August 8 (Sun)  
Jersey Order Deadline

Last chance until this time next year to order an Official GCC Jersey. This is a makeup order from the order we did in the winter that was delivered in April. Jerseys and shorts are available. See the Club website Members Area for more details and to access the order page.

August 28 (Sat)  
13th Annual Gliders Training Century 7 am

Meet at the Chevron on NW 43rd St at 53rd Ave for a 7:15 am departure for a ride over the Santa Fe Century course. Stops in High Springs, Watermelon Park, and Worthington Springs. This is a regular club ride—no SAG support. Gliders pace (average speed around 19.5 mph, cruise often around 21 mph). If you anticipate problems maintaining Gliders pace, print out a Santa Fe Century map from the web site. An A Ride group usually comes out and starts the ride with us, but does not do all of the rest stops.

September 5 (Sun)  
8 Hours of Labor

An individual and team endurance race sponsored by Goneriding.com and the Friends of San Felasco. Proceeds support the park. Volunteers are needed. Send email to: info@sanfelasco.net  http://www.sanfelasco.net/  http://goneriding.com/2010/8%20Hours%20of%20Labor/8_hours_main.htm

September 6 (Mon)  
Labor Day Picnic and Volunteer Party

Meet at Boulware Springs at 9 am for rides departing at 9:15 am. Be back by Noon for the competition eating! Please RSVP in the Members Area (or use the link in the announcement email). Bring a side dish to complement the main course and sodas provided by the club. We’ll find a place for you to help out at the Horse Farm Hundred or Santa Fe Century.

October 3 (Sun)  
Adopt-A-Road Cleanup

Meet at 4 pm near the west end of Millhopper Road 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 from 9 people for an optimal crew. Please RSVP in the Members Area on the club web site, or call Ally at 745-2011. The club will help pay for dinner after the cleanup.

Gainesville Cycling Festival  
Entry Certificates

Will be mailed to you in September, if you have not already entered the Festival. You can enter by clicking on the button in the Members Area on the club web site soon. GCC members get a discount on ride fees, and can order special tank top and long sleeve T-shirts, which are not available to non-members.

Volunteers, please wait until your job title is displayed in the Members Area before entering. Until it is there, the entry form won’t know you are a volunteer and won’t give you your free goodies!

You save our volunteers work when you enter the Festival from the Club web site. Volunteers who enter this way won’t even need to send in any paper if they are doing one ride and getting one t-shirt.
There are a lot of contributors in this issue! Thanks for all the input.

See page 11 for information about volunteering for the Gainesville Cycling Festival. We have a full description of all the jobs we need filled in the Members Area, Volunteer section. I’ll be calling around looking for some key people we need to get the front end work done.

We have a new capability in the Members Area when you’re searching the data base for member info. You can now search by city; this is helpful if you live in an outlying area and are looking for close by riding companions. Persons in Gainesville will not be displayed using this option.

I can use your help! If you have any difficulty using any of the automated functions on the club web site, please send me an email with as much detail about the problem as possible. Without your feedback, I won’t know that there’s a problem.
President's Letter

I would first like to thank the road crews who did Gainesville-Hawthorne Trail root repair. The Trail is as smooth as it has ever been, this is one of Gainesville’s best cycling resources.

It’s that time of year again when a lot of us are training for GCC’s very own Gainesville Cycling Festival. As I have mentioned before, whether we are doing the hard, hilly centuries or just a short recreational ride we need to be constantly aware of the dangers on the road. As we are all too aware, some drivers have hostility towards cyclists while others simply are not paying attention to their driving. Cell phones, kids, even DVD players may be distracting an otherwise careful motorist. Most cyclists know of the law requiring motorists to give a three foot clearance to all cyclists. A great many motorists however are not aware of this law; those of us counting on drivers to obey it are inviting an accident. Remember, who was right and who was wrong is absolutely irrelevant. Who survives, or better yet avoids an accident completely should be our primary concern. I urge all of you to ride not only legally but ethically and courteously as well. Things such as signaling motorists of turning intentions and not riding more than two abreast are required by Florida law (http://gccfla.org/laws.html). Things such as these also provide a courtesy to drivers that they are more likely to return. Give good and you’ll get good.

Bob Newman

GCC Adds New Position to Board by James Thompson

In recognition of the growing need for bicycle advocacy in our community, the GCC Board of Directors has added the position of Advocacy Director (AD).

