

Club Happenings

Apr 9 (Tue) Tuesday-Thursday A Rides Began

Meet at the GRU facility at NW 43rd St and 53rd Ave at 6:30 pm *sharp*. These rides have been traditionally attended by A Rider types, but everyone is welcome to ride. The objective is to get a quick, hard workout, so don't expect to be waited for unless you form a group with that specific goal.

May 4 (Sat) Standard Ride Start Times Move to 8 am

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

May 20 (Sun) Adopt-A-Road 4 pm

Meet across from the Pearl station in Micanopy. Long pants and gloves are recommended. Club subsidized feed afterwards!

May 28 (Mon) Memorial Day Picnic at Ichetucknee Springs State Park

Ride the back roads of Suwannee and Columbia counties to work up an appetite for *Sonny's* Barbeque and a need to jump in a cool spring.

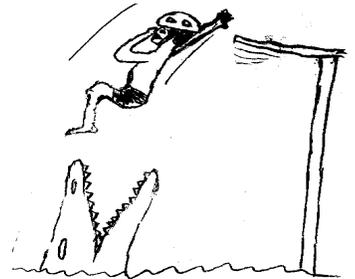
To partake, you must be at the ride start **not later than 9:15 am** to place your order with the Grand Poobah; plan on arriving by 9 am.

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

Depending on where you are coming from in Gainesville, it can take up to an hour to drive to the north entrance to the Ichetucknee Springs State Park on CR 238 (from US 27 at Ft White take SR 47 north and turn left onto CR 238). It costs \$3.25 to get a car into the park (bikes \$1) so get some buddies together and carpool. Park in the area past the little fence on the far end of the parking lot; the regular lot will see lots of coming and going by tubers, and your car could be damaged (tubers will be long gone by the time we finish riding).

You must be a club member to participate in the feast. We will sign you up on the spot if you're not a member (\$15 or \$20 for a whole family). Bring deserts and salads to complement the Sonny's fare.

In the event of very inclement weather or heavy smoke, the event may be moved. Watch your email.



Off-Roaders: Leslie Folkerth, 367-3856, lesliefolkerth@hotmail.com. Off-road rides on local trails and area mountain bike parks. All levels welcome. Regular ride meets at San Felasco Bike Trails on Sundays at 8 am. Ride leader will announce via email whenever there will be a group leader for the day. Other rides and locations announced via email.



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GCC Web Page
www.floridabicycle.org/gcc

Annual Meeting:

Reshuffled GCC Board of Directors

After five years as President, Rob Wilt has “retired” to the board position of Photographer. He is replaced by our sixth President, George Edwards, who moves up from Co-Treasurer, leaving Lee Edwards as The Treasurer. Joining the board after a year as an “ex officio” member is new Vice President Teresa Zimpfer. Departing after five years as Off Road Director is Brian Raisler, who has found his time taken up more and more with his graduate studies. His replacement is the irrepressible Leslie Folkerth, who becomes just our third Off Road Director. Also departing are four year board member Jan Brush and three year member Carl Brush, who will be off to explore the USA in their new travel home after Jan retires from teaching at the end of this school year. Replacing Carl as Recording Secretary is new board member Bob Newman. Maureen Petersen moves to Member At Large; Roger Pierce, Chandler Otis, Diann Dimitri, and Paul Zimpfer retain their current positions.



Well known roads in our riding area.

Dungarvin Road (west to east) *by Roger Pierce*

As you turn onto Dungarvin from CR 329, you immediately encounter Welcome Hill, or for those getting their first look at the road, Omigod Hill. The ensuing downhill allows the pack to pick up considerable speed, which is then carried over a long flat stretch to keep the marginal riders near their anaerobic threshold.

Then come the Four Fours. Each is at most a category four climb, steep, but not too long. But there are four of them, and they come one after another with no flats to break up the sequence, and each is a little bit higher than the preceding one. By the time the pack reaches the top of Interstate Hill and begins to enjoy the long downhill, marginal riders are strewn out over several of the Fours.

Using the downhill and the long ensuing flat, many marginal riders will manage to just rejoin the pack by the foot of Heartbreak Hill. While not as steep as any of the preceding hills, it is somewhat longer. And if you have just busted your buns to rejoin the pack, your heart will break as they pull off into the distance while powering up Heartbreak Hill. If you can still see through the spots in your eyes, there is a fancy horse farm on the right after you peak the hill.

There is a quick stop market at the end of Dungarvin Road on US 441, or the pack may choose to turn north and tackle Orange Lake Hill and permanently dispose of any marginal riders who may still be in sight.



