

The Gainesville Cyclist

The bi-monthly newsletter of the Gainesville Cycling Club, Inc.

October 2004

CLUB HAPPENINGS

October 2 (Saturday) Standard Club Ride Meeting Time Now 9 AM

As always, check email ride announcements to ensure your group is using the standard time.

October 3 (Sun) Adopt-A-Road Cleanup (Rescheduled from Sep 26)

Meet at 4 pm to get organized for a 4:15 pm sharp deployment. Park on CR 234 just east of Micanopy near our sign. 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.

October 12-13 (Tue-Wed) Five Points of Life Ride

Club member Perry McGriff is again riding the Five Points of Life Ride. They'll be riding from White Springs (75 miles) into Gainesville on October 12th, and from Gainesville to Daytona Beach (101 miles) on October 13th. The team would love to have members of the Gainesville Cycling Club join them on any or all of these segments. For more info email Garry at GarryKravit@aol.com.

October 23-24 (Sat-Sun) Gainesville Cycling Festival



Two Centuries in Two Days! The Saturn Santa Fe Century, and our own Horse Farm Hundred. Use your *personal* Gainesville Cycling Festival Entry Certificate to enter, either by mail or on the day of the ride. This certificate is worth \$5 off on the entry fee for the Horse Farm Hundred.



October 31 (Sunday) Eastern Standard Time Returns

Fall back, set your clocks back one hour, gain an hour of sleep. If you fail to do so, you'll be way early for your ride!

December 11 (Saturday) Holiday Party

Put it on your calendar! Details in the next newsletter.

Volunteers Still Needed

We have a significant number of needs remaining for both the Santa Fe Century and the Horse Farm Hundred. Our most critical need is for rest stop managers for the Horse Farm Hundred. We also need SAG drivers for both events.

If you can volunteer, call Roger Pierce at 378-7063, or email roger@gccfla.org.

You can see what jobs still need filling on our web site. Point to Members and click on Festival Volunteers.



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jocko@ufl.edu

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Membership Card Lamination

Diann Dimitri 378-7063
diann@piercepapes.com

GCC Web Page

gainesvillecyclingclub.org

gainesvillecc.org

gccfla.org

Vote

On November 2nd, there will be two questions on the ballot that will have an impact on bicycling in Alachua County. Each will provide for a half cent sales tax to last seven years to fund Recreation and Roads.

Among the Recreations projects are two bicycle trails installations. The major one is a Regional Trail System of Paved Bicycle Facilities, described as follows:

- Alachua / High Springs 24.8 miles
- Newberry 21.3 miles
- Waldo 14.7 miles
- Archer 12.8 miles

There is also a trail within High Springs of 5.5 miles connecting city parks.

If you've been out riding on Alachua County roads, you know very well that the maintenance problem has been getting worse over the last decade. In the past, we would be glad to get back into Alachua County from an adjoining county because our roads were better. This is no longer the case; more often than not the pavement worsens at the county line. A large percentage of the projects will directly improve conditions for bicycling by improving the roadway surfaces.

For details on the projects involved in both of these referendums, visit <http://www.betterparksbetterroads.org/>.

HIGHLANDS BIKE FEST

December 10-12, 2004

62, 31, and 10 mile rides daily, plus
Highlands County Century on Saturday
Sponsored by the Kenilworth Lodge, Sebring

Linda Leeds,

561-683-2851/lindamarie7@juno.com

www.kenilworthlodge.com

President's Letter



VOLUNTEERS AND RESPONSIBILITIES

Dear Friends:

Organizations such as the Gainesville Cycling Club operate with volunteers, or they don't operate at all. We cannot afford paid staff with our small dues, and even if we had a staff, there are so many jobs to do that we would still need volunteers. Thank heavens we have a group of dedicated volunteers who are willing to make the Club function.

There are so many jobs that have to be done that I couldn't list them all. The Gainesville Cycling Festival is a huge undertaking by itself, with dozens of people manning rest stops, driving SAG vehicles, registering the entrants, packing trucks with rest stop supplies, cleaning up afterward, and the thousand and one little jobs that make this event go. And then there are the rest of the Club activities, including Adopt-A-Road, keeping the books, organizing and leading rides, and publishing the newsletter just to name a few.

