

# WHEELSPEAK

The Newsletter of the North Florida Bicycle Club

[WWW.NFBC.US](http://WWW.NFBC.US)

June - July 2013

## FERNANDINA BEACH NAMED A BRONZE LEVEL BICYCLE FRIENDLY COMMUNITY BY THE LEAGUE OF AMERICAN BICYCLISTS

Fernandina Beach is one (1) of eleven (11) communities in the State of Florida to receive a Bicycle Friendly Community designation status. The City along with Weston, Florida is among only two (2) new communities to receive a designation under this application cycle and now rank among the other top Bicycle Friendly Communities in the State. Gainesville and Venice are the only two (2) communities to have achieved a Silver BFC status. The cities of Boca Raton, Lakeland, Miami, Orlando, Sanibel, St. Petersburg, and Tallahassee attained a Bronze BFC status under prior application cycles. Overall, Florida is ranked 31st among all the states.

The Bicycle Friendly America program provides incentives, hands-on assistance, and award recognition for communities, universities and businesses that actively support bicycling, and ranks states annually based on their level of bike-friendliness.



**This place card depicting the Bronze award recognizing the City of Fernandina Beach as a "Bicycle Friendly Community". Placards depicting the recognition will be placed at key locations around Fernandina.**

The BFC program is transforming the way communities evaluate their quality of life, sustainability and transportation networks, while allowing them to benchmark their progress toward improving their bicycle

friendliness. There are now 259 BFCs in 47 states across America. The Bronze Level BFC award recognizes Fernandina Beach's commitment to improving conditions for bicycling through investment in bicycling promotion, education programs, infrastructure and pro-bicycling policies.

A ceremony to present the award to the Mayor will take place at Main Beach this Thursday, May 30 at 5:30pm. There will be a 12 mile NFBC ride after the event. Come share in the celebration.

The NFBC is proud to have such an enthusiastic group of cyclists in Fernandina Beach.

*by Sallie McDonal*



### SAVE THE DATE OF SATURDAY

### DECEMBER 14TH FOR NFBC END OF CYCLING SEASON HOLIDAY & AWARDS BANQUET

Come join us at the Hyatt Jacksonville Riverfront where dancing and hilarity await your presence at NFBC's annual year end holiday and awards banquet!

There will be a delicious dinner, cocktails and dancing all while overlooking the beautiful St Johns River in downtown Jacksonville. The Hyatt will provide discounted rooms so come on down and enjoy the weekend. Stay tuned for details!



### NFBC GOES OFF ROAD MOUNTAIN BIKE RIDING

Recently NFBC rode in a special event to the Santos trailhead in Ocala on the Cross Florida Greenway for a weekend of off road mountain bike riding. Several NFBC members camped out and enjoyed some of Florida's nicest mountain bike trails. Many camped out in tents while others roughed it in an RV.

Ride Leader Pinky Fuchs inspired us to hit the dusty but very well marked trails. Pinky lead the way as we explored the Vortex, Spider Kingdom, Ross Prairie and onto Lands Bridge.

On the bike trails we rode past scenic horse farms, deep into ancient live oak forests, down into and back up out of sinkholes and an abandoned quarry. Our destination was Lands Bridge which is a bike trail bridge over I-75 with trees and wildlife.

We barbequed for lunch and enjoyed s'mores over the roaring fire at night.

Come ride with us as NFBC seeks to develop more off road bike riding adventures.



### Come Ride With Us

If you are new to cycling or new to the area and want to join us for a ride, turn to the back of newsletter to find rides throughout the North Florida area. We have rides going out every day of the week. Just call the contact person listed for the ride you are interested in. This person can give you a good idea of what to expect on the ride, as well as, what to bring and what to wear. A cycling helmet is required for all of our rides. Also, be sure to sign the ride sheet provided by the ride leader.



## CLUB LEADERSHIP

### President

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## Club Meeting Location

Club meetings are held on the **3rd Tuesday** of the month at

**The Mudville Grill in the St. Nicholas area (Beach & Atlantic Blvds.)  
3105 Beach Blvd.**

Please arrive by 6:30 P.M. if you plan to eat. Meetings begin at 7:30 P.M.