President's Message



Dear GCC Members;

Maybe this letter should be entitled "**A First Word**" to maintain continuity with Rob Wilt's "**A Final Word**" in the last Newsletter. Because that clearly expresses my hope to maintain continuity with Rob's policies as President, both in the scope and quality of Club operations (if not, perhaps, in the quality of President's Letters).

One of the aspects of GCC that has always impressed me is the breadth of its appeal. We have rides and activities that are aimed at every type of cyclist, from the youngest beginner through the hardened racer, on road and off, to old duffers like me who just want to amble leisurely through the countryside. Certainly many cycling clubs do not have such a wide appeal. Much of this breadth of appeal is due to Rob's even-handed approach to all interest groups. I hope to continue it.

GCC and its individual members will continue in the forefront of cycling activity in Florida. We are represented on the Bicycle/Pedestrian Advisory Board, which is charged with reviewing and making recommendations on all transportation plans in the MTPO area, effectively Alachua County, making sure that the interests of cyclists and pedestrians are looked after.

Currently the MTPO is struggling with how to improve safety for cyclists and pedestrians along US 441 through the basin of Paynes Prairie, an obvious safety concern given the number of fatal accidents, and the heavy use of the right-of-way by wildlife watchers. Several fixes have been proposed, at a wide range of costs, and there is a striking lack of agreement as to which one is best. Every individual seems to have their favorite solution, as well as a list of valid objections to all the other solutions. As Linda Crider commented, "If there was an obvious answer, we would already have done it".

GCC members were responsible for getting bike lanes added to the SW 34th Street resurfacing project, a feature that was not included in the original planning. Now we are trying to find funding for an experimental color treatment (brick, or terra cotta) of these bike lanes that would visually set them apart from the roadway itself. This is not an officially approved practice, so we have to do it as an experiment, and that includes a lot of data collecting before resurfacing, after resurfacing but before color treatment, and after adding the color. Everyone involved thinks it will be a significant safety improvement, but we are dealing with a Federal bureaucracy, so there are a lot of hoops to jump through.

Good news for local bicyclists includes the re-vitalization of the Friends of the Gainesville-Hawthorne Trail, a major support to our best local bicycle facility. If I haven't already asked you to join FROGHAT, let me do so now. Please go to www.froghat.org and download a membership blank. Membership is kind of at a low ebb, and believe me there is strength in numbers.

Other than that, GCC members aren't doing much besides riding bicycles and going to parties and picnics and generally enjoying our beautiful part of the World.

Always remember, "Where ever you go, there you are".

George Edwards 

"Strangers are just friends waiting to happen.

Friends are the Salad Bowl of Life."

A Floridian's Experiences at the Summit

By Dwight Kingsbury

On the second day of the National Bike Summit, held in Washington in the first week of March, participants emerged from the Capitol South metro station shortly before 08h00, ascended the steps of the Longworth House Office Building, and emptied our pockets to walk through metal detectors. Inside we found our way to a small reception room on an upper floor where continental breakfast was laid on a buffet table. Mele Williams, director of government relations of the League of American Bicyclists, drilled us a final time in the sequence of requests we were to make with our members of Congress.

Mele said our first priority should be to encourage each member we met with to participate in cycling events in their districts. The LAB suggested we also ask members to join the House Bike Caucus (if they were House members), to help start a Senate Bike Caucus (if they were senators), to ask for their support of certain federal legislation and programs, and to invite them to join the Bike Summit for a ride around Washington the next day.

The seven Florida cyclists had appointments with the offices of both of Florida's senators, and seven of our House members. We decided, when conflicting times did not make it impossible, to attend each of our House appointments en masse, letting the person or persons who lived in each representative's district do most of the talking. We thumbed through the US Congress handbooks that LAB had given us, checking office locations and committee assignments.

Shortly before 10h00, we trooped across Capitol Hill for a joint appointment with staffers from Sen. Bob Graham's and Sen. Bill Nelson's offices in the Hart Senate Office Building. Sen. Graham, who was leaving for another appointment, paused to shake our hands and show some photos he had with him to Linda Crider, a former Graham staffer. Linda briefly explained our interest in bicycle-friendly legislation. Sen. Graham thought a moment and said that ways needed to be found to encourage architects and landscape architects to incorporate "smart growth" principles in commercial site design, so as to promote a greater range of access options.

The two senatorial aides we met appeared, like all the staffers we met that day, to be in their twenties. Many of these young people, we learned, enjoy cycling (most are not from Florida). One was planning a bicycle tour to Europe and asked for recommendations about the best places to ride. Although LAB had urged us to be prepared to make our points in five minutes or less, we talked for 15 or 20 minutes at most of the offices we visited.