The AD will link our recreational and performance oriented club with advocacy and governmental agencies in our region, such as the Bicycle Pedestrian Advisory Board, community bike shops, Bike Florida, and the Bicycle Safety Education Program. We already have numerous members involved in these organizations, so the position formally recognizes the role GCC, as North Florida’s largest cycling group, will play in making Gainesville better for cycling.

The AD will promote non-partisan and issue-oriented advocacy, as defined by GCC membership and the Board. A basic question is, what is “advocacy.” That just means getting involved in local commuter infrastructure planning, supporting educational campaigns for both cyclists and motorists, helping elected officials make informed decisions about cycling-related policy, supporting current pro-cycling campaigns or groups, and educating the press about cycling issues. Recently, for example, the AD accompanied GCC and BPAB members to a meeting where we influenced a major budget decision concerning shared use strategies on Northwest 16th Avenue.

Ideally, the AD will create a set of tools to assist their successor and accompany him or her to initial meetings with outside groups or individuals (especially elected officials and agency heads) to assist in their success. If you have any questions or want to support the efforts of the AD, contact me, James Thompson, at jtexconsult@gmail.com. The work is important, but it is also fun and relatively easy.
Planning for your event!

OK.. So you finally signed up for the “big event” could be your first Century ride or Time Trial or whatever, NOW WHAT?

Hopefully, the big day isn't next weekend. If you would like to do well in your event, it would be nice to have at least 12-16 weeks to train properly. So lets go over a few rules of thumb that may help you plan for your next event or deciding when to sign up for something.

1. Timeline: say you want to do a Century ride but can only ride 35 miles as your max distance right now. Proper training would mean that you add 10% per week to your mileage. At that rate, it should you take you 12 weeks to safely get to your desired mileage.

2. Build your aerobic engine FIRST... this is straight from the Grand Poobah himself, Chris Carmichael. Before you start working on the fancy stuff of sprints and hill repeats make sure you have a very good base foundation. Yes, this sounds boring but it works.

3. Mix in some sub Lactate Threshold (LT) rides when you have a decent base. This means, ride at a speed/cadence that will make you work slightly harder than normal but not drain you in 10 minutes. Think of this as being able to talk with very short sentences.

4. Nutrition - remember your nutrition (fuel) and hydration will need to be adjusted as you increase your mileage/time on the bike.

5. Recovery - most bikers forget about proper recovery. Allow for easy days after big rides or sub LT rides and get good sleep.

I hope this will help those of you thinking about doing your first event and wondering how to get started. Please feel free to contact me at 352-246-5514 or email - hkieklak@yahoo.com if you have any questions,

Coach K

New Riding Group: Saddle Tramps

Melinda Koken is the Group Captain for our newest Riding Group, the Saddle Tramps. The group rides between 12 and 15 miles per hour, emphasizing longer routes between 25 and 50 miles in length. This group will include hill work and preparation for longer rides such as the Ride to Remember, MS-150, and the Gainesville Cycling Festival rides of 50 plus miles. These longer rides can also be preparation for bicycle touring, including information on getting started touring, optimal gear, bicycle friendly routes, and other resources.

We are a friendly, no-drop group, who welcome Newbies, who like to visit natural settings, enjoy being outdoors on bikes, who usually ride low traffic roads, and occasionally stop and take pictures.
It is a constant refrain among local performance cyclists... "Hey, let's hit the trail and head out 234 through Micanopy." By "let's" they often mean themselves and four or five other lycra-clad folk on sub-20 lb. road bikes riding in tight formation. By "hit" they mean speeds of at least sixteen miles per hour--twice to three times as fast as any other trail user, be they animal, pedestrian, juvenile, or bicycle. By "trail" of course we mean the Gainesville-Hawthorne Trail (GHT), a converted rail line ("Rails to Trails") that is one of a dozen or so prime jewels in the crown of North Central Florida outdoors recreation. Most of its sixteen miles stretch from luxurious downtown Gainesville, with a Northern extension under construction, through the semi-groomed yet still slightly "wild" aspect of Paine's Prairie ending in a respectfully and dutifully sleepy Hawthorne, Florida. The "234" and "Micanopy" portion of the equation are part of a favorite cycling loop for performance cyclists, although they rarely have the time to stop and enjoy the culture, warehouse wine prices, and home-cooked grits of the Pearl Store.

If you haven't seen the GHT yet, you should. It is a treasure. If you are on a road bike, or any bicycle, watch for the blind corners and small children, and the rollerbladers (the fixed gears of their day--fashionable and highly dysfunctional), and the numerous horned herbivores (the abundant deer and the rare hog) that come out as late as noon and run directly into moving obstacles. And after you've enjoyed it slowly and safely once or twice... Please Don't Go There Again. Yes Virginia, I'm asking my fellow roadies to stay off the trail, at least those who are High Bee or above (anything over fifteen mph).