# President's Corner

Greetings Members & Friends,

Our Webmaster, Brian Williams and I have had many conversations about making sure we direct our members to the website ([www.nfbc.us](http://www.nfbc.us)) as it is our version of "Membership Central." He's right and we will do more promoting of this wonderful resource...starting now. Since our website opens with the non-secured page, member access starts with making sure you know how to login. If you have difficulty with remembering your password, there is context sensitive help menus or you can email our membership director or Webmaster for a password reset. Once you are logged in many of the menus change to reveal member only accessible sections. However, I would be remiss if I did not direct you to immediately update your member profile as one of your first activities. Then take a look around. There is so much information about the club and we are always making changes to the site.

Our club has become one of the primary bicycling advocacy voices in Northeast Florida. Bert Shaw has been at the forefront of activity, as many of you already know. We recently discovered that our bylaws did not fully support attempting to influence civic leadership, so the bylaws were amended in accordance with the process stated within our club's Articles of Incorporation. This action will ensure your voice for bike lanes, sharrows, legislation and police support for the advancement of bicycling will have the full force of a club that represents over 1,000 registered members. You can find both the Bylaws and Articles on the website too. As I have mentioned in the past, I have access to all crash information that happens on club rides and we just had another cluster of incidents. Consistent with data from the Florida Bicycle Association, the primary reason for these falls was not a motor vehicle, but cyclists riding together. My best advice to every club member who rides is to stay alert at all times when riding with others and keep proper spacing between wheels. In one accident, an injury occurred while the cyclist was reaching for a water bottle and struck an obstacle in the road. Please

stay alert and you likely stay upright.

While on the subject of club rides I want to encourage everyone to make sure you sign our waiver before starting out on any club ride. That document is specifically crafted to protect everyone who participates in club supported event. Although we call them rides sheets, they do more than just serve as the official mileage record for each member, they are an acknowledgement of the risk each person takes when participating. Specifically, they serve as legal documents of an agreement to "hold harmless" all participants on the ride (meaning you) as well as the club. This is an important feature of this document and you should encourage any visitor to sign-in when they say they are first timers on a ride.

We had a terrific turnout of over 100 people at the Cheeseburger In Paradise ride. Thanks goes to our hosts, The Sundoggers who bought the food, set up, cooked, and led rides that fit participants of all abilities. I also want to thank the owners of Bike Fitters for allowing us to use their parking lot as the home base. Those two groups have been crucial to the ongoing success of that annual event and we thank them for their unbroken years of support.

See you on the road,  
Kevin

Kevin Pryor  
2013 NFBC President



Jennifer Whipple inspires all riders to drink more water!

## NEW MEMBERS (37)

Kathleen Armstrong  
 Max Armstrong  
 Rick Armstrong  
 Tammy Baldassarre  
 Joseph Bell  
 D. Rodney Brown  
 Michael Cottrell  
 Denise Dailey  
 Dana Fay  
 Robert Fortney  
 Laurie Gambino  
 Hillary Ghani  
 Marcy Heap  
 Mark Heap  
 Kirk Hersey  
 Karen Hudson  
 Alexandra Kay  
 Peter Keegan  
 Jason Keeney  
 Stephen Menke  
 Bill Moss  
 Bradley T Patterson  
 Robert Patterson  
 Robert C Patterson  
 Tammy Patterson  
 Michael Pilolla  
 Suzanne Pilolla  
 Paul Pisani  
 Danny Randolph  
 Felicia Reed  
 John Schmitt  
 Sharon Schmitt  
 Montreal Stevens-Williams  
 Don Till  
 Tung-chin Wei  
 Cynthia Williams  
 Sheldon York

## NFBC Club Rides

06/02/2013 Cheeseburger In Paradise Ride A/B/C/S  
 Time: 8:00 AM  
 Place: Bike Fitters parking lot  
 1110 A1A N. Suite #106  
 Ponte Vedra Beach, FL 32082  
 Ride Leader: Burt Jordan Phone 904-743-0584

06/09/2013 Mayport Ferry/ Fernandina 30-60 miles  
 Time: 8:00 AM  
 Place: A1A Park and ride just below Wonderwood bridge.  
 Ride Leader: Mark Atkins Phone 904-217-4399

6/16/2013 Ride Coast N Swamp A/B 46, 62, 68 AND 104 miles  
 Time: 8:00 AM  
 Place: Bike Fitters Bike Shop in Ponte Vedra Beach  
 106 A1A N #1110 Ponte Vedra Beach, FL 32082  
 Ride Leader: Mark Atkins Phone 904-217-4399

06/23/2013 Callahan To Kings Ferry A/B 38,53 miles  
 Time: 8:00 AM  
 Where: Callahan Train Depot, Brandies Ave.  
 Ride Leader: Mark Atkins Phone 904-217-4399

(Always check [www.nfbc.us](http://www.nfbc.us) for full descriptions, maps and updates as rides can change after printing)



Ellen Gudin Koren always has a fantastic time riding with NFBC.