Rep. Alan Boyd listened good-naturedly as FBA Executive Director Laura Hallam, Henry Lawrence and I went through our spiel. When Laura mentioned that Bike Florida would ride through his hometown of Monticello in late March, though,

Rep. Boyd wanted to know when and where the 850 riders would be staying overnight. Laura said she would send him detailed information.

Rep. Robert Wexler's legislative assistant asked what had become of the talk of a path link along the New River Canal in Broward County. We told him the plans were moving forward. We also presented him (as we did all the other staffers we met) with a copy of FBA's Florida Bicycle Law Enforcement Guide (funded with federal traffic safety grant money), and other FBA and LAB literature.

One of LAB's suggested priorities was to encourage support for more extensive state use of Transportation Enhancement funds; many states obligate less than 80 percent of their authorized federal Enhancement funds. Florida, though, has one of the highest obligation rates of Enhancement funds (exceeded only by three other states and the District of Columbia), and we did not find it necessary to hard-pedal the program.

At each House member office we visited, we asked for the member to agree to co-sponsor H.R. 1265, the Bicycle Commuter bill, introduced last year by Rep. Earl Blumenauer of Oregon. This bill would make employer commuter benefits of up to \$65 per month tax-free for bicycle commuters, as they already are for transit and vanpool commuters. Of the bill's 33 co-sponsors, only one was from Florida (Rep. Mark Foley). The more co-sponsors a bill has, the better its chances.

As a result of National Bike Summit visits, 10 more Representatives have become co-sponsors (bill sponsors can be checked at www.house.gov). None of the new co-sponsors are from Florida. As LAB's briefing material advised, "the sad truth is that many Congressional offices will ignore your first request for a specific action." There is a technique for demonstrating you are serious, LAB explained. You follow up and ask again.

In the evening Florida's cycling delegation, which also included FBA President Tina Russo, Jeanne Hargrave, and Interbike consultant Mike Greehan, converged at a Bike Summit reception in the Rayburn Office Building. Representatives Earl Blumenauer and James Oberstar and Trek president John Burke commended the growth and cooperation of the cycling advocacy movement, and called on our help in improving forthcoming federal legislation. Delicate little pastries were being served. In small groups, people slipped out to go to dinner or to the theaters.

Highlights from the 2002 National Bike Summit(r), March 6-8, 2002

Over 275 people - including bicycle advocates, transportation, public health and environmental professionals and leaders from the bicycle industry -- came together to exchange ideas, explore common goals, and make new alliances to encourage and promote bicycling.

Trek President and Bikes Belong Coalition President John Burke, Executive Director of the Texas Bicycle Coalition Gayle Cummins, Executive Director of the National Center for Bicycling and Walking Bill Wilkinson and Congressman Earl Blumenauer (D-OR) kicked off the Summit by delivering an energetic and enthusiastic vision of "America Bikes." Attendees then presented and attended panels on important elements for bicycling within TEA-21, enjoyed a pro-cycling keynote from FHWA Administrator Mary Peters, participated in a valuable Listening Session with the FHWA and ended the long day with issues review and advocacy training.

Attendees worked Capitol Hill the following day, engaging over 225 congressional offices including two thirds of the Senate and over 160 House offices in a pro-cycling agenda. About a dozen Members of Congress and 75 congressional staffers joined with Summit participants at the Summit's congressional reception that evening to cheer on cycling's future.

The unwavering enthusiasm from Summit participants continued on day three as they explored the work ahead at the state and local levels, heard from Highways and Transit Subcommittee Chairman Congressman Tom Petri (R-WI) and discussed new and valuable partners in the cycling movement. Summit attendees then enjoyed a warm spring day with a bike ride around Washington DC and a post ride celebration.

Some key achievements and successes of the 2002 Summit include:

- * Overall participation in the 2002 Summit grew by 53% from the inaugural Summit in 2001 and participation from the bicycle industry more than doubled.

- * Senator Kay Bailey Hutchison (R-TX) agreed to co-chair the new Senate Bike Caucus during a meeting with the Texas delegation. Summit participants secured another 15 commitments to join the Senate Bike Caucus. The Congressional Bikes Caucus already has 107 Members in the House of Representatives.

- * Summit participants encouraged interest in the US

Senate in The Bicycle Commuter Act. Several new cosponsors were also added to the House bill, which now has a total of 44 cosponsors.

- * Equipped with statistics on spending rates, participants encouraged congressional offices to write letters to Governors to generate spending of Enhancement monies.