Why do we volunteer? What is it that motivates us to donate our time in this way? Partly it is because we enjoy it - usually the work is fun, and socializing with other bike crazies helps us forget that "the rest of the world" views us as slightly to moderately nuts. But there is also the sense that we have a responsibility to support the programs of the Club.

When we join any organization we sign ourselves up to support its goals

(perhaps without realizing it at the time):

We agree by joining to support those purposes and objectives that are expressed in the By-Laws. In our case these goals include "the safe and lawful use" of public roadways. So we have agreed to a



responsibility to ride lawfully, which does not include running stop signs and impeding cars and trucks following us on the road by riding two and three abreast. Ever stop to think that "Share The Road" applies equally to bicycles and to motor vehicles? Why not volunteer to be a safe and lawful cyclist?

Our responsibility as members includes volunteering to help with the public service activities of the GCC. These include the Saturn Santa Fe Century and the Adopt-A-Road program. A member once told us that "picking up trash is not my thing" as a justification for their refusal to help our Adopt-A-Road program. Well, picking up trash is not my thing either, but it is my responsibility to pitch in and get the job done.

In every organization I have belonged to there are the Members, and then there are the Doers, the active ones who step up to the plate and do the work. Usually it's a true Pareto, with about 20% of the Members doing all the work and 80% sitting back and reaping the benefits. But in the GCC we see about 20 or 30 members carrying the entire load out of a total membership of 417, which is only about 7% of the membership (but that 7% find plenty of time to ride their bikes). We need to improve this ratio, so I ask you by means of this letter to volunteer to help your Club and become one of the Doers. Try coming out to work on the next Adopt-A-Road, or volunteer to help out in the club office.

As for the wonderful people putting together the Saturn Santa Fe Century and the Horse Farm Hundred, my personal thanks to each of you for your tireless efforts to make this the best cycling weekend in America.

George H. Edwards



Whistles

The club has ordered a supply of sharply pitched whistles that we have found are frequently effective in startling dogs enough to get them to break off their chase. They can also be used to get the attention of your companion cyclists who are disappearing up the road as your tire goes flat.

They also have a built-in (but weak) key light.

The whistles will be available at Gainesville Cycling Festival registration for \$2 (while supplies last), and at other club events.

KRYPTONITE OFFERS FREE PRODUCT EXCHANGES TO ALL CURRENT OWNERS OF KRYPTONITE TUBULAR CYLINDER LOCKS

If you currently own a Kryptonite tubular cylinder lock and are concerned about the security of this lock, Kryptonite will exchange this lock for you with a comparable non-tubular cylinder lock.

Kryptonite will also exchange the following co-branded tubular cylinder locks with a comparable non-tubular cylinder lock. These co-branded products include; Giant by Kryptonite (USA product only), KHS Ultra Cycle by Kryptonite, Raleigh products by Kryptonite (Avenir U-Locks, Cycle Pro U-Locks, Diamondback U-Locks) (USA product only) and Trek by Kryptonite (Ali Baba and Sherlock U-Locks, Dreadlock Armored Cable). If you have a co-branded lock that is not included in this list, please contact Kryptonite customer service at 1-800-729-5625.

To participate in the exchange program, please complete and submit the recall request form available at <http://www.kryptonitelocks.com/>.

Kryptonite expects locks to begin shipping in mid-October.

Club Jersey

We anticipate jersey arrival about the time you are getting this newsletter. For those that are not being mailed, they will be available for pick up at the Bike Route when they arrive. A notice will be posted on GCCMail.

Thanks again to our sponsors for keeping the cost of the jerseys to our members low again this year.



PERRY C. McGRUFF, JR.
AGENT



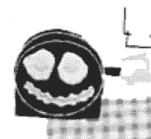
PJ's Cafe & Catering

Hitchcock's Square • US 301



Hawthorne, FL
(352) 481-4801

Owners: John & Lois



Weekday Lunch Specials • Breakfast Served All Day

Hours: Wed. - Mon. 8 a.m. - 4 p.m. • Closed Tuesdays

Off Road



by Leslie Folkerth

Hi all!