Steve Tocknell on the St. Johns River Ferry giving a bike salute.

## RENEWING MEMBERS (61)

Laurence Bridges  
 John Butler  
 Jim Cordell  
 Susan Craig  
 Michael Cyr  
 Joyce DeVane  
 Dianne Drysdale  
 Lisa Elwell  
 Jay Erne  
 Mark Fetzer  
 Frank Frazier  
 Mary Geer  
 Michael Geer  
 Rita Geer  
 Robin Geer  
 Steven Geer  
 Ann Grenadier  
 Edward Grenadier  
 Pat Hale  
 Jeff Harrison  
 James Hedges  
 Shirley Hedges  
 Denise Homsley  
 David Hotchkiss  
 Glenn Hunt  
 Michile Hunt  
 Theresa Jackson  
 Jeremy Kelsey  
 Anthony Koziol  
 William Lee  
 Chantal Lefevre  
 Carol Lemos  
 Connor Ma  
 Justin Ma  
 Peter Ma  
 Jenna Marino  
 Jim Marino  
 Shay Marino  
 Jeremy Maurice  
 Patti McRoy  
 Wallace McRoy  
 Leigh Mills  
 Carol Nogid  
 John Norman  
 Thomas Olson  
 Ed Parsons  
 Guy Patterson  
 Randall Pfahler  
 Martha Radovic  
 George Schorr  
 Pat Schorr  
 Dennis Shepherd  
 Donna Sherman  
 Frances Siver  
 Rosemary Slattery  
 Susan Snider  
 Vincent Sonson  
 Terry Takken  
 Milo Torres  
 Lynette Vautier-Cyr  
 Brenda Vose  
 Pat Wagoner



## Mileage/Centurion Stats

### MILEAGE LEADERS

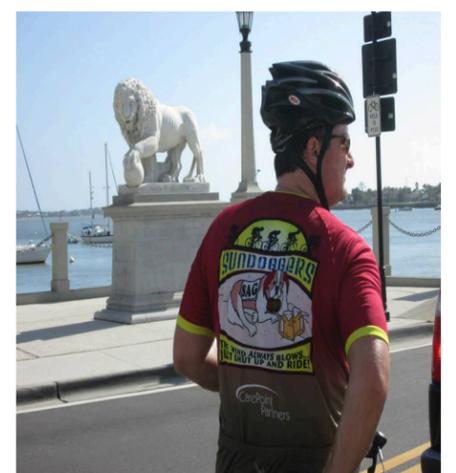
6,251 Steve Sargent  
 5,208 Tom Schnorbus  
 4,339 Sonya Adkins  
 4,239 Jerry Dryden  
 4,121 Larry A Elswick  
 3,519 Bob Lucas  
 3,430 Mark Atkins  
 3,409 Wallace J McRoy  
 3,297 Jonathan Tomassetti  
 3,235 Len R Burroughs  
 3,207 Julius Grant Sr  
 3,181 Richard Horton  
 3,151 Clyde Riggs  
 2,823 Mr Thomas Herlihy  
 2,647 Tina Sigg  
 2,605 Karen Dannelly  
 2,542 Mr Gerard Melius  
 2,493 Mr. John Norman  
 2,430 Mrs Lisa Elwell  
 2,383 Donald Eipert  
 2,352 Burt Jordan  
 2,305 Mr Allen D Gould  
 2,139 Mike L McMillen  
 2,121 Mr Mike R Pikula  
 2,030 Ken Blackett  
 2,028 Dave Kirby  
 1,997 Michelle R Cannedy

### 183 CENTURY RIDES

Steve Sargent 34  
 Jonathan Tomassetti 22  
 Jerry Dryden 20  
 Michelle Cannedy 20  
 Patrick A. Donovan 14  
 Christian Velasco 10  
 Tom Schnorbus 10  
 Kevin Pryor 10  
 Dennis Shepherd 7  
 Mark Atkins 6  
 David Townley 5  
 Harry Davis 4  
 Sonya Adkins 4  
 Tina Sigg 3  
 Troy Kress 2  
 Chris Perone 2  
 Gary Weltman 2  
 Charles Blumberg 2  
 John Silvester 2  
 Jim DelVecchio 1  
 Jeff D. Harrison 1  
 B. Feigenbaum 1  
 Patricia Nieman 1