- * Summit presence generated over 100 commitments from Congressmen and Senators to attend cycling events in their respective districts/states.

- * Summit attendees generated overwhelming support in Congress for the Safe Routes to Schools programs.

- * The FHWA TEA-21 Listening Session enabled participants to express their opinions through voting on a wide range of transportation issues.

- * FHWA Administrator Peters in her keynote address said, "Bicyclists are an integral part of our nation's transportation system and we all need to work together to develop a better, more balanced transportation system that provides facilities and programs for bicyclists on a routine basis. In planning, designing, and operating our nation's transportation system and its related programs, the needs of all users-and that clearly includes bicyclists-should be considered from the moment planning starts on a new project."

Follow-up work continues on legislative initiatives and policy topics introduced at the National Bike Summit (r). To keep abreast of our ongoing work, subscribe to the League's e-newsletter at www.bikeleague.org.

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Are Supplements Necessary for Cyclists?

by Susan Barr, Ph.D., RDN

Susan, I ride about 10,000 miles a year including a brevet series, several double centuries, and a two-week tour for my vacation. I try to eat a fairly high carbohydrate diet without too much fat, although that's hard when I'm traveling to events. I worry that I'm not getting all of the nutrients that I need. Should I be taking vitamins and minerals? What about amino acids and other supplements to help my recovery? Charlie, from California.

Charlie, First of all, that's great that you're trying to eat a fairly high carbohydrate, low fat diet. A high carb diet, especially one that relies primarily on vegetables, fruits, and whole grain breads and cereals (rather than sport drinks, gels, gummy bears and red licorice, if you catch my drift) is important for both health and performance. If you round that diet out with low-fat protein sources and dairy products, and eat enough to maintain your weight and energy levels, chances are very good that you're getting the nutrients you need - with a few caveats.

You didn't mention your age, but if you're a typical endurance cyclist, it wouldn't be surprising if you were over 50. If so, taking a "1-a-day" balanced vitamin supplement is recommended to ensure that you meet your needs for vitamin B12 and vitamin D.

Vitamin B12 found in food is bound to protein, and to be absorbed, needs to be released from the protein. This normally occurs in the acid environment of the stomach. However, about 10-30% of adults over the age of 50 have low gastric acid levels, so B12 isn't released from protein, and as a result, is absorbed poorly. The form of vitamin B12 found in supplements is not bound to protein, so is absorbed well even by those with low gastric acid levels.

Vitamin D's role (along with calcium) in maintaining bone mass and preventing osteoporosis has been increasingly recognized in recent years. Although it can be synthesized by exposing the skin to sunlight, if you live in Northern California (or more generally, anywhere north of about 40* latitude), the sun's rays are too weak to synthesize vitamin D between November and February. (In Canada, where I live, this occurs for an even longer period of time.) Also, the ability to synthesize vitamin D decreases with age: following a given exposure to sunlight, 65-year-olds synthesize only 25% as much vitamin D as 20-year-olds. Dietary sources are limited (primarily fatty fish and fluid milk).

So using a supplement that provides the recommended intake of 400 IU/day is prudent.

The above information addresses your basic health needs, but you also wanted to know about enhancing recovery and performance. Amino acid supplements have been aggressively marketed for this purpose, but at present, the available research does not support their use. There is recent research to suggest that eating protein, along with carbohydrate as part of a recovery meal or snack, can limit the amount of muscle breakdown that occurs in the post-exercise period. Although these results have not been confirmed in longer-term studies (e.g., does it make any difference to muscle mass or performance over a period of weeks or months, as opposed to hours?), it's not going to do any harm, and makes sense from an overall healthy eating perspective.

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Yummmmmmmmmmmmmmmmm *Recipe from the picnic...*

Aunt Betty's Pig Pickin' Cake

as presented by Diann Dimitri

Mix together:

- 1 box yellow cake mix
- 3/4 cup cooking oil
- 4 eggs

Add and mix in:

- 11 oz. can of mandarin oranges with juice

Pour into 3 eight inch round layer pans

Bake at 350 degrees about 15 minutes

Icing

Mix together:

- 1 large can of crushed pineapple with juice
- 1 dry 3 ounce package of instant vanilla pudding

Fold in:

- 12 oz Cool Whip

Ice cake layers, store in refrigerator.

Best after setting up for a day.

House Congressional Bike Caucus Grows Senators Plan Own Bike Caucus

By Lynn Olanoff

"Everybody has a bicycle story," says Rep. Earl Blumenauer (D-Ore.). And as the founder of the Congressional Bike Caucus, Blumenauer has heard almost all of them. "Jim Oberstar is a cycling fanatic!" he said of the Minnesota Democrat, the 2001 National Bicycle Leadership award winner.