The good news is that it is finally starting to cool off, which makes for much nicer riding out on the trails. The bad news is that we've had so much rain and downed trees due to Frances, that the riding hasn't happened lately! Although San Felasco has been closed for a while, volunteers have been working diligently to get the trails cleared. Thanks to one and all who have spent time chain sawing, trimming, and moving limbs! By the time you read this, the trails should be open once again – be prepared for a whole new riding experience! You will see a few new log jumps, and a few areas where the trails have been re-routed. Also as of this writing a couple areas are still flooded, so proceed cautiously!

We're still having our regular rides (when weather permits!) at 8 am on Sundays out at San Felasco. The time will change soon – just watch the listserv for an announcement on this. Rides are for all levels and abilities, even if you're a brand new beginner. You'll have someone to ride with and show you the trails, so don't hesitate to come out and have some fun.

Finally, don't forget the Tour de Felasco coming up in January. Details are below. We also need volunteers for this – course marshals, food stops, registration, go-fers, etc. The pay is low, but great benefits – food and a t-shirt, and the satisfaction of helping your local state preserve!

Thanks, and see ya on the trails!



SAVE THE DATE!

The 3rd Annual Tour de Felasco will be held on January 8, 2005. Registration forms should be available around mid to late October, and you can download one at <http://www.sanfelasco.net/> or email me for one. Registration is limited to 300 riders, and I anticipate we will fill up quickly. Get your application in today! For questions about registration, feel free to call or email me!

Leslie

toudefelasco@hotmail.com
352-367-3856

Gainesville Hawthorne Trail News

by Chandler Otis

The City will be paving the Gainesville Hawthorne Trail into downtown Gainesville during the next six months, with a connection from Boulware Springs to the Depot Trail. The trails should connect near Main Street, near the Bike Memorial.

The City engineer said once all the permits are in place, they will begin work. Once all the materials and machines are in place, the work should go quickly. He said if everything goes well, we may have the connection in place by Dec. 25. What a great Christmas present for the cycling community.

One alternative method to accessing Boulware Springs is to ride the bus. The busses have bike carriers and Bus Route #2 (Robinson Heights) goes right to Boulware Springs. Busses are fun and have great air conditioning.

The City has been trying for years to get a vendor to set up a concession at Boulware so there would be a person there at all times, however no vendors have set up shop, presumably because is not enough business. The bikes shops were asked to set up a bike rental service at Boulware, however all declined to consider this idea, probably because there would not be enough business.

Traxler

A frequent rest stop on our rides and starting point for some rides is the cluster of gas stations and convenience stores on CR 236 at I-75 in northern Alachua County that we know as Traxler.

The Shell station welcomes us on our bikes, but does not want us to park cars on their lot. In August, a ride did park at the Shell (with the approval of the clerk), but returned to find move or tow notices on their windshields.

The Chevron stations welcomes us in cars, with parking to the west of the station, but does not want bikes in the area in front of the stations where they have lots of fruit and other stuff on display. As always, use common sense when parking to avoid using slots that would be used by customers, or may disrupt traffic flow.

So, if by bike, Shell, if by car, Chevron.

Dogs on the Trail

Recently a rider on the Gainesville Hawthorne Trail was bitten by a large dog.

In the first place Trail users should always carry bear spray, available at outdoor stores. Expensive, but cheaper than rabies shots. We are ordering a supply of whistles which seem to be effective. My car alarm siren rig made from parts from Radio Shack and a 9-volt battery seems to work well in frightening off most dogs.

Treat all dogs on the Trail as potentially dangerous, particularly large breeds which exist only as attack dogs, such as rottweilers, Alsatians (German Shepherds), and pit bulls, although companion dogs bite also.



ASO is the right contact for emergencies, but for situations like this the Park Police want to be involved. 352-955-6227 is the number I have for them. They have a lot more power than does Animal Control, and since the attack happened on State property, it can be treated as a criminal matter under State regulations, which are tougher than County regulations. I hope all GCC members will keep this in mind and call the Park Police when they have dog problems. They don't just issue a ticket like the ASO and Animal Control, they can take the owners off to jail.

Please report any dog situation so that we can keep the Trail safe for all users.