I can hear the moans and complaints already, but as a bike shop employee I heard daily complaints from walkers, families, and even slower cyclists about club cyclists (the "lycra" crowd). And they weren't complaining about A riders ("Flyers" in GCC parlance) or even Gliders, because those groups rarely, if ever, ride on the trail. The trail has become too busy with pedestrians and animals since its inception. Even among the slowest of the slow local road cyclists, we are still operating at vehicular speeds for which the narrow pavement, blind corners, and "look first think later" joy of the GHT was not intended. It's time we road riders take a gander at the first part of that designation--"road." Road bikes are vehicles, and even the slow ones go really fast. The GHT is not for vehicles, except for the park-ranger-rescuing-people kind. It is for families, new cyclists uncomfortable with road riding (thanks for the reminder, Chandler!), and wistful spectators in all their odd Gainesville glory--joyfully absent-minded naturalists, inattentive children, people with un-gainly dogs and worn leashes, hippies, day trippers, and, of course, people on bicycles who are going extremely slow. "Extremely" means, usually, that you are on big fat tires, a curvy steel frame, and some kind of braking system that involves pedaling backwards.

As a G-H trail lover, I'm asking you (High Bees and up) to sacrifice a little pleasure to ensure the safety, convenience, and peace of mind of others. If you must ride the trail, do it in groups of less than four, spread out, ride near dead slow during the first seven miles out of Gainesville, avoid dawn and dusk when the animals are out in public, and remember to wave, smile, and give a wide berth to other users.
Sunrise Ride Group Captain and founder Jonathan Jones has graduated from UF, and is heading to Washington, DC, for a real job. The Potomac Pedalers gain is our loss.

Before departing, the club presented Jonathan with the ubiquitous GCC blue iceberg commemorating his accomplishments with the club. It was presented by his riding compatriots at the start of one of his last rides before departing.

Paul Messal has taken on the mantle of Sunrise Group Captain, with substantial assistance from Ride Leader Scott Erker (who is also the Sunset Group Captain).

Jonathan Jones receives GCC icebert award

Mike Gamble with GCC water bottle in Olympic Stadium, Beijing, China

Xeve Silver, Jonathan Jones, Bob Howland

Gary Knowland

Chris from Atlanta, Jesse Alston, Matt Staras, Jonathan Jones, Paul Messal, Mike Gamble, Bob Howland, Xeve Silver, Scott Erker
Try the Hokey Pokey

Chandler rides again! For many years Chandler Otis has championed the beginning rider in the Gainesville Cycling Club. He is now Group Captain of the Hokey Pokeys; you are NOT too slow for this group!

The group speed is 8-12 mph, with rides ranging from 15 to 25 miles.

Chandler chaperones, and rides at the back of the group to make sure no one gets lost. He is also a bicycle mechanic who can help fix flat tires and help with any other mechanical problems.

Watch for Hokey Pokey postings on GCC Mail; there’s a ride most weekends.

Haile Riders Hail Forth

Matt Staras is the Group Captain for the Haile Rider group that meets for rides in the Haile Plantation area.

The rides are A level rides, no drop except for a few sprint points (after which the group reforms). Except for the sprints, the ride is fairly mellow. Speed is usually around 20 mph. Regularly meets on Wednesdays at 6 pm. Weekend rides (usually early starts) on some weekends.

Many rides meet at our business sponsor, Alligator Optical.

Trailkeepers Interest Group by George Edwards

Those of you who ride the Gainesville-Hawthorne Trail know that it needs help. Sometimes there are too many leaves and branches on the Trail. In places there are bumps caused by tree roots. Obviously, the Florida Park Service needs help in keeping the Trail clear and clean, and in repairing aging pavement. To this end, a small group of us have banded together as the TRAILKEEPERS, to help the Trail.

Volunteer help is needed particularly now because the State economy and budget have restricted the operations of the Park Service. They just don’t have enough Rangers or operating funds to get all the jobs done. We help as substitute Rangers to drive the big leaf blower, clear downed or low-hanging limbs, organize equipment for the inmate crew to flatten those pesky root bumps, drive the tractor to kill the roots themselves, and seal the cracks left by the roots. Sometimes it’s hot and boring work, but sometimes it is fun, but your investment of time and effort does provide a return of satisfaction when we see the Trail looking better and safer for cyclists. Without our help, the Trail will be a less pleasant place, and perhaps less safe to ride.

