

Happenings

August 11 (Sat)

Bike Wash and Shower Construction

For those of you who enjoy off road cycling but are suffering through these dog days of summer, we are building something long anticipated and greatly needed. The Friends of San Felasco will be constructing a bike wash station and shower near the entrance of the Bike and Horse riding park at the San Felasco Bike Trailhead. The project is being undertaken in conjunction with the Friends of San Felasco and a local Eagle Scout candidate as part of his requirement for his Eagle Scout designation. We invite you to come join us in the construction process or help with the routine trial maintenance, either way lunch is provided. We meet at the pavilion near the park entrance at 9:00 AM until 12:00 noon.

August 11 (Sat)

2nd Annual Strays Triathlon (Ride-Tube-Eat)

Ride your bike about 30 miles, **tube** the southern half of the Itchetucknee Spring run and **eat** mass quantities in the Strays tradition. Watch GCCMail for the final details.

August 24 (Sat)

10th 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 mph, cruise often around 21 mph). If you anticipate problems maintaining Gliders pace, print out a Santa Fe Century map from the web site.

September 1 (Sat)

T-Shirt Design Contest Deadline

See the June issue of The Gainesville Cyclist for full details on how to enter this competition. Win two of the shirts that you design, plus no cost entry to the Gainesville Cycling Festival.

September 3 (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! 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.

September 8 (Sat)

13 Hours of Santos

Santos Mountain Bike Park Ocala Florida. Gone Riding is putting on an endurance race for team or solo riders on September 8th. The race will cover approximately an 8.5 mile loop within the mountain bike park and winners are decided by the number of laps completed within the 13 hour time frame by class. For more details go the www.goneriding.com.

Gainesville Cycling Festival Entry Certificates

Will be mailed to you in late August. Please wait for yours before entering the Festival. The Certificate has your GCC discount, and allows you to order special T-shirts not available to non-members. It also has a place to volunteer! See page 7.



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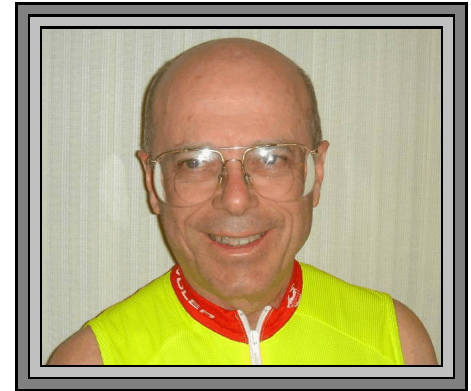
GCC Web Page

gainesvillecyclingclub.org
gainesvillecc.org
gccfla.org

We've had to say goodbye to Kris Williams, who wrote the GCC Rider column for this newsletter for the last two years. She and husband Jerry have moved on to Kentucky. I wish to extend our heartfelt thanks for the years of distinguished service to the GCC.

With this goodbye comes an opportunity – we need a new writer for the GCC Rider column. What you do is find someone among our 600+ members with an interesting story, and write a few words about them. Optimally, you would be able to do this for each newsletter, which is just one person every two months. Give me a call if you would like to give this a try.

I am always looking for articles written by GCC members for inclusion in the newsletter. Subjects that are



good are a ride or tour you participated in, or some aspect of cycling in Gainesville and/or Florida. The submission deadlines are published on the next to last page of each newsletter, and transmitted via GCCMail a couple of weeks before the due date.



Gainesville Cycling Festival

Roger Pierce, Director

The big news about the Festival this year is that we will have a new start location for the Horse Farm Hundred. If you have been at Morningside for the last couple of years, you couldn't help but notice the parking mess as riders pulled into the "natural" areas on the entry road in order to park.

We are talking to the staff at Lofton High School, which is adjacent to Morningside. Hopefully, this will give us better facilities and better parking. When the contract is signed, we'll start the registration process.

Be sure and check out page 7 for our call for volunteers. While we have our central cadre in place, we are looking for a few key people to handle some of the tasks that must be done before the riders get here. We'll be signing you up for event weekend positions starting at the Labor Day picnic.

We have a good entry in the Horse Farm Hundred T-Shirt Contest, but are still looking for a Santa Fe shirt design. See the last newsletter for contest details and get yourself free Festival entry and a couple of your t-shirts!