Regards,

George



Common Sense

by Greg Grooms

Most of us remember what it was like meeting at MGRU. I think all would agree that we have a much better situation at the Chevron. Many of us have become friends with the employees of the Chevron and truly enjoy using their store and bathrooms. Well, why the e-mail? This may come as a shock to a very small minority of GCC members but, we do not own the Hunter's Crossing Chevron. Hence, we should not act like we own the Chevron. The owner, Jeff Montgomery, and his staff are trying to run a business and we have to do our best to occasionally help them and at the very least not hinder their operations.

My following comments are a combination of complaints from various sources and a few observations of my own. One, do not ever lean your bike up against a car, unless you have the owner's permission. We are apparently leaning our bikes on employee's cars. No one can deny this, I personally witnessed a friend of mine commit this act. Two, treat the store with respect. After a ride most of us are wet, smell bad, and look worse. Let's buy our stuff and get outside. I have heard a report of a rider lying down in the wine section. What is it that makes anyone think this is acceptable behavior. Three, stay out of the path of cars. Be mindful of where you are standing before a ride. While it is polite to move when you are in the way of a vehicle, it would be even nicer (and smarter) if you were never in the way to start with.

Now for the good news. Remember why we were asked to leave GRU-urinating on their property. I have heard no complaints of anyone relieving themselves anywhere but in the Chevron bathrooms. Way to go! Let's be smart and considerate so we can continue to be invited guests at Jeff Montgomery's Chevron.

Coffee Culture

by Rob Wilt

GCC club members may also wish to note that on the other side of the Chevron is the Coffee Culture. These people have also proven friendly to cyclists. In addition to the expected hot coffee drinks, GCC members may not be aware that they also have iced coffees and frozen drinks, orange and apple juice, cold milk, soy milk, chai tea and ice water. They have never indicated a problem with us sweaty cyclists coming in to enjoy sitting in the air conditioning after a hot ride. So there is no excuse at all to be hanging out, or laying on the floor, in Chevron, when Coffee Culture is right next door.

CAUTION

Gainesville Hawthorne Trail

Over the years there have been many break ins to cars parked at the Gainesville Hawthorne Trail parking lots. The worst problem has been at the lot nearest the trail at Boulware Springs. The Authorities recommend that you park in the lots nearest SE 15th Street.

This summer there was also a rash of break ins at the Hawthorne end.

Most of these break ins are of the "smash and grab" variety. If there is nothing visible within the car to "grab", the likelihood of a "smash" will be greatly reduced.



League of
American
Bicyclists



Florida

Bicycle Touring Calendar

(VERY ABRIDGED)