Without a calculator or notepad, Oberstar knows his bicycling mileage for both this year and last: "It's 361 miles this year ... and 2,630 last year."

Bike caucus member Rep. Pete Hoekstra (R-Mich.) pedaled to victory in his first Congressional campaign in 1992. "He rode his bike from one end of his district to the other," said Jamal Ware, Hoekstra's press secretary.

With all these bicycle stories cycling through Congress, the bike craze is gaining speed on the Hill. The Congressional Bike Caucus, founded in 1996, has 111 Members, 10 of whom joined in March. Also this month, Sens. Dick Durbin (D-Ill.) and Kay Bailey Hutchison (R-Texas) got the wheels turning for a Senate bicycle caucus.

Oberstar, the ranking member on the Transportation and Infrastructure Committee, has noticed the recent surge in bicycle interest in both houses. "It's really caught on," he said. "People are excited about it."

The bike fervor gained momentum in Congress when the National Bike Summit, sponsored by the League of American Bicyclists, met in Washington three weeks ago.

According to Mel'l Williams, director of government relations for the Bike League, Durbin had been interested in starting a Senatorial Bike Caucus for more than a year, but he was looking for a Republican co-chair. When Hutchison was visited by the Texas Bicycle Coalition during the summit, she was persuaded to take that position.

"We had several Senators expressing interest when the bicyclers were on the Hill," Williams said. She expects at least a dozen Senators to join the caucus when it is introduced in the Senate following the spring recess.

Bicycling has widespread appeal on the Hill, with the caucus comprising 81 Democrats, 28 Republicans and two Independents.

Blumenauer said the group is safe for all Members because there's no anti-bike lobby group. "We're 'bike partisan.' All we care about is biking and working together."

When the Oregon lawmaker entered the House in 1996, he was searching for a way to bring together all the Members interested in bicycling and its advocacy issues.

Blumenauer discussed his ideas with Oberstar, a longtime bicycle advocate.

"[Blumenauer] was discussing ways we could get more House Members involved in bike advocacy, and he said that I should form a caucus," Oberstar said. "But I said no, it's your idea. If I lead it, it will be the same old, same old."

In the early days the group would meet almost monthly for bike rides around the Tidal Basin, but now the rides are less frequent. On March 8, a Congressional Bike Caucus Ride was held, but no Members participated because it was held on a Friday, a day most Members travel back to their districts.

Although the caucus rides have dwindled, the advocacy aspect of the group is still strong. On Capitol Hill, the caucus' lobbying has resulted in more bicycle racks and showers in the Congressional office buildings for Members and staffers who ride their bikes to work. Blumenauer peddles to his office every day, as does Oberstar's Chief of Staff Bill Richard. Oberstar lives 17 miles from the Capitol, in Potomac, Md., so he said he could only ride to work if he could guarantee light at 10 or 11 p.m.

The caucus is working toward encouraging more Members and aides to bike to work through a transportation fringe benefit. Currently, Hill employees can receive tax benefits or cash compensation for carpooling or taking the Metro to work. With Blumenauer's Bike Commuter Act, he hopes to add bicycling to the transportation benefits list.

Federal funding for bicycle facilities and projects has increased since the bike caucus was established. In 1991 the Intermodal Surface Transportation Efficiency Act provided \$734 million for bicycling programs over six years. In 1998 the Transportation Equity Act for the 21st Century provided \$965 million for bicycling related projects over six years.



