycling calendars out there. This one seems to focus more on the eastern and western states. There are several eastern events listed, including one or two in Florida and upcoming BRAG ride in Georgia; http://www.bikeride.com

Of course, most of us here in Gainesville are familiar with http://www.floridabicycle.org/btc/ and many of the events on the Florida Bicycle Touring Calendar are condensed right here in our newsletter. If you are traveling closer to home, be sure to visit this calendar for statewide events.

CBC (Cascade Bicycle Club) purports to be the largest cycling club in the country. Based in Seattle, they service the Puget Sound area and have a very robust calendar. How about a tour of the Yakima Valley vineyards! http://www.cascade.org/EandR/Activities_Calendar.cfm.

If you are looking for something more formal in your cycling travel, this site offers travel cycling packages in Quebec: http://www.biketrips.net/voyages/index_ello.

If you are traveling a little closer to home, check out the Southern Cyclist Calendar at http://www.southerncyclist.com/sccalfl.htm. It includes a link to our GCC site.

Wether you are headed down to the Space Coast (Melbourne) area or not, you need to check out the Biko Psycho site! http://bikehash.com/ What is hashing... visit Biko Psycho and find out!

And let us not forget that our own Gainesville Cycling Club site has a links section with topics including trail links, off road links, links to events in Georgia, Alabama and other Southeast venues. Check it out at http://gainesvillecyclingclub.org.

---

The story on the previous page is by Team Florida coach Dan Larson. He posted it on the Team Florida Listserv, which was our source. Dan was born in Minneapolis, MN. He grew up in Florida and began racing when at the age of 15. He graduated from the University of Florida's Warrington College of Business with a degree in management and is now studying Sport Management at the College of Health and Human Performance. He has been the Team Florida coach since 1999.

Team Florida is the cycling club team of The University of Florida. A member of the Southeastern Collegiate Cycling Conference (SECCC), the team has flourished since it was founded in 1985. They have won the Conference Road title 6 of the last 7 seasons.

**OVERALL RESULTS SUMMARY**

**Team Overall**
- 5th place

**Individual overall**
- 3rd Rebecca Larson
- 11th David Guttenplan
- 50th Anton Tupa
- 59th Dan Larson

**TTT**
- 5th Men
- 6th Women

**Crit**
- 2nd Rebecca Larson
- 16th David Guttenplan
- 48th Brad Davis
- 90th Dan Larson

**RR**
- 5th Rebecca Larson
- 14th David Guttenplan
- 39th Anton Tupa
- 54th Elisabeth Schneider
- 68th Teresa Garcia
- 100th Phil Gaimon
Since 1982 the Race Across America has brought together the best endurance cyclists to compete in the world’s toughest race. Racing in RAAM is more than a cycling event. The physical extremes test the limits of any rider. The logistics and planning will challenge the sanity of any support team. The emotional highs and lows will be remembered by everyone involved.” - Lon Haldeman

Relentlessly flying across the country, alternating 30 minute time trials, over 60 such pulls per rider, never more than 90 minutes off the bike to recover-Team Action Sports was going for the four-man RAAM record. For RAAM 2004 Kerry Ryan had recruited three experienced road racers. Ryan and Action Sports had two RAAM wins, but the record was held by the rival Kern Wheelmen.

Action Sports led across California and Arizona, but then fell behind Team Vail-Go Fast. Vail-Go Fast was four expert mountain bikers looking for a new adventure. They took on RAAM in 2001 and won. In 2004 Vail-Go Fast traded the lead with Action Sports all the way to West Virginia.

Action Sports won the duel and set a new RAAM record by seven minutes, averaging 23.06 mph. They won $25,000 in prize money made up of the first-place prize and the bonus for breaking the record.

Five days later Randy Van Zee crossed the finish line in Atlantic City. In Ohio he had fallen and after the race was diagnosed with a cracked pelvis. His neck muscles had failed and his head rested on his chest. He stood astride his bike, with feet swollen out of his shoes, for a few minutes until someone realized that he couldn’t lift his leg to dismount. Van Zee was the last finisher, having covered 2,959 miles in 11 days 16 hours.

The fierce competition of Action Sports and Vail and the iron-willed desire of Van Zee bracket the RAAM experience. RAAM draws a diverse field: 120 men and women from a dozen countries, age 18 to 60. Each asks: “Will my race be like Action Sports’ or more like Van Zee’s?”