President's Letter

It's that time of year again when a lot of us are training for GCC's very own Gainesville Cycling Festival. 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 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. Recently a law has gone into effect requiring motorists to give a three foot clearance to all

cyclists. Those of us counting on drivers to obey this law are inviting an accident. Remember, who was right and who was wrong is absolutely

irrelevant. Who survives, or better yet avoids an accident should be our primary concern. I urge you all 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 not only comply with Florida law but also provide a courtesy to drivers that they are more likely to return. Give good and you'll get good. Let's all have a great and a safe Cycling Festival.

Hope to see you on the road...

Bob Newman 



Road Rage

By Roger Pierce

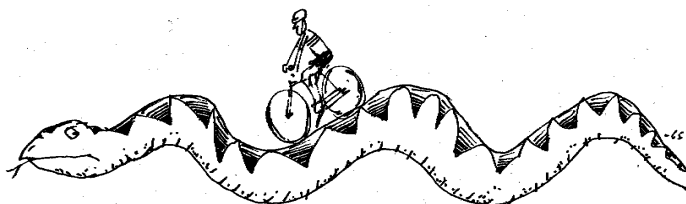
No, I'm not talking about mad car drivers. I'm talking about mad cyclists.

When that rare incident with a motorist occurs out on the road, the first thing you realize is that you might have been killed. This, of course, has a profound effect on how you look at

the situation and, if you stop thinking, about how you behave. We would like to urge you to continue to think, and to keep in mind what is legal, and what can get you charged with assault and/or battery. Do not touch the driver or their vehicle, and if you wind up in

conversation, keep it civil and at an adult level. Be especially careful if the motorist has deliberately initiated the conflict, or is otherwise aggressive.

Fortunately, these incidents are rare, and we don't have much chance to practice our response!



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KERRY DUGGAN

611 N. Main Street
Gainesville, FL 32601

Here is a quick summary of what is being done to remediate the most recent problems with deteriorating pavement on the Gainesville-Hawthorne Trail. There was a previous series of problems which occurred in 2002-2003 and were treated by removing some pavement and re-paving.

I first reported the current problems to Park management in early 2006. We devoted a considerable amount of time to determining the real cause of the problems because we did not want to expend time and fund-raising efforts on the wrong fix. We thought it was roots, but there were other possible problems. We surveyed the entire trail, photographing damage and writing detailed descriptions.

After talking with Jim Weimer, the Park Biologist, experts at the Office of Greenways and Trails, and local pavement contractors we concluded that the main problem indeed was tree roots growing at the interface between the crushed rock base the rather thin asphalt paving. OGT suggested an approach which included root-pruning at the edge of the pavement, flattening with a powered vibrating plate compactor, and sealing with a rubberized crack sealer. Other options were cutting out the damaged sections, removing the root, and filling the gap with hot-patch asphalt. One expert wanted us to dig a ditch the length of the Trail on both sides and fill it with rock salt. Park staff elected to try the process developed by OGT.

I went over to the St. Mark's Trail, and borrowed OGT's single-prong root rake, which fits our BobCat. We also tried a DitchWitch, which worked well to cut the roots, but tended to throw dirt all over the trail. The root rake was the better solution. We cut a lot of roots, and then waited several months for the roots to decay, and also to see if any of the trees developed problems. So far we haven't lost a tree.

After the roots decayed sufficiently, I used the funds donated by the

Gainesville Cycling Club last year to the Friends of Paynes Prairie, Inc. to rent a plate compactor. We tried three different machines before settling on a model that the crew liked because it did the most work with the least effort.

Using a crew of prison inmates under Park supervision, we tried the technique on various parts of the Trail. It is not perfect, but the remaining bumps are minor, and most of the really dangerous heaves which could trip a cyclist (not to mention an in-line

work on the bridges should be completed this Summer.

The Board of Directors of the Friends of Paynes Prairie, Inc. wants to express our gratitude to the Gainesville Cycling Club for the generosity which helped make these repairs possible. It is important for you to understand that your gift made cycling conditions better for the entire community of Trail users, and GCC must be commended for this public-minded act. It is an excellent thing when an act which can help GCC members also helps the community at large.

In turn, if GCC members appreciate the improved conditions, they could send a note by email to Park Manager David Jowers at David.Jowers@dep.state.fl.us, and/or Assistant Park Manager Jason Maurer at Jason.Maurer@dep.state.fl.us. I am sure these guys would appreciate hearing that you noticed their hard work.