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

- October 1-3 (Sat) **CycleFest 2004**
West Palm Beach FL Combined with the Florida Bicycle Association Share The Road Rally. 561-802-4353.
- October 2 (Sat) **Big Red Apple Hills of Habersham Ride**
Cornelia GA 474 North Main Street, 8 AM start. 100, 62, 50, 20 miles. Joe Elam 706-894-2453.
- October 2 (Sat) **Tour de Pike Fall Century**
Concord GA 100, 62 miles. (770)233-0340.
- October 2 (Sat) **Ride for Rafters**
Newman GA 100/65/30/15 miles. 770-486-9252.
- October 2-3 **Oliver Hardy Days Bicycle Tour**
Harlem GA 10, 20, 45, 65, 100 miles. 706 836-8821.
- October 3 (Sun) **Rails to Trails of the Withlacoochee Ride**
Inverness FL (352) 527-3263 (Al or Linda).
- October 8-10 **Mount Dora Bicycle Festival**
Mt Dora FL 30th year. Mount Dora C of C, PO Box 196, Mount Dora, FL 32757. (352)383-2165.
- October 8-10 **BRAG Georgia Bikefest**
Newnan GA Bike Ride Across Georgia (BRAG), POB 87111, Stone Mtn. GA 30087-0028. (770)921-6166.
- October 9 (Sat) **Clearwater Classic Cycling Festival**
Clearwater FL 25 mile beach tour, SpinFest. YMCA of the Suncoast, 444 Davenport Mill Road, Suite 100, Clearwater, FL 33763-1507. (727)467-9622.
- October 9 (Sat) **Burwell Bike Tour**
Carrollton GA 5, 16, 30, 50, 62, and 100 miles. Start 9 am. Scott Eason, 444 Davenport Mill Road, Carrollton GA 30117, 770-499-1641 day or 770-258-5788 night.
- October 10 (Sun) **Swampman 100**
Glen St. Mary FL 7:30 am at Baker County HS. 100/71/51/33/10 miles, very flat. YMCA, 98 W. Lowder Street, MacClenny FL 32063. (904)259-4987.
- October 10 (Sun) **Florida Police Unity Tour Benefit Ride**
Dade City FL 20/40/60 miles. Pasco Hernando CC 36727 Blanton Road.352-588-2453.
- October 17 (Sun) **Freewheeling Hilly 100**
Dade City FL Pasco Comprehensive HS SR 52. 18, 34, 62 and 100 miles. (813)832-3065.
- October 17 (Sun) **Kennesaw Mountain Shrine Club Jokers Century**
Marietta GA 1380 White Circle. 770-926-5838
- October 23 (Sat) **Saturn Santa Fe Century**
Gainesville FL 100, 55, 28, 18 miles. (352)378-7063.
- October 23 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. (850)547-5196.
- October 23 (Sat) **2nd Annual Ride 4 Life**
Santa Rosa Beach FL 20 mile bike path, 850-622-1165.
- October 23 (Sat) **Mountain Moonshine Festival Bicycle Tour**
Dawsonville GA Active.com Online Registration
- October 23 (Sat) **O'Town Bike Ride Und Rundfahrt**
Orlando FL Fee includes a 1 Hour Scenic Boat Tour. 407-629-2453.
- October 24 (Sun) **Horse Farm Hundred**
Gainesville FL 102, 55, 45, 30, 25 miles. (352)378-7063.
- October 31 (Sun) **Intracoastal Waterway Century**
Cocoa Beach FL 100, 62 miles. Spacecoast Freewheelers, P.O.Box 320622, Cocoa Beach FL 32932. (321)868-5106.
- October 31 (Sun) **Speedway Century**
Homestead FL 25, 62 & 100 miles begin with one lap around The New Homestead Miami Speedway. 305-725-3205.
- October 31 (Sat) **2nd Annual FUNdrace**
Port Charlotte FL 62/31/9 miles. Cape Haze Pioneer Trail. 941-627-4313.
- November 5-6 **The S.M.A.R.T. Ride**
South Miami FL 2 Day 165 miles from Miami to Key West. Glen Weinzimer 1-866-696-7701, 954-931-1771.
- November 5-7 **Florida Fat-Tire Festival**
White Springs FL Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.
- November 5-7 **Tour of Sebring**
Sebring FL RESCHEDULED DATE.
- November 5-7 **Southern Tandem Rally**
Charlotte-Concord NC
- November 6 (Sat) **Spaghetti 100**
Micosukee FL 100, 62 miles, or 100K dirt road ride.
- November 7 (Sun) **South Broward Wheelers Century**
Cooper City FL Brian Piccolo Park, 100, 62, 25 mi. 954- 4243513.
- November 7 (Sun) **Gulf Coast Cycle Fest**
Sarasota FL (941)923-4240. Sarasota-Manatee Bicycle Club, Box 15053, Sarasota FL 34277-11053.
- November 7 (Sun) **Ocean To Lake**
Stuart FL 100, 78, 54, 32, 10 miles. Treasure Coast Cycling Association, P.O. Box 2559, Stuart FL 34995-2559. Kirk Wilstermann (772)221-1000
- November 12-14 **Bike-A-Thon in Marathon and Key West Century**
Marathon FL 10, 40, 62, 100 miles. (407)963-4308.
- November 12-14 **Alafia Fat Tire Festival**
Brandon FL Alafia River State Park. 813-689-5109.
- Nov 12-14 **Cruisin' In the Country Century Weekend**
Claxton GA 18, 30, 65, 100 miles. 912-739-1391.
- November 13 (Sat) **Diabetes Challenge**
Dunedin FL 100K, 50K, 25K, Family Ride.
- November 13 (Sat) **The Pumpkin Tour**
Winter Garden FL 65+, 35 and 15 mile rides. 407-831-5142.
- November 20 (Sat) **Hurricane Relief Ride**
Port Charlotte FL Replaces Pasta Bash. 16, 31+ and 61+ miles.
- November 20 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. (850)547-5196.
- November 20 (Sat) **Pedal for Pasta**
Jackson GA High Falls State Park. 100/50/25 mi. 770-486-9252.
- November 21 (Sun) **25th Annual Horrible Hundred**
Clermont FL 37, 72, and 102 miles. Florida Freewheelers, P.O. Box 916524, Longwood, FL 32791. 407-788-2453.
- November 27 (Sat) **La Lo Gold Bike Challenge**
Okeechobee FL 50 or 55 mile course.
- November 27 (Sat) **Holiday Island Jingle Bell Ride**
Jekyll Island GA 25, 14, 1 miles. Free. 912-351-RIDE.
- December 4 (Sat) **Everyone Rides Charity Fun Ride**
Estero FL 7:30 AM, Florida Gulf Coast University, Parking lot 7. 12 hour charity fun ride.
- December 5 (Sun) **Boys & Girls Clubs of Central FI 2004 Century**
Sanford FL CENTURY RIDE, Boys & Girls Clubs of Central Florida, P. O. Box 2987, Orlando, Florida 32802.
- December 5 (Sun) **Kid's In Distress Inlet Challenge**
Ft Lauderdale FL 100, 62.5, 31, 20 miles. 954-745-2521.
- December 11 (Sat) **A Bicycle Ride Through Christmas Fantasy Land**
Casselberry FL 6 PM sharp. 407-599-0909.
- December 10-12 **Secret Santa Weekend**
White Springs FL Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-397-2347.
- December 10-12 **Highlands Bicycle Festival**
Sebring FL 62, 30 and 12 mile rides, plus Highlands County Century on Saturday. 561-683-2851..
- December 18 (Sat) **Century of the Month Ride Series**
Bonifay FL 40, 60, 100, and 200 miles. Joe Arnold (850)547-5196.