On Sunday morning, June 19, 24 solo racers will leave San Diego. Each racer hopes for a fast crossing to Atlantic City, but also wonders “how badly will I hurt?” For some, the pain will be too great and they will drop.

On Tuesday afternoon, June 21, 96 team riders will start, racing as two-person, four-person, or eight-person relay teams. Joe Petersen will be lining up for his seventh team race. He knows what’s ahead: “In RAAM, I have found a journey like no other, it’s not just a journey across our great country, but an inner journey of self discovery.”

In solo RAAM Slovenian Juré Robic is racing to break Pete Penseyres’ 19-year old average speed record of 15.40 mph. In only his second RAAM, Robic won last year averaging 14.66 mph. He has the racing speed; he is the UltraMarathon Cycling Association’s 24-hour record holder, having covered 522 miles (non-drafting) last September. The time to beat on the 2005 course is 8 days 5 hours 51 minutes. If Robic can race from San Diego to Atlantic City that fast, he’ll win $10,000 for breaking the record!

RAAM legend Rob Kish will be riding in his 20th RAAM! Kish has won the race three times and finished on the podium 12 times! Kish has just turned 50 and will be trying for the age 50+ transcontinental record. Kish will have to beat Dr. Bob Breedlove, 53, who holds the 50+ transcontinental record and also the record for a double transcontinental. The time to beat on the 2005 course is 10d 8h 32m.

Joe Petersen and the Kern Wheelmen bring years of experience and blazing speed to the race and badly want to take back the four-man record. A serious roadblock stands in their way, however, in Team Beaver Creek. Beaver Creek includes three riders who were on 2004’s second place Team Vail. The time to beat on the 2005 course is 5d 12h 8m.

Three of the four Border-to-Border Divas are returning this year. The women mountain bike racers turned roadies averaged 17.69 mph last year, just short of the 18.57 mph four-woman record. They’ll be trying to go under 6d 20h 5m to set a new transcontinental this year.

The two-person relay provides the perfect combination of the speed and tactics of team racing with the ultra aspect of solo RAAM. The two-man field includes five teams. Team RAAM veterans Peter Dammerer and Peter Schwab are back as Team Lower Austria-City of Krems. Dominique Briand and Pascal Pechallat, Team Crazy Gones, both qualified for solo RAAM at the tough French qualifier that includes Mont Ventoux. Cancer survivor Fred Boethling and Dan Crain have teamed up to compete in the 60 + division.

Three two-person mixed teams are entered: Team Endorphins combines the mental toughness and pacing ability of Shanna Armstrong and speed of Guy Wells. RAAM veterans Iva Hradilova and John Wagoner are racing as Grupo Guapo. The Free Riders from Colorado, Jarmila Gorman and John DeLello should excel when the race gets to the mountains. This race will come down to logistics, efficiency and who handles the West Virginia climbs the best. No lead is safe in this division until the finish line is crossed.

Racers on the eight-person corporate teams are weekend warriors; nonetheless, they are just as competitive as the other divisions-last year Ride to Remember beat Insight by just two hours, and Rim to Rim finished just 22 minutes behind Insight!

In 2004 four corporate teams are entered. Team Donate Life has the star power of former speed skating gold medallist and professional cyclist Eric Heiden but Team Insight has two year’s experience: first in ’03, second in ’04. Both teams will be trying for the eight-person record, set by Ride to Remember last year, 19.84 mph which would be 6d 9h 35m on the 2005 course.

Follow the race progress at www.raceacrossamerica.org.
TRANSPORTATION FUNDING BILL MOVES INTO CONFERENCE COMMITTEE

On Tuesday, May 17 the Senate passed SAFETEA – a bill to reauthorize Federal transportation programs – by an overwhelming majority. Immediately prior to passage of the bill, an effort to reduce overall funding by $11bn by slashing funds for transportation enhancements, congestion relief and transit programs was defeated decisively by 86-14. The Senate action paves the way for the final stage of reauthorization: a conference committee to resolve the differences between the House and Senate bills. There’s good news for bicyclists in both bills, including:

• Core funding for bicycle projects remains intact and at slightly higher funding levels than in previous years

• Both bills include creation of a new Safe Routes to School program; the only issue is the level of funding. The House bill has $875 million over five years, the Senate has $312 million.

• The Senate bill would ensure 13% of safety construction funds nationwide are spent improving the safety of pedestrians and bicyclists.