We do the blowing job on Fridays, so you will need to be free on at least some weekdays (thus favoring retirees). Other weekdays may be involved. We try to keep off the Trail on weekends (except for our own rides) because some of the equipment we use can cause congestion. Once a year (Autumn this year?) we kill the roots using a John Deere farm tractor with a single-prong root rake.

If you are interested, please sign up, or call me (George Edwards) at 333.3184. There are some pesky bureaucratic steps to get over, including signing on as a Volunteer with the Park Service, but that does get you some workman’s compensation insurance coverage for on-the-job injuries. And you are supposed to wear a “Volunteer” name tag and T-shirt (provided) while on the job. There is always Mickey Mouse with any government activity, but you knew that! Oh, yeah, you need a drivers license and to be reasonably able-bodied.

Support Your Group!

Do you ride with a group? Make sure you’re signed up as a group member. Just sign in to the Members Area, click or scroll down to the My Riding block, and click on “Join A Group.”

All of the groups that you are not currently a member of will be presented. Just choose the one you ride with.

You’re not committed forever when you join; at any time, you can go back to the Members Area and remove yourself from any group that you no longer participate in (and we would like you to do this!).

League of American Bicyclists
2010 Gainesville TT Challenge, Results So Far
by Ken Sallot

With five of the six scheduled dates for the 2010 Gainesville TT Challenge behind us, it is time to update the club with the status of the series and the current standings.

About The Gainesville TT Challenge
The TT Challenge is a 9.3 mile (15k) out and back time trial. It is open to anyone that rides a bicycle. During the series, an Individual Time Trial will be held once a month until the end of the series in September. We will record your times and at the end of each event the results will be published. At the end of the series we will announce the results of the best times, best averages, and course record. The overall winner in each category will be given a handy certificate signifying that they got an official "Atta Boy (or Girl!)", nothing else. They can do whatever they want with their certificate, frame it, as long as it is "USAC legal" (we're not really going to break out the rulers and scales, but you get the drift).

Merckx -- Road bike only, no clip-on's, no aero helmets, no skinsuits. It is about the spirit of the competition, so leave those zipp wheels at home.

Aero -- This can be a road bike with clip-on aerobars, or a TT bike, aero helmet, and skin suit, as long as it is "USAC legal" (we're not really going to break out the rulers and scales, but you get the drift).

Anything Goes -- This is for anything that is pedal driven. Trikes, recumbents, what-have-you. If you can pedal it, you can enter it.

There is also an optional fourth category, "I want to ride a time trial, but I don't want anyone to know my official time". We will not record your time if you're in this category.

The course can be viewed here: http://www.mapmyride.com/route/us/fl/gainesville/908126747151371702

Challenge #1, March 13, 2010
Thirteen riders competed in the inaugural running of the 2010 Gainesville TT Challenge. The days leading up to the first event were filled with bone chilling cold and rain, but mother nature smiled upon us and we were greeted with a sunny, but cool, day for the first event.

Derek Schanze posted the time to beat in the Aero category, with a 21:30 (26.0mph), and Scott Pfaff posted the time to beat in the Merckx Category with a time of 23:40 (23.6mph). We had no riders take on the challenge for the "Anything Goes" category.

Challenge #2, April 10, 2010
Sixteen riders competed in challenge #2, and they were greeted with warm and sunny weather, but crosswinds with gusts in the mid-20s. Still, most of the riders were able to improve on their times from the first challenge.

Andrea Tosolini smoked the course in the Aero category by throwing down a time of 20:46 (26.9mph), at 25:01 (22.3mph). Mike Christopher put down the best time of the day in the Merckx category, but he was unable to take the course record away from Scott Pfaff, and Kerry Duggan, sporting a feather boa and polka-dotted skin-suit was the lone competition in the "Anything Goes" category, posting a time of 23:56 (23.3mph).

Challenge #3, May 29, 2010
Held on Memorial Day weekend, we had a smaller turnout than normal and only nine people tested their stamina against the clock on the third challenge. However, this time we were graced with the presence with out of town visitors, which just raised the bar for everyone competing in the series.

In the Aero Category, Derek Schanze tried hard to beat Andrea's course record, but came up 11 seconds short with a time of 20:57 (26.7mph). In the Merckx category, multi-time State TT Champion (and National Tandem Champion) Jim Wright laid waste to the competition with a time of 21:43 (25.7mph).