Supplements:

The Good, the Bad, the Ugly, and the Unknown

Susan I. Barr, Ph.D., RDN

Contributing Editor, UltraCycling magazine

The popularity of nutritional supplements has skyrocketed over the last decades: currently 40% of Americans use a supplement at least once a week, and the industry is worth as much as \$1.7 billion annually. Considerable research is being conducted to assess possible health benefits of vitamins and minerals. The committees that established the most recent revision of the Recommended Dietary Allowances (RDAs) carefully considered the science relating vitamin and mineral intakes to health promotion and chronic disease prevention. When possible, intake recommendations were based on the potential of nutrients to prevent chronic disease, and not simply on the prevention of nutrient deficiency disease. For example, an average of 10 mg/d of vitamin C will prevent scurvy, but vitamin C also acts as an antioxidant and may therefore have a role in chronic disease prevention. The new RDA (75 mg/d for women and 90 mg/d for men) was based on this antioxidant role, and is the amount of vitamin C needed to almost saturate white blood cell vitamin C levels, without excessive amounts being excreted in the urine.

Scientific studies show that some supplements are beneficial for certain groups:

Women of child-bearing potential

Folic acid. To reduce the risk of neural tube defects (such as spina bifida) developing during pregnancy, it's recommended that all women capable of becoming pregnant consume a supplement with 400 micrograms (0.4 mg) folic acid. Waiting until you're pregnant or planning a pregnancy isn't a good idea, as the neural tube closes before many women even know they're pregnant, and 50% of pregnancies are unplanned. Most multivitamins provide 400 - 600 micrograms of folic acid.

Adults over age 50

Vitamin B12. Food sources of vitamin B12 are bound

to protein, and acid is needed to release the vitamin so that it can be absorbed. Stomach acid production decreases in some people over the age of 50, making it difficult to digest food sources of vitamin B12. For this reason, it's recommended that adults over 50 meet the RDA for vitamin B12 (2.4 micrograms) from a synthetic source - either a supplement or foods that have been fortified with the vitamin. Most multivitamins provide the RDA for vitamin B12.