If anyone has feedback about the repairs, please send them to me.

Regards,

George Edwards
President
Friends of Paynes Prairie, Inc.



GAINESVILLE-HAWTHORNE RAIL TRAIL



skater) are pretty well gone between CR 234 and Boulware Springs. The remaining bumps seem to be mostly the beads of sealant standing proud of the pavement surface, and are slightly uncomfortable, but not dangerous.

There are still some sections in the the Hammock which have not been fixed, but they will be addressed. The Eastern section of the Trail is yet to come.

Crew scheduling for this work is difficult, because the Preserve has a number of other areas where work is critically needed, including some sidewalks in the picnic area which are not handicapped accessible, so the crew cannot stay on one location for very long. Like working with many contractors, things get done in fits and starts.

Also, the bridges over Lochloosa Creek and the other creek (I can't remember the name) are deteriorating, and need new deck timbers. Fortunately, Froghat has donated funding to purchase the needed lumber, and



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I biked Madrid and survived!

In June Kevin and I spent a week in Madrid, where we saw, listed among the walking tours, a Bike Tour of Madrid. Of course I insisted we do it. It was a good tour - and a challenging one- during which we covered about nine miles around the city.

Once fitted with a bike and helmet (but no mirror) we set off through the streets of Madrid. Many of the streets are pedestrian streets - which means they are marked off with large concrete balls or numerous metal posts and filled with pedestrians, all of which need to be carefully avoided. The streets of Madrid, like those of most European cities, are cobblestone or brick, which adds another challenge to the ride.

The guide was good on facts, but perhaps not so good on guiding. He did not use hand signals; from time to time he called back: "After the turn we go up some steps- you may want to walk your bike!" I missed Chandler's familiar pre-trip advice about watching out for touching wheels, especially as it seemed many of the 17 other riders were not particularly familiar with group riding. When not on pedestrian streets or riding through cobblestone squares, we followed sand paths around several of Madrid's beautiful parks.

So we rode through Plaza Mayor, Madrid's beautiful main square, we visited the Egyptian Temple de Debod, a gift to the city from the Aswan area



of Egypt, Plaza de la Villa, with its statue of the Spanish leader of the forces of Christianity against the Turks at the Battle of Lepanto. We stopped by the Royal Palace, Europe's third-largest palace built in the style of Versailles and housing over 2,000 rooms. We cut down to the Prado, thence to the elegant circle which defines the monument to those unknown citizens who died in the revolt against Napoleon. Finally we left the streets and entered the shady paths of the beautiful Parque del Buen Retiro. There we admired the Crystal Palace, passed by children laughing delightedly at puppet theater, watched people rowing around the park's large lake (something Kevin and I did another day).

"Now back to the bike store!" exclaimed our guide. I envisioned a ride along a shady bike path. But no! We plunged into the midst of Saturday noon traffic, cycling directly up Madrid's main avenues. After passing by Madrid's signature Puerto de Alcala, we rode up Calle de Alcala, past the famous Cibeles statue; we cut around buses, cruised into central lanes, rode boldly around delivery trucks and crews setting up for a parade the next day. All of the Spanish drivers gave us right of way, everyone was courteous. Finally we returned to the pedestrian streets we had cycled along some three hours before. We all made it back safely- it seemed almost a miracle. Nevertheless, it was a wonderful way to see many parts of a beautiful city in a short time - and with the pleasure of riding a bike.

One further note: we were in Spain to participate in the Pueblo Ingles program. I encourage all readers to check the website for this program. As volunteers we spent a week in a remote Spanish village, where our "job" was to talk English to Spaniards



who work in international companies and want to improve their English. It was one of the most rewarding and

BBN

Karelisa and Julie Baker are now leading rides billed as the "Back By Noon (BBN)" rides. Their speed falls into the Pedalers range, 12-14 mph, and distances, 20 to 40 miles. Watch GCCMail for announcements of the time and departure points for these rides.

exciting programs we have ever done - and it is free. Get yourself to Spain, and you have a free week, living in nice accommodations with three fine meals a day, no distractions. The program operates every week of the year and they need volunteers. Check the website and contact me if you want further information.