Once again, we had no competition in the "Anything Goes" category, and Kerry's record remained safe and secure.

Challenge #4, June 26, 2010
Under record setting heat, eighteen riders competed in the fourth installment of the TT Challenge. The stiff competition in the Merckx class seemed to inspire the many competitors to leave their aero equipment at home this fine June day, as the majority of riders competed in the Merckx class.

Jim Wright came back to compete in the fourth challenge, but this time he brought out his rocket sled and zipped along to a course record setting time of 19:58 (27.95mph) in the Aero category. And try as he might, Ken Sallot came up 17 seconds short in his attempt to break the Merckx course record, but he still put up the fastest time of the day in the Merckx class with a time of 22:00 (25.4mph).
Challenge #5, July 31, 2010
With the dewpoint sitting at 77°F, and a heat index of around 100°F, the "ugh" meter was pegged at a solid 100% as fourteen competitors took to the street for the fifth installment of the Gainesville TT challenge. High humidity and heat, plus a surprisingly strong headwind on the return leg, made for slower times than we’ve seen in the previous events. Still, each of the participants pushed their bodies and minds to the limit in this true test of individual strength.

Ken Sallot easily won the day in the Merckx category, blistering the blistering course at 25.1 mph. Wunderkind Derek Schanze scorched the course at 26.8 mph in the Aero category.

The results so far...
Over forty people have competed in the 2010 Gainesville TT Challenge Series! Here are the current standings:

**Aero Category**
Includes TT bikes, road bikes with clip-ons, deep dish/disc wheels, skinsuits

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<tr>
<th>Name</th>
<th>Time</th>
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<tr>
<td>Jim Wright</td>
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<tr>
<td>Derek Schanze</td>
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<td>Andrea Tosolini</td>
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<tr>
<td>Cindy Tompkins</td>
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<td>Bob Claude</td>
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<td>Kendall Fredericks</td>
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<tr>
<td>Amos Audette</td>
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<tr>
<td>Marty McCrory</td>
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<td>Mike Robinson</td>
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<td>Dave Mikolitis</td>
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<td>Steve Lachnicht</td>
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**Merckx Category**
Road bike only, no deep dish wheels, no aero-bars, no skinsuits

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<td>Kyle Rohan</td>
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<td>Richard Brazzel</td>
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<td>Kyle McElhaney</td>
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<td>Shannon Woodruff</td>
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<td>Mark Ou</td>
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<td>Huan Dinh</td>
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<td>Amos Audette</td>
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<tr>
<td>&quot;Team Hail Mary&quot;</td>
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<td>Tony Ross</td>
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<tr>
<td>Justin Pfaff</td>
<td>29:58'</td>
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**Anything Goes**
As long as it is pedal propelled, it's legal. Recumbents, tandems, etc.

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<th>Name</th>
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<tbody>
<tr>
<td>Kerry Duggan</td>
<td>23:56'</td>
<td>4/10/10</td>
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There's only one more date left!
Do you have what it takes to test yourself and race against the clock? If so, you better hurry because there is only one more opportunity to compete in the 2010 Gainesville TT Challenge Series! The tentative is September 4th.

Special Thanks
The 2010 Gainesville TT Challenge would not be possible without the help from the many volunteers who make up the Committee to Avoid Responsibility (CAR). The seeds of the idea conduct the series, and course selection, came about from long conversations with Jayson O'Mahoney and Ryan Saylor. Gerry Bouchard gets special mention as MVP for assisting with manning the turn-around for every single event in the series. Time keeping duties have been performed by Roger and Rachel Montes, Tal and Holly Mincey, Jayson O'Mahoney, Jack Kohn, Chris Bilowich, Wheeler Burns, and Doug Folketh. Photography has been performed by Gerry Bouchard, Velvet Yates and Robert Wilt. Thanks guys, your assistance has been invaluable.

It would be fantastic if some of our club's tandem or recumbent riders came out to take on the challenge in the Anything Goes category.
Photos by Rob Wilt from the July 31, 2010, GCC Time Trail

Derek

Lambert

?  Doug  Tony

Ryan (concentrating)

Mark  Scott

Huan
The Gainesville Cycling Festival, which incorporates the Nationwide Santa Fe Century and the Horse Farm Hundred, is coming up soon. Proceeds from the Festival are used to provide a donation to the Boys and Girls Club, and to supplement GCC dues to run the club.

To successfully pull off a major two day event such as this we need a significant number of volunteers to pitch in and help. Most of those are needed on the actual weekend of the event, but there are a few jobs that will need doing in the days prior.