Vitamin D. Low levels of vitamin D are associated with risk of osteoporosis, and may also be linked with risk of colon cancer and multiple sclerosis. With aging, the skin's ability to synthesize vitamin D from sunlight exposure decreases, so the need for dietary vitamin D increases to 400 - 600 International Units (I.U.) per day. Vitamin D is found in only a few foods (e.g., fluid milk, some margarines, salmon) and most diets don't provide amounts of the vitamin recommended for older adults. Multivitamin supplements typically provide 400 I.U. of vitamin D.

Vegetarians

Vitamin B12: Vegan vegetarians require a vitamin B12 supplement to meet the RDA, since this vitamin is found only in animal products. Although vitamin B12 deficiency develops slowly, if undetected it can lead to permanent damage to the nerves and spinal cord.

Vitamin D: Most vegan vegetarians will require a supplement to meet the recommended intake of vitamin D, unless their diet includes regular use of foods that have been fortified with the vitamin.

Other Nutrients: Other nutrients that may be low in vegetarian diets (either because plant foods provide lower amounts, or because they contain substances that reduce absorption) include iron, zinc and calcium.

What about athletes???

Some studies suggest that high mileage distance runners may have increased needs for iron, but there is no evidence that this is the case for cyclists, who don't experience the gastrointestinal and urinary blood loss seen in some runners. Although iron deficiency can definitely affect physical performance, supplementation by those who are not iron deficient is of no benefit. If you suspect that you may be iron deficient (you're a woman with heavy menstrual losses, or a blood donor), have your doctor check your iron status. High intakes of iron by those who

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www.ultracycling.com/nutrition/supplements.html

aren't deficient can interfere with absorption of other minerals.

What about decreasing risk of heart disease, cancer, Alzheimer's disease???

In recent years, several research studies have suggested that people who took supplements were at lower risk of a number of chronic diseases. However, most of these studies were observational studies, in which participants were assessed at baseline, and followed over time. After a number of years, the habits of those who developed a disease were compared to those who did not, to see if disease risk was lower in supplement users. These studies, however, merely show associations between supplement use and reduced risk of the disease, rather than demonstrating that supplement use is actually responsible for disease prevention. In most cases, many other factors vary between those who do and do not use supplements (e.g., income, education, diet, physical activity), and these factors, rather than the supplement use, may be responsible for reducing the risk of disease. Although scientists attempt to control for these differences statistically in observational studies, they are not always successful, as shown by the fact that randomized double-blind studies - the "gold standard" - may show opposite results.

The best example of this comes from the recent Women's Health Initiative (WHI). Observational studies had suggested that postmenopausal women who used hormone replacement were at a 40-50% lower risk of heart disease, so the WHI was designed to test this directly. Postmenopausal women were randomly assigned to receive hormone replacement therapy or placebos. The results, rather than showing a beneficial effect of hormone use in preventing heart disease, actually showed a higher risk in hormone users (Manson et al, 2003). Similarly, studies suggesting that dietary intakes and blood levels of beta-carotene were associated with reduced risk of cancer and heart disease led to randomized trials using beta-carotene supplements. The results of these studies, however, did not show any benefits of supplementation, and in some cases they appeared to increase the risk (Dagenais 2000). In other words, although observational studies indicated that beta-carotene was associated with reduced risks, randomized trials showed that the association was not causal. It's possible that substances in fruits and vegetables other than beta-carotene may be

responsible for the risk reduction seen in observational studies.

Research in this area is continuing actively, and future studies will undoubtedly provide new information. At present, however, there are no studies demonstrating that supplements providing more than recommended intakes of nutrients are effective in preventing chronic disease in healthy people.

It's also important to remember that more is not better. The committees that established the RDAs acknowledged that adverse effects may occur as a result of excessive intakes of vitamins and minerals. This possibility has increased considerably with fortification of the food supply and increased use of supplements. In recognition of this, they established a "Tolerable Upper Intake Level", or UL, that represents the amount of a nutrient that can be tolerated by the body when consumed on a daily basis over a prolonged period of time.

Further, there is no requirement for supplement manufacturers to prove that their products are either safe or effective. The supplement may not contain what IS listed on the label: The supplement may contain substances that are NOT listed on the label

The bottom line:

When choosing a vitamin-mineral supplement, stick to reputable brands and intakes that are not excessive. You don't have to spend a lot of money to purchase a good supplement - the cost shouldn't be more than about ten cents a day. If you're paying more, you're wasting your money.