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Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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- April 13-18 **Florida Bicycle Safari**
Live Oak FL Three or six days. Florida Freewheelers. PO Box 916524, Longwood FL 32791. (407)788-BIKE fax (407)788-RIDE.
- April 14 (Sun) **14th Annual Spring Classic Bicycle Ride**
Bradenton FL 20+, 40+, and 60+ miles. St. Petersburg Bicycle Club.
- April 20 (Sat) **Savannah Cardiology Earth Day Ride**
Savannah GA 25 or 50 miles through some of Savannah's historic places. PO Box 60533, Savannah, GA 31420, (912)351-RIDE.
- April 20 (Sat) **Pedaling Across Appling County**
Baxley GA 26, 61, and 100 miles. Lamar Turner 912-367-6876 day or 912-367-7837 night.
- April 19-21 **BRAG Spring Tune-Up Ride**
Eatonton GA Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. (770)921-6166 fax (770)935-1918.
- April 20-21 **21st Annual TOSRV South**
Quincy FL 200/126/70 miles in two days. Capital City Cyclists, TOSRV South Coordinator, 1017 Cherokee Dr, Tallahassee, FL 32301-5611.
- April 20-21 **MS 150 Spring Bike Tour**
Tampa FL Wheels to Weeki Wachee. 1-813-889-8303.
- April 26-28 **Sebring Spring Break**
Sebring FL Roland Mazzotti (305)666-8109. Everglades Bicycle Club, PO Box 430282, South Miami, FL 33243-0282.
- April 27 **4th Annual Fenner McConnell-Matt Wantz Memorial Ride**
Loxley AL 30/65 and 100 miles. (850) 484-9832. West Florida Wheelmen Bicycle Club P.O. Box 9321 Pensacola, Florida 32513.
- April 27 **Pine Tree Breeze**
Swainsboro GA 10, 30, 50, 62, 100 miles. Swainsboro-Emanuel County Chamber of Commerce (478) 237-6426.
- April 27-28 **16th Annual Breakaway to Key Largo MS 150**
Miami FL 1-800-FIGHT MS.
- April 27-28 **Brevet Series 2002: 600 km**
Gainesville FL 372 miles. Jim Solanick, (561)433-8796.
- April 28 (Sun) **Tour de Forts**
Jacksonville (Neptune) Beach FL 100, 87,74, 37 miles. Tour de Fort, PO Box 4994, Jacksonville, FL 32201-4994 (904)721-5870.
- May 2-5 **Suwannee Bicycle Festival**
Live Oak FL 5-100 miles. SBA Registration Coordinator, PO Box 456, Live Oak FL 32064-0456. (386)454-3304.
- May 4 (Sat) **Lion Country Safari Century**
West Palm Beach FL 20, 44, 65, 80 and 100 miles. Terry Foley (561)969-2420.
- May 4 (Sat) **Sweet Onion Century**
Vidalia GA 25, 50, 62 and 100 miles Libby Kimball at 912-538-0270 or Lamar Martin at 912-526-9179.
- May 4 (Sat) **3-State 3-Mountain Challenge**
Chattanooga TN (706)820-1157.
- May 4-5 **Athens To Lake Hartwell**
Athens GA Nitty Gritty Bike Band's two-day tour. 706-227-0774.
- May 5 (Sun) **Cross Florida**
Cocoa Beach FL 170 mile one way course. Spacecoast Freewheelers, PO Box 320622, Cocoa Beach FL 32932-0622. (407)784-4686.
- May 5 (Sun) **Cheaha Challenge Century+**
Piedmont AL Up to 110 miles. Northeast Alabama Bicycle Club.
- May 10-12 **Helen Fat Tire Festival**
Helen GA Sponsored by the Southern Off-Road Bicycle Association (SORBA)
- May 17-19 **Georgia Tandem Rally**
Athens GA Roger Strauss 770-565-4150.
- May 18 (Sat) **2002 Sanford Century**
Sanford FL Rick Flohr 407-831-5142.
- May 18 (Sat) **Sarasota Century 2002**
Sarasota FL 100/50 miles.
- May 18 (Sat) **25th Annual Assault on Mt Mitchell**
Spartanburg SC 102 miles, extremely challenging. Spartanburg Freewheelers, PO Box 6171, Spartanburg SC 29304.
- May 18-19 **Jekyll Island Challenge Century and Sunset Ride**
Jekyll Island GA 25, 50, 63 and 100 miles. Bicycle Savannah LLC, PO Box 60533-0533, Savannah, GA 31420. (912) 351-RIDE.
- May 19 (Sun) **Tour De Cure**
Fairburn GA (404)320-7100.
- May 25 (Sat) **Jim Kruse Century**
Statesboro GA 25, 50, 100 miles. Southern Cyclists, PO Box 2554, Statesboro GA 30459, (912)871-7905 (day) or (912)871-7905.
- May 31 - Jun 2 **Brevet Series 2002: 1000 km**
West Palm Beach FL 620 miles. Jim Solanick, (561)433-8796.
- June 7-14 **Bicycle Across Magnificent Alabama (BAMA)**
Mobile AL A. Morton Archibald, Jr., P.E., 2117 Rothmore Drive SW, Huntsville, AL 35803-1431 (256)658-5189 Fax: 256-881-8032.
- June 15-22 **Bike Ride Across Georgia (BRAG)**
Dallas GA Bike Ride Across Georgia (BRAG), PO Box 87111, Stone Mtn. GA 30087-0028. Phone (770)921-6166, fax (770)935-1918.
- June 24-28 **Cycle South Carolina**
Hartwell GA Five day ride to Isle of Palms, SC (near Charleston).
- July 6 (Sat) **Cartersville Century**
Cartersville GA CENTURY and DOUBLE CENTURY RIDES!
- July 14 (Sun) **13th Annual Frank Stark Celebration Ride**
Boca Raton FL 16, 29, 62, or 100 miles. Boca Raton Bicycle Club, PO Box 810744, Boca Raton FL 33481-0744. (561)391-6109

GCC Odysseys ... (or trips I wish I had taken!)