How to Sign Up

All volunteers should complete a Festival Registration, but only after getting your position is recorded in the data base. CALL Roger Pierce (378-7063) to get a volunteer slot BEFORE registering. When we have you in the system as a volunteer, you will get your choice of T-shirt, and those working multiple or longer shifts will also be eligible to ride one of the rides for free.

You can also sign up at the Labor Day Picnic.

Type of Help Needed

REST STOPS. Hand out food and water during the Horse Farm Hundred at Loften High School, Flemington, the lunch stop at the Roberts farm, or the trail stop, and during the Santa Fe Century at the end of Millhopper Road, in High Springs, Watermelon Park, Worthington Springs, and DeSoto Park in Hague.

REGISTRATION. We will be open Friday evening, Saturday morning and afternoon at the Boys Club, and Sunday morning at Loften HS and in Flemington.

SAG. Drivers will be needed for both the Santa Fe and Horse Farm. We pay money for gas.

We’ll also be looking for help to load and unload the trucks before and after the rides. Prime positions at the packet stuffing party will also be up for grabs!

You can check on exactly which jobs are available by going to our web site and checking the Festival Volunteers page in the Members Area.
For several years, several riders from the Gainesville area have made the pilgrimage north to ride in the real mountains, and for the last two I have been privileged to join them. The group varies from year to year depending on individuals calendars, but this year 9 of us rented a cabin on the North/South Carolina border at the beginning of June.

Three car loads of guys and bikes headed north early on a Wednesday morning making occasional stops on route, we aimed for Gainesville, Georgia where we stopped to ride the Chicopee Mountain Bike Trails. These were an absolute pleasure to ride after 12 months of riding sand and roots at San Felasco. They are very well maintained mainly Georgia clay single tracks with lots of sweeping turns, stream crossings and bridges. Even the up hills are liberally interspersed with short down hills to give a little boost so that you hardly noticed the climbs. It seems that every MTB trip has to have a few accidents, and Hank Smith got his out of the way in spectacular fashion with an ungainly dismount over the bars and into one of the stream crossings. He emerged from a good soaking with a swollen finger and bruised knee, but most importantly, an undamaged bike!

We confined our riding to Dupont State Forest just over the NC boarder, which has more than enough of every type of trail for everyone. Thursday we used the Lake Imaging car park and climbed up via Covered Bridge and back down my favorite trail - Ridgeline. In my book, Ridgeline is the longest, funest trail ever. It seems to last forever with fast descents, lots of air, huge banked turns and ever bigger smiles at the end. We rode it again in the afternoon when our final 3 arrived after flying up a day late (great to have airplane owners in the group). Art O fell off whilst stationary!

Friday we based at Corn Mill Shoals car park from which we rode several trails including Cedar Rock Trail and Big Rock Trail. These have got to be the Slick Rock of the East. A massive granite outcrop which you have to be a mountain goat to ride up and crazy to ride down! Tim Conway got the prize for spectacular dismounts on the way down when he rode off a 2 ft drop, flew over the bars and did a graceful (not) somersault. He got away lightly with a cut finger but his single shock (Tim rides a lefty) compressed and locked up plus his tubeless tire deflated. We got him going again, and fortunately the shock released during the remainder of the decent. (It packed in completely on his first ride back at SF and he had to walk out through Turkey Creek!!!) Art O fell off again. We passed a mountain goat (NC Rider) who gave us some great leads for our last day of riding.

Saturday we parked at Faun Lake and rode out via Lake Julia and the old disused airport. Again there is a spectacular decent from the runway. Rob, just remember when you are airborne you cannot turn those switchbacks!! Art O fell off and his tubeless tire let go so we put him a tube in and he was fine. We ended earlier in the afternoon that day. Real mountains are hard for us Florida boys. The rest of the afternoon some went to play in the swimming pool and some soaked in the hot tub enjoying a thunderstorm with lots of lightening in the valley below us.

Then Sunday was the big clean up and the long ride south back to waiting wives (and girlfriends for some) and children. We’d had our annual “fix” of real mountains for the year, but we’d started planning for next years trip - a bigger fancier house with an outdoor fireplace next to the hot tub and the Tsali Recreation Trails to ride. Personally, I love to have another day at Dupont to ride the Rock and Ridgeline again!