**Century A Month Club (11/1/12 - 10/31/13)** The following members have completed century rides in NOV, DEC, JAN, FEB, MAR, APR & May:  
 S. Sargent, J. Tomassetti  
 J. Dryden, M. Cannedy  
 P. Donovan, K. Pryor & D. Shepherd

Stats shown are as of 05/29/2013





# UPCOMING EVENTS



## Cystic Fibrosis Foundation's CF Cycle for Life

St. Johns County, Florida

Saturday, October 26, 2013

For detail, visit <http://www.cff.org>

## MS Cycle To The Shore

St Johns County to Daytona, Florida

September 28-29, 2013

For details, visit: <http://www.bikefln.nationalmssociety.org>

## SAVE THE DATE

### NFBC'S YEAR END HOLIDAY AWARDS BANQUET

December 14, 2013

Hyatt Jacksonville Riverfront

Dancing and hilarity await your presence!!!

Check our our Facebook pages for updates and visit:  
<http://www.nfbc.us> throughout the year!.

## ENDLESS SUMMER WATERMELON RIDE (ESWR)

Amelia Island

September 08, 2013

For details, visit: <http://www.nfbc.us>

**100 riders enjoyed great riding weather with post ride hot dogs and burgers at NFBC's annual Cheeseburger In Paradise ride sponsored by the Sundogs.**



**GET PAID TO RIDE YOUR BIKE!  
NOW ON AMELIA ISLAND**

**VISIT: [WowBIKEAds.COM/JOBS](http://WowBIKEAds.COM/JOBS)**

ACCEPTING  
APPLICATIONS



## CLASSIFIEDS

**MEMBERS MAY NOW ADD CLASSIFIED ADS TO THE NFBC FORUM FOR SALE SECTION FREE OF CHARGE. PHOTOS MAY ALSO BE ADDED. MEMBERSHIP HAS ITS PRIVILEGES.**

*Classified Ads section of [NFBC.us](http://www.nfbc.us)*

[http://www.nfbc.us/content.aspx?page\\_id=2154&club\\_id=597416&item\\_id=9709&sl=165709270](http://www.nfbc.us/content.aspx?page_id=2154&club_id=597416&item_id=9709&sl=165709270)

*Classified ads are free for club members and \$15 per item for non-members. Please submit ads to [wheelspeak@nfbc.us](mailto:wheelspeak@nfbc.us) by the 15<sup>th</sup> of the month for inclusion in the newsletter. Ads will automatically expire after two (2) months. If you wish to renew your ad, please contact the Wheelspeak Editor at [wheelspeak@nfbc.us](mailto:wheelspeak@nfbc.us).*

# Paceline Guidelines and Safety

Part one of a three part series by Wallace McRoy

Pace lines are all about teamwork. Their main benefit is that by working for the good of the group, each individual usually performs better than if unassisted. As in team sports, doing what your teammates expect is a major factor in success. That is why teams practice. In recreational cycling, we get our practice on the weekly rides that usually have almost the same people every week. Unfortunately, we rarely have a coach to provide structure or consistency. Prompted by our Ride Director, Mark Atkins, I'm going to make some suggestions to improve our pace line performance and safety.

Communication is key to everyone's safety. Use both hand signals and a loud voice to identify road hazards. If you point without shouting, the person who is two or three bikes back will probably not see your hand signal. Shout loud enough to be heard by everyone within three riders of you. When you hear a warning, relay the message to others immediately. Sometimes a rider doesn't know what to call a hazard. Pick a one-syllable word that you can rely on for 90% of the time. I like the word "trash" because it is universal. It can be yard trash, road debris, road kill, glass, etc. The meaning remains the same -- go around it. If you want to identify a hole as a hole or a bump as a bump, that's okay. Just don't get hung up on trying to find the perfect descriptor for each hazard.