For more information, keep visiting www.bikелеague.org and www.americaibikes.org.

MAKE BICYCLING BETTER: BECOME AN LCI

If you are an experienced and knowledgeable cyclist with a desire to make cycling safe and accessible for others, become a League Cycling Instructor! This is a great way to advance cycling in your community. The League seeks to certify its members who are self-starters, passionate about cycling and are recognized within their communities as riders with experience and know how. Three upcoming seminars will be held in Topeka, Kan. on July 8-10, Washington, D.C. on July 15-17 and Boise, Idaho on July 22-24. To register for one of these seminars, or for more information, visit http://www.bikeleague.org/educenter/seminars.htm or call 202-822-1333.

DON’T FORGET...


• Cycle Oregon, September 10-17. Sign up now for one of the great bicycle rides in North America. It is so good, in fact, that we’ve designated it this year’s National Rally of Bicyclists and we’ll be having a League town meeting, running education programs, and introducing people to the League during the course of the week-long ride. So not only do you have a week of incredible riding, scenery, history, camaraderie etc., but you also get to ride with some of the League board and staff! Spaces are going fast. (www.cycleoregon.com)

INSIGHT RAAM KEY FACTS

Start
Sunday, June 19 at 7:00 a.m. (PDT): Solo Men and Women
Tuesday, June 21 at 2:00 p.m. PDT: Two-, Four-, and Corporate Eight-Person Teams
RAAM will begin in downtown San Diego, California, on the waterfront alongside the host hotel, the Holiday Inn-On the Bay.

Finish
Week of June 26, 2005 at the Boardwalk at Kennedy Plaza, in front of Boardwalk Hall, Atlantic City, New Jersey. Team riders will finish as early as Sunday, June 26th. The first solo riders are expected by Tuesday, June 28th. Riders must finish by noon, Friday, July 1st.

Course
Racers will travel 3,051 miles and climb 109,000 feet

TV and Web Coverage
Round the clock race updates at www.raceacrossamerica.org

NBC Sports will broadcast this year’s race special at a future airdate.

Prize List
$175,000 in cash and merchandise will be awarded as prizes, including $40,000 cash for solo and team riders.

The Race Across America is sanctioned by the UltraMarathon Cycling Association. For more information on endurance riding go to: www.ultracycling.com
Ohio Flèchetones Florida Easter Ride - 2005  
by David Buzzee

“Don’t you feel self-conscious wearing those tight Lycra shorts?” came the question as we slumbered through our scheduled stop at 3:30 Easter morning. We gazed at the questioner, with his oversize black pants, black extra baggy shirt, swirling tattoos, body piercings, and an incredibly bright red Mohawk haircut. Somehow through our sleep-deprived senses that seemed like an unusual question coming from that person. We were 215 miles and 20 hours into our 2005 flèche and had stopped for a rest when the question came. We muttered something about preferring Lycra to body hardware and returned to our blessed half-hour nap.

Two anciennes, Dave Buzzee and Bill McMurray, with one novocienne (Dave Miller) comprised the Ohio Flèchetones Team. Our plan was to ride 250 miles from Madison in Northwest Florida to Clermont, near the central part of the state, during our Easter flèche. For the event Bill had composed a special “Ohio Flèche Ditty” with which he entertained us during the ride. We suggested that he not sing at the end-of-ride breakfast. It turned out that he thought Flèchetones was our singing group, while Dave Miller had suggested the name referring to our winter-white skin color. Hmm.

The ride started auspiciously. We spied a pig scooting toward us just ½ mile after the start. I cried out, “Warthog Up!” I knew that it wasn’t really a warthog, but how often does a cyclist have the opportunity to make a call like that? To me the pig was a good omen, one that foretold a ride favored by luck. That would have been 800 yards before the sand started. Yes, our crack flèche team leader and route planner sent us on four miles of wet sand road right at the start. Things had to get better. They did - within an hour the rain began and washed most of the sand off our bikes.

Then it really rained. And then it REALLY rained. At one point the rain was so heavy that I couldn’t see Dave M. just five feet ahead of me, and he couldn’t see the road ten feet ahead of himself. The headwind was 20 mph with gusts from the side stronger than that. Dave M. swears that he was bruised by the rain - I suspect it was nothing so dramatic, just a little hail. Things had to get better.