Remember that excessive intakes of vitamin/mineral supplements have not been shown to be beneficial, and can expose you to unnecessary risks.

Remember that taking a supplement will not "make up" for a poor diet. There's an old saying amongst nutrition types: A poor diet plus a supplement does not equal a good diet, it just equals a poor diet plus a supplement.

Caveat emptor!

For further information on supplements and possible risks, as well as references to other sources of information, see the full article at:
www.ultracycling.com/nutrition/supplements.html

BUSINESS SPONSORS

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

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

Some restrictions apply, ask for details at the store.

CLASSIFIED

Club members, call, mail, email, or fax your stuff that you no longer need to the editor for inclusion in this column. Priority will be given to bicycling items; the number of items per member may be limited due to space considerations.

FOR SALE: Shamano R150 men's road shoes w/carbon sole, size 44 (9.5-10), \$80.00. Shoes are in like new condition and cost \$170.00. Call Fred Ross (352)332-9577, email bross21@cox.net

BABY SEAT BIKE RACK: Baby seat mounts over rear tire on included rack. Adjustable foot rests for optimum sizing. Quick release also lets you use as a conventional rack. Retail \$129.99. No reasonable (or semi-reasonable) offer refused. Please contact: Bob or Suzanne Newman, 372-8195, bobnewman@att.net.

EARLY 90s Specialized Stumpjumper FS converted to Single Speed, Prestige Steel, 19"/Silver, Titanium everything, Trick 28h Wheels, RockShox Fork, @ 20 lbs, Incredible Fun, I just don't get to ride it enough, \$600 firm Sparks, StevenPSparks@Yahoo.com or (352) 317-5652.

Like new, authentic Oakley Lance Armstrong M Frame Sunglasses. Frame is embellished with "Pride of Texas" flag icon and laser etched signature. Original box as well as cleaning/storage bag. \$125.00. Email rcplmp@gru.net.

All of the following items are offered by Rob Wilt, 380-0561.

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

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

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

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

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

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

The Gainesville Cyclist

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

DECEMBER DEADLINES

Ad copy needing setup work Nov 15

Articles and classifieds Nov 22

Ads in GIF or TIFF format Nov 24

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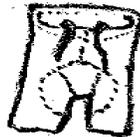
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OCTOBER 2004 ISSUE Mailing label with expiration date identifies current member.

2005 Gainesville Cycling Festival - 1-2 Oct - Santa Fe Century - Horse Farm Hundred

Cycling Shorts



 Welcome new members James Atyeo, Matt Bonaime, Craig Dixon, Samih Elchahal, Julie Ficker, John Halbrook, Javier Harrington, Mike and Susie Hetrick, Jonathan Jones, Michael Krasilovsky, Megan Leo, Jesse Lipnick, Joy Mains, Rennie and Robert Mills, John C., John G., and Joseph D. Orthofer, Cynthia Pagel, James and Linda Sutherland, Mark Szymanski, JulieAnne Tabone, Lee Van Nostrand, and Michael and Tracy Wohl of Gainesville; Jan, Justin, and Scott Pfaff, and Chris Watkins of Alachua; Jo Ann Fulks of High Springs; Lacy Jernigan of McIntosh; Anthony Labud of Micanopy; Suzanne Quinn and Rodrigo Sagastegui of Newberry; Fred Malmsheimer and Denis Sasso of Ocala; and Lena Crabtree of Williston.

 The Tour of Sebring has been rescheduled for November 5-7. If you preregistered for the Labor Day date and cannot make the new date, you can request a refund by email by Oct 15 (wpbbc@bellsouth.net).

 Consider the Swampman 100 to be held Sunday, October 10, in nearby Glen St. Mary, 7:30 am at Baker County High School. 100/71/51/33/10 miles, very low traffic roads, very flat. \$20 by Sep 30 includes t-shirt. \$25 from Oct 1, does not include t-shirt. Lunch after the ride. Baker County Family YMCA, 98 West Lowder Street, MacClenny FL 32063. (904)259-4987 or (904)259-0898. Fax (904)259-0731. Email for an entry form: seastman@ymcaffc.org