GCC Riders in Far Away Places



Chet Ozeck

Here's Chet finishing up the 1393 mile Great Alaska Highway Ride, put on by Gainesville's own Pedalers Pub and Grille. See <http://www.pedalerspubandgrille.com/rides/ak-hwy.htm> for more details!



Andrew Gill

Andrew is riding PAC Tour's Northern Transcontinental, a 3380 mile trek from Everett, Washington to Williamsburg, Virginia. The photo immediately to the right is in Washington, and the other in Wyoming. See <http://www.pactour.com/> for more details and blogs of some of the riders.



Horse Farm Hundred

CALL FOR VOLUNTEERS

The Gainesville Cycling Festival, which incorporates our own Horse Farm Hundred and the Saturn Santa Fe Century which benefits the Boys and Girls Club, is coming up soon.

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

You will receive an Entry Certificate in August that has entries on it for volunteers to fill in. CALL Roger Pierce (378-7063) to get a volunteer slot BEFORE sending in the Certificate to volunteer. The Certificate reserves your volunteer T-shirt. All day-of ride volunteers will receive a ride T-shirt, and those working multiple or long shifts will also be eligible to ride the Horse Farm for free (or the Santa Fe if your shift is during the Horse Farm).

You can sign up at the Labor Day Picnic, or call Roger Pierce. Roger will be out of town September 5 thru 12.

Leadership Positions

We are looking for a few persons to help in event preplanning and management. We need to fill these positions so that we can spread the workload and not overburden just a few



of us. Call Roger Pierce if you can do one of these jobs.

Signing Chief. Coordinates the activities of the persons putting out signs on the course.

Registration Entry Person. Help the Registrar enter ride registrations into the computer.

T-Shirt Manager. Works with the t-shirt company to get the designs to them, produce, and pick up the t-shirts.

Boys Club Liaison. Work with the Boys Club to ensure volunteer students get to their rest stop assignments.

Day of Ride Jobs

We will need people to help with four basic functions during the rides:

REST STOPS. Hand out food and water during the Horse Farm Hundred

at Morningside Nature Center, Flemington, the lunch stop, 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 Lofton HS and in Flemington.

SAG. Drivers will be needed for both the Santa Fe and Horse Farm.

COURSE. We need people to put out directional signs and paint the roads.

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.



Nearby Places to Ride in September

September 1-2
Savannah GA

25th Historic Savannah Bikefest sm
The 25th Anniversary of the HISTORIC SAVANNAH BIKEFESTsm will have some extra goodies in the riders packet, as we celebrate this very popular ride in it's 25th year!

Saturday will include remote starts and endings at sites to be selected later. Most likely, will return to the popular Pink Pig and Forrest Gump rides of past years. Each of these rides are 30 miles more or less. Allowing enough time to finish and ride your bicycle when you return to Savannah in the Historic District for a look at Georgia's First City.

Sunday will start and end at the City Market in downtown Savannah. The 36, 50 and 100 will start at 7:30am and again at 8:00am (if we have more than 500 riders in the first group, thus allowing up to 1,000 riders with these two start times. These rides will cross the Talmadge Bridge across the ship channel into South Carolina and return into Georgia into Port Wentworth then ride through Effingham County back to downtown Savannah in loops. Rest stops every 15 miles and SAG Vehicles, a supply truck with extra water and supplies, Radio support teams will be provided to keep us up-dates on any needs.

The 25 mile ride, our most popular ride ever, will start at 9:00am with ride leaders and one rest stop that will take the riders through some of the historic squares in downtown, past Wormsloe Plantation (Georgia's first plantation), through Isle of Hope along the Itracoastal waterway, past Boneventure Cometary, then back downtown.

Lunch will be served all Sunday riders at a nearby downtown hotel near City Market. Phone: 912-826-1843 or 912-665-0854 (Cell).

davesanderson3@comcast.net
<http://www.bicyclesavannahllc.com/>

September 8 (Sat)
St Augustine FL

The 6th Annual Patriots Memorial Bike Ride

This bicycle ride is to honor the victims

and heroes of September 11th 2001. It is 91.1 km on four lane highways and scenic country roads. Please wear red, white & blue to honor the day. We will have a short Memorial Ceremony starting at 6:50 a.m. Please be parked and ready to roll by that time.