They did. The rains stopped as we entered our second control in Watermelon Glade, 84 miles into the ride. The rain resumed shortly after the next control, at the Alachua “Smokesalot-R-Us Truck Stop and Mustard Greens Emporium.” However by the Bronson control at 139 miles, the rain had pattered out and the head wind nearly stopped. A snack there consisted of an egg salad sandwich from the cooler, only three days past the expiration date. Oh, well, let’s just live on the edge. Down it went.

David Buzzee is a GCC member who resides in Dublin, Ohio.

A Fleche is a ride where randonneurs (tr: ultratourists) depart from two of more locations for a 24 hour ride to a central location.

By 9 PM and 173 miles we were in Dunellon, not a control but a perfect place for a sit-down dinner. Mexican it was, a fine and fiery meal washed down by some cerveza and followed by a nap at the table. We lingered as the wait staff cleaned around us, then left when the lights went out. Too late we discovered the detached restroom. It included an anteroom equipped with a foosball game table and wall-to-wall industrial carpet which would have been perfect for napping. A real sleep began to sound very appealing. However one doesn’t find many suitable places in rural Florida on Saturday night, even on Easter weekend.

The full moon rose, we rode on and entered the Withlacoochee rail-trail. The trail provided heavenly riding, with moonlight filtering through the leaves onto the surface. Of course no traffic, no potholes, and to riders from Ohio, noticeably no frost heaves in the pavement.

At Inverness (191 miles) we left the trail to search out our fifth control at an all-night drug store. We entered at 11:50 PM to find one clerk and two customers. However, a dozen or more locals followed us into the store (is nothing else open in Inverness on Easter eve?) and kept the buoyant clerk very busy while we waited for a store stamp. Following the sleepy randonneur’s creed, we grabbed another brief nap while squatting on a display base, then awakened to note that other randonneurs are shameless in public places (Dave M. sprawled against an Easter card display, legs spread out into the aisle, Bill lounged and tried to doze on the bottled water display).

Then back to the trail, moonlight filtering through the canopy, dappling the trail and leaving it beautiful to see but treacherous to ride near the pavement’s edge. The big excitement came when we very unexpectedly rode upon a small group of locals enjoying the night air - in lounge chairs in the middle of the trail. We left the trail after 29.5 miles of wonderful night riding.

Again not an official control, but in Bushnell (215 miles) we found an all-night shop, sipped half of a soda, and took a sleep break in the bright yellow lunch booth under the gaze of the black-wearing punkers with incredible red Mohawk haircuts. As we left, per prearrangement we called the regional police dispatcher to request that an officer meet us in Mascotte for the 22-hour control. This dispatcher had not gotten the message and told us to call after we got there (!). What happened to the arrangement we had made earlier in the week? What if the officer had another call, or was in the wrong part of the county when we needed a witness? Ah well, we rode on.

The next stretch was not so pleasant. We nearly missed a turn -
our vision was becoming cloudy, and our legs rued their lack of conditioning and the rolling hills. Twenty hours of riding in wet clothes was becoming tedious. However, Dave M. continued to drive the train at a very constant pace and cadence. I marveled at his consistency. Even when he stood to relieve the pressure from his saddle he kept driving us on. Early in the ride, in the worst of the rain, I had thanked him for his generous draft and the worst of the rain, I had thanked him for his lead-dog willingness to pull through the storm. Now I thanked him for his steady pace and tenacity. This was his first-ever ride of more than 200 miles but he rode like a veteran.

Mascotte was the sixth and final on-course control at 232 miles and 4:10 AM. We didn’t call the police but found an all-night shop to serve as the control. This was a very quick stop by our standards, only 20 minutes. Mascotte, on the periphery of major Florida tourist and retirement centers, has much new road construction, housing developments, and road diversions. Dawn broke as we threaded our way out of town, leaving us to discover that Cherry Lake Road wasn’t called that at our end. Poor Dave M. rode an extra mile up hill to confirm that there was not another turn in sight so we took the CR 766. This did prove to be Cherry Lake Road. Lesson learned: with three riders, at least one must take an occasional look at the mileage on the cyclocomputer.

The final leg of the flèche featured long hills north of Claremont, lots of brisk south winds blowing whitecaps as it whistled across scenic Lake Mineola, and lovely houses along the lake shore road. On the home stretch now, we enjoyed a very scenic lake shore drive in Claremont.