(Following is a Trip Journal Account by GCC members. It may stir an interest in others for a similar tour.)

Biking Along the Upper St. Lawrence and Lower Gaspé with “Le voyages du Tour de L’île”

By Walt Barry with photos from the collection of Dave Wagner.
(Continued from Dec. Newsletter)

Last August, a group of Gainesville Cycling Club members, Dave Wagner, Perry McGriff, Steve Scott and Walt Barry, ventured off to Quebec for a week of biking up the St. Lawrence from Levis (just across the water from Quebec City) to Riviere du-Loup, way up east. The group became part of a group of 30 or so other, mostly French Canadian, cyclists organized by a Montreal company, Le voyages du Tour de l’île <http://www.velo.qc.ca/english/trips.html>. This is Part 2 of their report.



Day 2 (46km) continued. By now Dave Wagner, Perry McGriff, Steve Scott and I were really into the trip as we arrived in the small town of St. Jean-Port Joli. We checked into the very comfortable Auberge Du Faubourg (<http://www.aubergedufaubourg.com/>) and rooms that were literally just yards from the St. Lawrence Seaway! After biking into town and entertaining the locals with our interpretation of their language, we carefully, but successfully, transported numerous French-Canadian adult beverages back to our rooms. We enjoyed a beautiful sunset over the river then played about 150 games of pool in the friendly bar just up a small incline that became really steep later in the evening.

Day 3 (54km). At this point in the trip we became much better integrated into the mostly French-Canadian cycling group; so well integrated that the development of what came to be known as the “Kilometer Effort

Gauge”, or KEG factor, was necessitated. It seemed that as we got further into our journey, the KEG factor became an important consideration especially on this day when we negotiated a 22% grade up to “Lac Trois Saumons”. How 3 fish could make it up that grade is beyond me!

It must be admitted here that none of our small group made it up without walking at least part of the way, albeit, Steve Scott cleverly found a way to break one of his gears and took an alternative route precluding even an attempt at reaching the “summit”. In fact, we saw only four cyclists successfully make it to the top while remaining on their bike. They included Dave’s 25ish year old son Scott who is an avid cyclist; an Olympic class board sailing French Canadian named Gilles; and two young women, Genevieve Jozois and Gaendalina Matteau, who were on the tour with bicycles that weighed less than Dave’s pack.

I guess I shouldn’t have been surprised. After all, the map did show a little stick figure skiing right next to where the lake was indicated. Still, the incline came as a bit of surprise to us as flatlanders, especially given the elevated KEG factor we were experiencing, Perry excepted, of course. Lac Trois Saumons is a popular weekend destination for much of Quebec north of Levis. It was beautifully clear day and the cool water was a delight to sore bodies and egos. The trip down from the lake was a hoot, however, and after negotiating several menacing potholed sections, we improved our average speed dramatically.

Day 4 (60km). After spending the night again in St. Jean-Port Joli and celebrating a birthday at a popular local restaurant, we headed off for Kamouraska and Motel Cap Blanc, another delightfully situated stop along the way (<http://www.quebecweb.com/motelcapblanc/introang.html>). It turns out Kamouraska is the setting as well as the title of a very famous Canadian novel that is required reading for most Canadian Literature classes. I picked up a copy and read it along the way, learning a lot more about the history of the area and how tough unrequited love can be in the midst of a Canadian winter along the St. Lawrence. Anyway, we enjoyed another beautiful sunset then joined our new friends for a bonfire (it grew chilly in the evening) and frequent toasts to each other’s health before retiring for the night.



Day 5 (47km) took us along the best of both the St. Lawrence and of rural Quebec. The seaway was growing wide and took on the look of an ocean in places and the lightly traveled farm to market roads were a delight to see.

Farming Co-ops are still a big thing in Quebec and it is apparent that one can still make a living on 300 acres, judging by the quality of the landscape. I was particularly taken by a dairy farm owned by one Jacque Pelletier. The farm appeared as neat as a Haile Plantation front yard and the sign pronouncing ownership was a true work of wood carved art. And it must have been for the pure pride and joy of ownership since I doubt that more than 150 vehicles a day passed by. Very nice to see!