Departs Nease High School in Northern St. Johns County (Ray Road at US 1, 1 mile south of CR 210) at 7:15 am. This ride will be in St. Johns County only, utilizing some four lane highways and some scenic rural county roads. This ride is suggested "for experienced road riders" as we will have no official rest stops (numerous convenience stores on the route). Please use comfort stations prior to grouping for the ride. SAG services provided by ABC, Champion and Open Road. Commemorative T-Shirts are provided, however, pre-registration is required to receive a T-Shirt. Any proceeds after expenses will be donated to the fund raising efforts of the Cody's Challenge MS150 Bicycle Team. Updates regarding the ride will be via Email.

pelley@codyschallenge.com
<http://www.codyschallenge.com/patriots.htm>

September 9 (Sun)
Baldwin FL

Endless Summer Watermelon Ride
The North Florida Bicycle Club is proud to present the 18th annual Endless Summer Watermelon Ride, a classic one-day bicycle event designed for the experienced road rider, the touring cyclist, the intermediate cyclist and the beginner cyclist. In other words, all bicyclists are welcome. The route distances are 30, 45, 65, 80 and 103 miles and primarily traverse lightly traveled country roads.

Email: WatermelonRide@nfbc.us
WWW: <http://www.nfbc.us>

September 15 (Sat)
Albany GA

4th Annual Nut Roll

Sponsored by the Pecan City Pedalers - Ride benefits The Parks at Chehaw Education Center. Ride Options 30, 46, 62, 102 miles. Registration opens at 7 am at The Parks of Chehaw,

Philema Road, Hwy 91N. Ride begins at 8 am and routes are mostly flat with a few gentle rolling hills. All routes are fully supported and clearly marked. Map and cue sheets will be given to each participant. Lunch will be provided.

Pre-registration - \$25 (T-shirt guaranteed if received by August 27, 2007)

After Pre-registration - \$30
Showers available. Camping at the park (call 229-430-5275)
Jim Anne Brett, Ride Director, Phone: 229-432-1743.
info@pecancitypedalers.org
<http://www.pecancitypedalers.org/>

September 23 (Sun)
Glen St. Mary FL

YMCA National Forest Swampman 100

The ride starts at 7:30 a.m. at Baker County High School in Glen St. Mary. Lunch will be served back at the High School cafeteria from 11:00 a.m. to 3:00 p.m. REASONABLE REGISTRATION If postmarked by September 13, your entry fee is only \$25, and includes a t-shirt! Beginning September 14, the fee for all riders is \$30 and does not include a t-shirt. You may order an extra shirt on the day of the ride for an additional \$10. All riders will start together at 7:30 a.m. There are 5 distances marked: 15, 33, 46, 70, and 100 miles. Detailed maps will be provided to all riders. For motel reservations in nearby MacClenny: Days Inn at 904-259-5400 Econo Lodge at 904-259-3000. Baker County Family YMCA, Shawn Eastman, 98 W Lowder St, MacClenny, FL 32063-2676. Phone: (904)259-0898. WWW: <http://www.swampman.org/>

See many more rides on the Florida Bicycle Touring Calendar:

<http://www.floridabicycle.org/fbct/>

The Kenilworth Lodge is pleased to announce the 25th Annual Tour of Sebring. Discover the natural beauty of the rolling hills, citrus groves, cattle ranches, small towns and gem-like lakes in scenic Central Florida. Join over 400 cyclists in enjoying a three-day mini-vacation over Labor Day weekend.

You can choose from 62, 31, 20 and 12 mile rides each day, as well as the ever-popular Bok Tower Century on Sunday. All rides will be fully supported with deliciously stocked rest stops. Routes are well-marked and excellent maps are provided. Rides are done at your own pace, so this event is perfect for riders of all levels of experience.

The three day event fee of \$93 is all inclusive. A Deluxe Continental breakfast is provided by the hotel each morning, and the event includes a full hot lunch on Saturday and Sunday and a huge brunch on Sunday. There'll be a party on Saturday night, with music and other fun activities, not to mention the pool! There'll also be a great

looking tee shirt.

The one day fees are \$37 for Saturday, \$42 on Sunday, or \$37 for Monday - and all the above amenities are included for the day of registration. Accommodations are not included. To reserve at the host hotel, call 800-423-5939.

Linda Leeds is the event director for the Tour of Sebring. For more information, contact her at lindamarie7@juno.com; 561-683-2851. She will e-mail or snail-mail you the event brochure. Check out the website: www.kenilworthlodge.com.