We soon saw the target of the flèche: the Holiday Inn Express and Denny’s Restaurant in Claremont. Our finishing time was 7:07 AM, three minutes ahead of schedule and five minutes after the other team arrived. At breakfast we exchanged tales of fearless riding, of flat tires, and of the weather, and agreed to consider riding again next year.

When we left the restaurant after breakfast, the sky was, of course, a cloudless and peerless blue.
June 11 (Sat)
Baldwin FL
4th Annual Rescue Ride
Jacksonville Baldwin Rail Trail, Center Street Park. The ride offers three fully supported options: (1.) Metric Century (64 miles) 7:30 A.M. Start Time. (2.) 28 mile and 14 mile options on the beautiful Jacksonville/Baldwin Trail. 8:00 A.M. Start Time Please check Trinity Rescue Mission’s website for more information.

June 19 (Sun)
Dunedin FL
Gulf Coast Cycling Classic
Called Best ride of the month 2004 by Bicycling, this is one of the few great tours in Florida. Georgious scenery, where else can you view 6 miles of a bay dotted with white sails and the gulf as far as the eye stretch from your bike riding over 30 feet elevation. Do stop and take it all in, because this is your ride. Continue to ride along America’s most beautiful beaches (USA Today). The Century ride will take you (in addition to all the above) through old neighborhoods and finally the old towncenter of the world famous sponge capital of the world Tarpon Springs. After this breathtaking journey, you may sit down and munch on our great post ride lunch right at the Pinellas Trail. This is a great ride for beginners and to meet new friends. Ride: 110, 65 or 35 miles. Century (110 ml ride) starts at 7:00 AM All other rides start at 8 PM. Start and finish at 355 Scotland St. and Pinellas Trail, 2 blocks South of Main street (CR 580). Routes are clearly marked. Amenities: Route sheets and maps.,-T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.,T-shirts for participants registered May 31 2005. Power Breakfast and maps.

June 26 (Sun)
Lake Worth FL
Lauren Katzenstein Celebration Ride
Join us on June 27 in the celebration of the life of Lauren Katzenstein. Though it was short, it was lived fully with enthusiasm for not only cycling, but other activities as well. Excited about completing her second MS150. Sadly, due to a reckless driver, she was unable to accomplish that goal. On April 26 2003, Lauren was killed. Not out of mourning her death, but rather celebrating her time here with us are holding the Lauren Katzenstein celebration ride. 10,22,40,62 mile ride $35 entry includes t-shirt. All extra donations greatly appreciated. For more information, contact Mark Lowe at (561)434-4909.

July 10 (Sun)
St Petersburg FL
3rd Annual Share the Road Ride
All bicyclists welcome! Show your club colors and be a part of the most PROFOUND BIKE RIDE in the Greater Tampa Bay Area! Share The Road Ride will be POLICE ESCORTED and controlled at 15-18 mph, covering 20 miles of downtown and neighborhood streets in St Petersburg. Our ride statement: Let’s SHARE THE ROAD!!

July 17 (Sun)
Boca Raton FL
16th Annual Frank Stark Celebration Ride
The ride is a local favorite, and features a 10, 16, 29, 62, or 100 mile option. The route follows A1A north from Boca Raton to Palm Beach, then back. There is a catered meal at the finish, along with many sponsored products and services. The ride is fully supported, with sag, well stocked rest areas, and a souvenir ride quality wicking t-shirt for those that register before June 15th. Online registration available (link below), printable form also on the site. Boca Raton City Hall, 201 W. Palmetto Pk Road, Boca Raton, Fl. Boca Raton Bicycle Club, PO Box 810744, Boca Raton FL 33481-0744. (561)391-6109

August 13-14
Suwannee River State Park, FL
Dog Days Open House
Held at Suwannee River State Park 9 miles west of Live Oak. Saturday morning will start off with either a fun ride at Anderson Springs, Big Oak or along the scenic country roads. Saturday afternoon, we will float down the Suwannee/Withlachoochee River in inner tubes. Bring a covered dish for the Saturday evening pot luck dinner. Make your hotel or camp site reservations today. This is a great event to introduce your friends to the SBA as it has no event fee. Contact Bill Wills for more information. Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.