At every pre-ride briefing, we are reminded that the cause of most club accidents is overlapping wheels. In the eleven months that I have been riding with the North Florida Bicycle Club, I have noticed that pace line riders tend to ride too close together. That does not allow a rider to absorb the variations in speed when another rider changes pace. A tight pace line should probably allow at least two feet between the leading rider's back wheel and the following rider's front wheel. I would prefer that the person behind me leave a three-foot gap. Beginning riders should consider allowing a full bicycle length between each other. A rider can be as much as two bicycle lengths behind another rider and still benefit from a draft. Yes, the smaller the gap, the more the benefit, but life is filled with compromises. When I trained at the Dick Lane Velodrome in East Point, GA, from 2009 through 2011, we did not have to worry about curbs, road debris, cars, red lights, or riders touching their brakes. Still, we allowed more space between riders than what I see on the roads in Jacksonville. My primary coach, Jeff Hopkins, World Champion and veteran professional racer (<http://www.hopcoach.com/p/about.htm>), never complained about a rider that allowed one full bicycle length open in front. The only time Stephen Hill, elite level National Champion (<http://www.usacycling.org/results/?compid=198282>), told us to get closer than 24 inches was when we were in a match sprint race and were in the act of passing an opponent. Allow yourself enough space to absorb the ebb and flow that is common in pace lines on public roads. Use the diameter of a bicycle wheel as a guideline. It is a little more than two feet.

On event rides, it is common for strangers to work together in a pace line. Resist the temptation. Preferably, ride with a small subgroup of riders you have ridden with before. On your weekly rides, you get to know what to expect from the other riders. Not only that, but you start to memorize the roads and the cautions that are needed on different stretches. On an event ride, if you want to work with one new person, do so with caution.

Once you build a feel for what the other person is like, then you may consider adding another person to the group. If others want to join you, ask them to stay on the back.

What do you do if a person in the pace line has a flat tire? First things first. Shout, "FLAT!" This person is in your pace line, therefore he or she is part of your group. Your fellow rider's problem is more important than any individual's average speed. If you are in line ahead of the flat, call out, "Slowing," and then start bringing down the speed gradually. Know that if you are behind the rider with the flat, you have more complicated adjustments to make. A rider who flats is likely to do three things very quickly. First he or she normally sits up and stops pedaling, while looking down at the tires. Next, the rider with the flat usually moves left to get out of the pace line, but almost immediately moves back to the right to get off the road. Remember, this rider is trying to stay upright on an unstable bicycle, slow it down, and get off the road. Give that rider a wide berth and stay out of his or her path to the side of the road. By now, three or four people should have shouted, "FLAT!" The riders on the front may take a while to slow down, but if they are a part of your group, they will wait for you. The riders on the back have probably spread out on the road and slowed down immediately. This is not the time to maintain your pace and pick your way around the person with the flat. Best bet is to yell, "Stopping!" and stop.

RECAP (Part 1):

1. Ride as a group.
2. Communicate.
3. Allow space to absorb speed changes without braking or hammering.
- 4 Don't mix it up with a bunch of strangers

=====

**HEATHER NEVILLE FROM VELO FEST SHARED THIS GREAT PIC WITH US FROM THE DEDICATION OF THE ST. JOHNS RIVER FERRY AS PART OF THE EAST COAST GREENWAY.**



Our mission as the North Florida Bicycle Club is to encourage all people to participate in bicycling—a fun activity that can be recreation, transportation, fitness, and competition. We serve the North Florida community in promoting safer conditions for cyclists and other road/trail users. We are committed to support bicycling through social activities, education, leadership by example and civic involvement.

Our club is open to everyone interested in cycling. Meetings/socials are held the third Tuesday of the month. Members receive a year's subscription to the newsletter, reduced fees for club rides, and a membership card that, when shown, entitles them to a 10% discount at most area bicycle shops (sale items, complete bicycles, and labor are excluded).

Wheelspeak is published monthly except for January and July. Business Card advertisements are \$150 per year; phone or email the newsletter editor with your ad. See page 2 for this information.

The club has 4 rigid cases available for rent for \$25 per week each (\$15 for club members with current NFBC card with them at the time of rental) plus deposit. Contact Phil Foreman at Champion Cycle (262-5744) or Charlie Fetzer at Lakeshore Bicycle and Fitness (388-0612) for information.

Please log on to the club web site at [www.nfbc.us](http://www.nfbc.us) where, among other good things, a ride schedule and last minute changes to rides can be found.