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Join the fun and haunting in the woods of the White Springs area at the Suwannee Bicycle Association's 18th Fat Tire Festival, a SPOOKY Spectacular, Oct. 26-28.

Enjoy a Wine & Cheese Meet & Greet Friday followed by dinner and a movie. Saturday night, put on your Halloween costume, decorate your bike and join the Trail of Fear Halloween ride in Stephen Foster State Park. Next relax by the bonfire, enter the Huffy Toss and Costume Contest. Bring your guitars for strumming by the campfire. Decorate your campsite as there are prizes for the best campsite "Halloween" decorations and have some Halloween candy on hand for trick or treaters and the judges!

Registration includes ALL meals, camping at Stephen Foster State Park and an event t-shirt. Starting with Friday night dinner and ending with a great breakfast on Sunday, Country Caterers offers wonderful meals for carnivores and vegetarians. Stephen Foster State Park is a beautiful state park located in White Springs along the Suwannee River. RV campers are welcome; however, there is a small additional fee for your own site.

Over 75 miles of single and double track are suitable for novice and experienced riders. Ride guides are provided on all rides. Friday and Saturday night rides are particularly fun and challenging for those with good bike lights who want to experience night riding. With the fall

colors, riding along the banks of the Suwannee River is a beautiful. Pack your camera and hike the Florida Trail for our Eco Photo Tour. See Florida white water with our Bike and/or Hike to Big Shoals. Ride the paved Woodpecker Trail through the woods and then take a short hike to the Big Shoals or enjoy the challenging single track along the river. Depending on the river level, you may see kayakers navigating the shoals.

Our Beginners Mountain Bike Clinic gives novice riders of all ages the chance to develop basic skills, gain confidence and then practice riding trails with experienced ride guides. This free clinic requires a mountain bike and helmet.

Paddle the Suwannee River - one of the many things that sets SBA apart from other bicycle festivals is the opportunity to dip your paddle in the magnificent Suwannee River for a 3-4 hour leisurely paddle down river. You can rent a kayak/canoe or bring your own for our Saturday afternoon paddle.

Try the Triple (3T) is an endurance race which includes three challenges: paddle, bike and run (paddle is dependent on river conditions). There is an additional \$10/\$15 fee for solo or two person teams. The 3T will be Saturday at Stephen Foster. All participants must be registered for the Fat Tire Festival.

A limited number of support staff volunteers are needed as well as experienced and trained ride guides.

As a volunteer or guide, you receive a discount on the registration fee. Help make this a spectacular event. Invite your family and friends to enjoy the cooler weather, fall colors, great riding and paddling. 50% discount for children under 12 and children under 6 are free. The kids will love trick and treating around the campsites! To provide a great experience, we are limiting this event to 250 participants. If not a member, join now, receive a discount on your registration, and your new membership will be good through 2008. Register early so you don't miss out on the big Halloween weekend bash!

For more information or to download the registration form: <http://www.suwanneebike.org/ftf.htm>. You can also register and pay with a credit card at [active.com](http://www.active.com/event_detail.cf?event_id=1445163): http://www.active.com/event_detail.cf?event_id=1445163

For other questions, contact Sharon Shea at 904.534.4417.



GCC Member RAAM Victor!

James Ossa Reporting

Congratulations to GCC member John Schlitter for completing and winning two man HPV Team RAAM! John and Bacchetta teammate, Phil Plath and their support crew rode a beautiful strategic race from Oceanside, California, to Atlantic

City, New Jersey.

3042.8 miles in 7 days 26 minutes. That's 18.06 MPH for 3042.8 miles.

Very well done.

Details at

<http://www.raceacrossamerica.org/>

Awesome accomplishment to one of our very own GCC cyclist.

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The Gainesville Cyclist is published bi-monthly with cover dates of even-numbered months. All submissions are welcome. Classified ads will be run free-of-charge for club members; email or mail to the editor. 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.

AD GRAPHICS

Craig Lee 475-1825
craig@craigdidit.com

AUGUST DEADLINES

Ad copy needing setup work
September 10
Articles and classifieds
September 17
Ads in GIF or TIFF format
September 19

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C L A S S I F I E D

Soloflex, includes butterfly and leg attachments. \$195, delivered in Gainesville. A new one goes for \$1950 (<http://www.soloflex.com/soloflexpage/>).
Roger Pierce 378-7063
roger@piercepages.com

Saris 2 bones **rack** for two bikes - like new- \$85.