Kevin was born on July 19, 1955 in Seattle WA. He graduated from Washington State University with a B.S. in Biology in 1977 and a M.S. in Zoology in 1981. His devotion and interest in anatomy took him to the University of Kentucky where he completed a PhD in Neuroanatomy. After 4 years of post doctorate research at the University of California, Irvine, Kevin began a teaching and research career in 1988 at the University of Florida as an assistant professor of anatomy in the Department of Physiological Sciences, College of Veterinary Medicine. He taught gross anatomy to 22 classes of 1st year veterinary students. He had a passion for teaching and was greatly loved by peers and students. Over the years he received many teaching and research awards including the C.E. Cornelius Young Investigator Award for his research on brain receptors, the College-wide Teacher of the Year twice, Basic Sciences Teacher of the Year three times and Freshman Teacher of the Year for the Classes of 1992, 1995, 2001, 2002, 2009 and 2012. Kevin had many interests outside of his professional career, including Gator sports, fishing and volunteering as a guardian ad litem, serving children of the community. His love of recreational biking led him to lead Team Vet Med, a group of cyclists who ride regularly to raise money for veterinary student scholarships. Because of his devotion to the College of Veterinary Medicine, a scholarship has been established in his honor. Kevin is survived by his loving wife, Michelle, his children Jonathon and Brett, parents John and Myrna Anderson, brother Brian and Eric (Nancy), sister Kerri (Dean) Inglin, Jackie Burke, mother of his children, and many loving and admiring nieces and nephews.

There will be a Celebration of Kevin's life when the students return to Gainesville in August. In lieu of flowers, donations can be made to the Kevin Anderson Team Vet Med Scholarship at the College of Veterinary Medicine, University of Florida, Haven Hospice or to a memorial of your choice.

Critical Mass riders have it right…

By Jim Funk

Yes! If their goal is to get more people on bikes, have motorists become more aware of bicycles, make sure there is a lane for bicyclists, and show bicycles as a viable means of regular transportation, they have the right idea. However, their goals are as amorphous as their organizational structure and their ability to alienate motorists and potential cyclists is counter productive.

So how do we get more folks using bicycles as transportation? At around 1.5%- (a hopeful figure) United States has the lowest percentage of bicycle commuters in the world! Though they present a far better image than Critical Mass riders, I don’t think a Pele ton of Sunday morning riders dressed in skin tight outfit’s the color of a court jester’s costume does much more to encourage bicycle commuting. Our delicious rides on scenic, but hidden trails doesn’t help much either.

The cynic in me thinks the only way we will get more people commuting on bicycles is to significantly raise the cost of gasoline. My more hopeful side says “Yes we can!” (make a small dent). To start, I would encourage all in the bicycle club who can, to become a bicycle commuter. Sure it means starting earlier and doing some preparation. (planning a safe route, getting flat resistant tires, basket and/or panniers, having fresh clothes with you or at work, have preparations for rain, and lights etc.) One big resistance to bike commuting besides having to rush home for the children, dogs, and spouse, or using a car at work, is arriving sweaty to work. Having cycled to work for many years, the only drawbacks to this are women being in awe of my muscular bare chest on arriving to work, (I now wear a reflective vest which helps keeps them cool.) and the possibility of stinking at work. Luckily only once have my coworkers said anything- and I think that was my having grabbed a shirt from the laundry. (On arrival home comments from my wife are a different story.) Rain also is a complaint. Rain is the AM is less common, and after work one can be prepared and/or wait it out with a good book.

Make bicycle transportation is to be seen in a positive manner. First been seen- bright reflective vest, and helmet, many reflectors and flashing lights. (Bike Planet makes some excellent lights.) Drivers really appreciate this. Always give the right of way, and wave to people who show you courtesy. Give warning on passing and greet people on your way. Use all your faith in humanity to give you strength to raise five fingers rather than one when drivers put your life at risk. A loud sarcastic “Thank you!” is also safer. Obeying traffic rules can help.

With your co-workers don’t be seen as a martyr, look like you are having fun being more fit and saving car expenses.

Advocate with business, bosses and government to make bicycle commuting easier.

Best wishes and safe commuting.
Medical Warning!

Considerable discussion has been aroused among physicians and wheelmen by the recent publication of a report that a woman had gone insane from excessive riding of the bicycle... This is not the only case of its kind... The disease of wheel insanity has not gained much foothold yet, doctors say, because it has not had time. Bicycling is as yet in its infancy and so are the diseases connected with it. The bicycle hump is only beginning to develop, while it will require fully a generation to establish the bicycle face, foot, arm, and other eccentricities.