Meandering back towards the St. Lawrence, we continued up (or is it down?) river through Notre Dame du Portage and some really nice real estate along the river to Riviere du Loup, checking into the Auberge de la Pointe (<http://www.auberge-de-la-pointe.qc.ca/>). Our expectations were again exceeded. The beauty of the westward looking vista was magnificent; the rooms were excellent; and the food very tres bon as well.

Day 6 (62km). Our final day of biking took us further east to L'Isle Verte and Trois Pistoles then back through some very quiet, peaceful and remote countryside. One can imagine that not many people would be sharing the road beyond here and it was a bit eerie. Our early return to Riviere du Loup allowed for some whale watching several of our group ventured afloat for that. Others rested up in case any more birthdays were announced for celebration on this last evening of a very enjoyable journey. And it was a convivial group that gathered for more one evening together. In keeping with our motto that "all great bike rides should start with a good meal", so should they end that way as well and this one certainly did just that.

Our small group from Gainesville thoroughly enjoyed our bike ride up the St. Lawrence last summer. Quebec is a great place to ride. The people are very warm and friendly. The scenery is great. And it's clear that you're traveling "abroad" in another culture even while avoiding the time and cost of a Trans Atlantic trip. We'll do it again!



Mike Davidson

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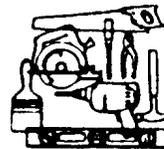
Stray Cats Spotted in Riverdale, Fl.

by Bob Newman

Last December 8th the GCC Stray Cats went on a trip in the Riverdale, FL area in a reprise of a successful ride done about two years ago. It was a leisurely paced tour through the quaint wooded area. We started out on the eastern shore of the St. Johns River and meandered about 33 very scenic miles. Ride leader Barb Bates, a GCC member who lives in Palatka was accompanied by our president Rob Wilt, Diann Dimitri, Marty Tod, Suzanne McDowell and myself (celebrating my ? birthday).

After the ride we all went down to the Outback Crab Shack on Highway 13 for a terrific outdoor lunch. The restaurant even had boat slips that people could cruise down the St. John River and pull right in for lunch. A great time was had by all

If anyone would like to recommend an area for future Stray Cat rides you can organize them and send to the GCC Mail List.



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The Gainesville Cyclist

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Ads are \$5 per column inch or \$25 for six column inches (which may be broken into multiple ads in different issues); the standard ad is two column inches (2" x 3", a 1/2" narrower than a business card).

JUNE DEADLINES

Ad copy needing setup work May 10
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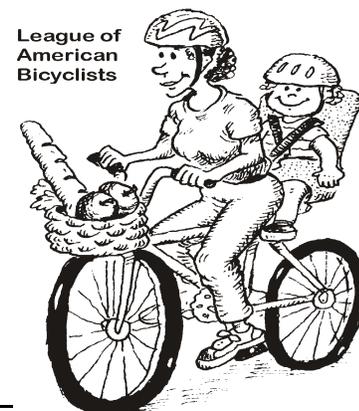
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Cycling Shorts



🚲 Welcome new members Rossy Armas, James Basto, Ron Franklin, Mark Hodges, Wilbur Holloway, Caitlin Hughes, Ed Joy, Karl Soderholm, and Cortney Turner of Gainesville, Gloria Agosto of Ocala, Rick Berg and Brett Miller of High Springs, Jennifer Davidson of Alachua, Richard Herr of Chiefland, and Pat Woodworth of Winona, Minnesota. Also, welcome back to Larry Shroads, a founding member of the GCC in 1981..

🚲 Renewal notices for memberships expiring in February, March, April, and May will be out in a couple of weeks.

🚲 **EMAIL NOTICE:** We have about 15 “hard bounces” on the email list. These people are no

longer receiving GCCMail. If you are one of those people, send an email (hopefully from your new address) to gcc-fla@piercepapes.com to let us know what has changed. We'll fix the data base and send you an invite for the list at your new address.

We plan on sending invites to all members not on the list for whom we have email addresses. If you do not want to be on the list, do not respond to the invitation.

🚲 ****STOP WATCH****

As a number of our members can attest, if you run a stop sign on the Gainesville Hawthorne State Trail you are likely to wind up with a \$93 traffic ticket (moving violation). We understand that they are in the process of removing all of the “cry wolf” stop signs, leaving only the “real” ones. As always, use caution at all potential vehicle crossings on the trail, and STOP when there is a sign (should be at only real roads soon).