Other items for sale:

Maytag portable **dishwasher** - good condition - \$200.

Sharp **Microwave** - 1 year old - \$40

Yamaha **CD player** - \$85

Contact Rob Wilt robertwilt@juno.com

or 386-418-3794 please leave a message.

I am willing to email a photo of the items for sale.

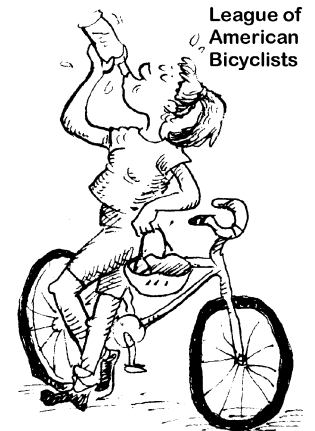
Bicycle Repair Class. Rate is simple, it will be \$20/hour, or \$15/hour/per person if there is more than one person. You tell me what you want to learn about specific repair, or you can tell how to overhaul the whole bike.

Bike fit is \$45. I will measure you up and make "recommendations" on what you'll need to make yourself as biomechanically efficient as possible. approx 30-60 mins.

Basic knowledge instruction about your bike, safety, what changes you can do to help you go faster with minimal improvement and cost. \$30. approx 60 mins.

Personal coaching \$20/session. I will literally go out and ride with you. Max 3 hr ride. You can ask as many questions as possible, ride position, training for a specific event, training for a specific weakness, etc.

Please call Huan at (352)246-7756 or email huan_dinh@hotmail.com.



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%	(386)462-5250	N US 441 (10100 NW 13th Street)
Bikes & More	10%	373-6574	2113 NW 6 th Avenue
Chain Reaction	20%	373-4052	1630 West University Avenue
Gator Cycle	10%	373-3962	3321 SW Archer Road
Mr Goodbike	10%	336-5100	425 NW 13 th Street
Pedalers Pub & Grille	10%	http://www.pedalerspubandgrille.com/gcc	(Exotic cycling tours)
Recycled Bicycles	10%	372-4890	805 West University Avenue
Spin Cycle	22%	373-3355	425 West University Avenue
Streit's Schwinn Cyclery	10%	377-2453	4421 NW 6 th Street

Some restrictions apply, ask for details at the store.



Gainesville Cycling Club

5015 NW 19th Place
Gainesville FL 32605-3435

ADDRESS SERVICE REQUESTED

Horse Farm



Hundred



**Santa Fe
Century**

Presorted Standard
U.S. POSTAGE
PAID
GAINESVILLE FL
PERMIT #687



Club Affiliate



**Adventure Cycling
Association**



AUGUST 2007 ISSUE Mailing label with expiration date identifies current member.

2007 Gainesville Cycling Festival - 20-21 Oct - Santa Fe Century - Horse Farm Hundred

Welcome New Members!

Robyn Ackerman	Alachua FL
German Barco	Gainesville FL
Karen Cochran	Gainesville FL
Sue Dubinsky	Gainesville FL
Michael P. Gamble	Gainesville FL
Kim Hart	Gainesville FL
Scott Hart	Gainesville FL
A.J. Henry	Gainesville FL
Aren Johnson	Gainesville FL
Larissa Johnson	Gainesville FL
Jeffrey Kuehling	Gainesville FL
Amanda Lambert	Gainesville FL
Travis Lambert	Gainesville FL
Sean McMahon	Lake City FL
Erika Midtgard	High Springs FL
Jonathan Mills	Gainesville FL

Lynn Moff
Carrie Newsom
Ed Poppell
Ed Porras
Stanley Rakofsky
George Rash
Namil Rash
Craig Robinson
Ruth Swartz
Peter Vastyan
Andrew Wacker

Citra FL
Gainesville FL
Gainesville FL
Gainesville FL
Gainesville FL
Hawthorne FL
Hawthorne FL
Naples FL
Gainesville FL
Gainesville FL
Gainesville FL



Gainesville's 15 year old Mike Nieme won the Junior 15-16 NATIONAL TIME TRIAL CHAMPIONSHIP in Somerset, PA against 91 of the nation's best juniors.