The Acadian Recorder
Halifax, 4 March, 1896

from Nova Scotia by Bicycle, submitted by Melinda Koken
CLASSIFIED

I have a women’s Trek for sale. It has skinny Schwalbe tires on it and I'll throw in a pair of Bontrager hybrid tires with it, and three spare tubes. Tires still have a few miles left on them. There is one bottle cage, standard flat pedals. It would make a good street bike; asking $200. I prefer to be contacted by email at nanpiper@gmail.com.

PEDALS: SPEEDPLAY LIGHT ACTION stainless steel, black; excellent condition. $115; compare new at about $180. 69 miles of use.
Contact: Velvet Yates
Call 386-418-3794
To get a link to see images of the above items, send an email to velvetyates@yahoo.com.

BUSINESS SPONSORS

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

- Alligator Island Optical 10% 332-9028 2275 SW 91st Street – Ste 160 www.alligatorisland.net
- Bike Route 15% (386)462-5250 N US 441 (10100 NW 13th Street) www.bikesandmoregainesville.com
- Bikes & More 10% 373-6574 2113 NW 6th Street www.chainreactionbikes.com
- Chain Reaction 20% 373-4052 1630 West University Avenue http://coachkfitness.net/
- Coach K Fitness 20% 246-5514 http://gatorcycle.com/
- Gator Cycle 10% 373-3962 3321 SW Archer Road http://mrgoodbike.com/
- Mr Goodbike 10% 336-5100 425 NW 13th Street www.pedalerspubandgrille.com/gcc
- Pedalers Pub & Grille 10% (Exotic cycling tours) www.pointyhelmetcoaching.com
- Pointy Helmet Coaching 20% 573-9481
- Recycled Bicycles 10% 372-4890 805 West University Avenue www.schwinnshop.com
- Schwinn Shop 10% 374-2064 1225 W University Avenue www.eatatsisters.com
- Sisters (restaurant) 10% 379-0281 5212 SW 91st Terrace www.spinracing.com
- Spin Cycle 22% 373-3355 425 West University Avenue www.supercoolbikeshop.com
- Super Cool Bike Shop 15% 371-2453 3460 W University Ave The 8th Ave Bike & Coffee House 50% (on service) 378-2100 235 NW 8th Ave http://8thavebikecoffeehouse.yolasite.com/

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

Kimberly Abbott          Gainesville FL
Rayna Bauzo              Micanopy FL
Richard Buning           Gainesville FL
Antonio Durante          Fort Myers FL
Diana Durante            Fort Myers FL
Tere Fischer             Ocala FL
Kevin Ford               Gainesville FL
Robert Freese            Gainesville FL
Clint Gibbs              Gainesville FL
Sylvia Hayes             Newberry FL
Chuck Heidt              Gainesville FL
Samantha Hilber          Gainesville FL
Hayden Hughes            Gainesville FL
Hunter Hughes            Micanopy FL
Nadia Hughes             Micanopy FL
Jimmy Karp                Palm Bay FL
Joshua Karp              Palm Bay FL
Chris Kubiak             Anthony FL
Marty Lawrence           Phippsburg ME
Dylan Lennon             Gainesville FL
Caryl McKellar           Gainesville FL
Joe Meert                Gainesville FL
Meghan Meyer             Gainesville FL
Alessandro Alpha Muknicka Gainesville FL
Arlene Naranjo           Gainesville FL

Debra Page               Gainesville FL
Terri Parrott            Davenport FL
Graham Partain           Gainesville FL
Sherri Prosser           Gainesville FL
Kimberly Reeger          Gainesville FL
Sarah Reintjes-Tolen     Gainesville FL
Rick Rheingans           Gainesville FL
Benjamin Rodriguez       Gainesville FL
Christina Rodriguez      Gainesville FL
Miguel Rodriguez         Gainesville FL
Milagros Rodriguez       Gainesville FL
Osvaldo Rodriguez        Gainesville FL
Ralph Rodriguez          Gainesville FL
Harris Samuels           Micanopy FL
Ray Schackow             Gainesville FL
Margaret Shaw            Gainesville FL
Oliver Shaw              Gainesville FL
Lance Spano              Gainesville FL
Kyle Stuart              McIntosh FL
Dawn Sumner              Gainesville FL
Vance Sumner             Gainesville FL
Grace Thompson           Gainesville FL
Coben Thorn              Gainesville FL
Stephanie Thorn          Gainesville FL
Chris Towne              Gainesville FL
Pamela Watson            Gainesville FL
Keri White               Gainesville FL
Ollon (Tony) Whitfield   Micanopy FL