August 27 (Sat)
Dothan AL
Tri States 100
100/62/25. Be a Miracle Worker. Join us for the 3rd annual Tristates 100 fundraiser for the Children’s Miracle Network. Travel the country roads of the wiregrass on your choice of distances. The 100 mile option will take you from Dothan, Al into Georgia, Florida and return to Dothan. Pre-registration is $20 until Sept. 3. Registration after Sept. 3 and the day of the event is $30. T-shirts and water bottles for pre-registered riders and event day while they last. The courses will be marked and supported with stocked rest stops. Event day registration will begin at 7am and the ride will begin promptly at 8am. Door prizes will be given away at 7:40 to registered riders. Be here early, you must be present to win! For more information call Joe Varner at (334)596-0760.

September 3-5 (Labor Day weekend)
Sebring FL
Tour of Sebring
Call Kenilworth Lodge now (800)423-5939 if you want to try for reservations! Three days of superb Central Florida Bicycle Touring, daily rides for all levels, family fun, and many friends, based in the Historic Kenilworth Lodge.

October 1 (Sat)
Gainesville FL
Saturn Santa Fe Century
Held at Suwannee River State Park 9 miles west of Live Oak. Saturday morning will start off with either a fun ride at Anderson Springs, Big Oak or along the scenic country roads. Saturday afternoon, we will float down the Suwannee/Withlachoochee River in inner tubes. Bring a covered dish for the Saturday evening pot luck dinner. Make your hotel or camp site reservations today. This is a great event to introduce your friends to the SBA as it has no event fee. Contact Bill Wills for more information. Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.
**T-Shirt Design Contest**

**Roger Pierce**

Design a T-Shirt for the Horse Farm Hundred or the Santa Fe Century and win two of the shirts and free entry to the ride.

For the Silver Anniversary of the Horse Farm Hundred, we'll be using a red t-shirt with extensive use of silver in the wording and design. Your designs should incorporate both cycling and horse themes. The words “Gainesville Cycling Club” and “Horse Farm Hundred” must be included or space accounted for to accommodate them. We may alter the font to substitute our event signature fonts. “2005” and “25th Annual” or “Silver Anniversary” should also be used. Designs must fit within an 11-inch box, and must be original work.

For the Santa Fe Century, the t-shirt color is open, but will most likely be white. We normally use a two color design on the front. This shirt has a lot of words on it, so you should be doing a design that will use them in your design. The prominent event title is “2005 Saturn Santa Fe Century.” Other words that can be placed as anywhere are “Millhopper Ramble” and “Ride for Kids” (which uses the quotes). We will insert the Saturn of Gainesville logo across the bottom of the design (leave one inch on the bottom for this). You may incorporate the Santa Fe Rider, but since he was “the” graphic last year, and will be on the back, he is not mandatory. You can download a copy of the rider graphic at: http://gccfla.org/gcf/gcfgif/sferider.gif

The optimal designs will be black on white drawings with fully enclosed areas to which we can apply up to three colors. Submit a copy of the drawing without colors or required wording, and a second copy with suggested colors and word placement. If possible, submit the black and white design as a vector graphics computer file (email to roger@piercepages.com).

All entries become the sole property of the Gainesville Cycling Club, Inc. The Club may use the entries in any manner that will further the purposes of the Club without further compensation. This contest is open to all GCC members.

The submission deadline is June 30th. Mail to the club address or deliver to Roger Pierce.
Welcome New Members!

Katherine Byers  Gainesville FL
Nick Clayton  Gainesville FL
Kenneth Davis  Atlanta GA
Jane Emmere  Gainesville FL
Larry Fyffe  Atlantic Beach FL
Cheryl Garrison  Alachua FL
Christine Gaynor  Gainesville FL
Joy Glanzer  Newberry FL
Crystal Goodison  Gainesville FL
David Livingston  Gainesville FL
Elizabeth Livingston  Gainesville FL
Michael Lukowski  Gainesville FL
John McFetridge  Gainesville FL
Daniel Perrine  Gainesville FL
Laura Riordan  Melrose FL
Henrik Schroeder  Gainesville FL
Lydia Winterberg  Lighthouse Point FL
David Wymer  Ocala FL

The Yearbooks on our web site for 2002, 2003, 2004, and 2005 have been updated to include links to most of the photo albums created during those years, and links to PDF files of The Gainesville Cyclists produced during those years.

The current version of The Gainesville Cyclist is considered a membership benefit, so you’ll find that under Members Area with password protection. If you’ve entered the password to look at the membership list, your computer will still remember it even when you’ve lost your paper copy of the newsletter (with the password on it!).

Steven P. Sparks
Trumpet Player / Bugler
352.317.5652