# NFBC CHARITY RIDE TEAM



NFBC'S CHARITY RIDE TEAM POSING FOR A CURE



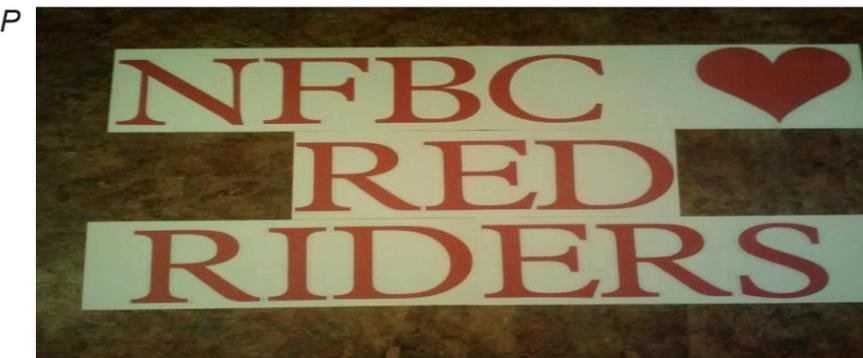
NFBC RIDERS CROSSING THE FINISHING LINE



DEDICATED VOLUNTEERS



**NFBC'S RED RIDER DARRIN BENNETT RODE HIS VERY FIRST CENTURY RIDE WITH OUR NFBC CHARITY RIDE TEAM ON THE TOUR DE CURE. DARRIN EARNED HIS MEDAL AND CENTURY PATCH!**



## Inspirations by Captain Beverly

### TOUR LOVES THEIR RIDERS...

Just had to write before the sun went down on Jax Tour 2013 to say THANK YOU! Thank you for riding, thank you for raising money to STOP diabetes, thank you for being part of our Tour family, whether today was your 9th JaxTour or your first! Jax Tour loves its riders and we hope you enjoyed today as much as we did!

We'll be back in touch soon with fundraising totals by team and rider but in the meantime, please share anything you wish and know how blessed we feel to have you!

*by Kimberly A. Lewis, Interim Executive Director  
American Diabetes Association*

### NFBC LOVES TOUR...

Once again, the ADA Tour De Cure will be a memorable one. The event itself was grand as always, the weather was cooperative and we finished with no injuries. Team NFBC consisted of 34 registered riders and five awesome volunteers that manned the tent and cheered on the team as they crossed the finish line. Twelve of our team members chose the 101 mile route with Darrin Bennett completing his very first century! Dana Fay, our newest team member, set a new personal record of 30 miles.

### FUNDRAISING: Top Three Teams – #3 NFBC \$8730.01

Top Five Individuals – #5 Penni Crews \$2809.01 receiving the CHAMPION ON A MISSION badge and jersey. Other milestones badges and jersey recipients are John Silvester \$552, Darrin Bennett \$500, Barbara Porter \$500 and Beverly Scarbrough \$1000.

Our team goal is \$10,000 and there's still time for us to meet it. Please consider making a donation at Team Page URL: Team Page URL:<http://main.diabetes.org/goto/NFBCTeam> Page URL:<http://main.diabetes.org/goto/NFBC> Deadline is June 20th.

### WHAT'S NEXT...

July 16 – TEAM RALLY 6:30-8:30 @ SneakersBaymeadows Pointe...a "don't miss" event

September 28, 29 – MS CYCLE TO THE SHORE

October 26 – CF CYCLE TO THE SHORE

### SO...WHAT ARE YOU WAITING FOR?!!?

The NFBC Charity Ride Team welcomes cyclist of all levels to join us for some of the most rewarding rides of your life. Our team exercises safety and camaraderie like no other and are awarded CLUB POINTS AND MILEAGE when complying with club rules (see website). We also have a friendly little competition among our team with special awards and recognition at the end of the calendar year.

### Cycling for a cause...come ride with us!!!

...ordering new team t-shirts this month! Exciting things happening with the NFBC Charity Ride! Cycling for a cause... come ride with us!

### Cycling for a cause...come ride with us!

*by Beverly Scarbrough, NFBC CR7*

beverlyscarbrough@windstream.net 912-282-1138

# NFBC Supporters



World Famous  
**City Cycle**  
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**Tuesday Night Bridge Ride**  
**6pm 2740 Park Street 32205**  
[www.worldfamouscitycycle.com](http://www.worldfamouscitycycle.com) 904.356.2453



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Jacksonville Beach, FL 32250

T 904 246 4433  
F 904 246 0133



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Owner & Educator

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E-Mail: [Mike@Bicyclesetc.Net](mailto:Mike@Bicyclesetc.Net)




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[www.AboutbicyclesOP.com](http://www.AboutbicyclesOP.com)

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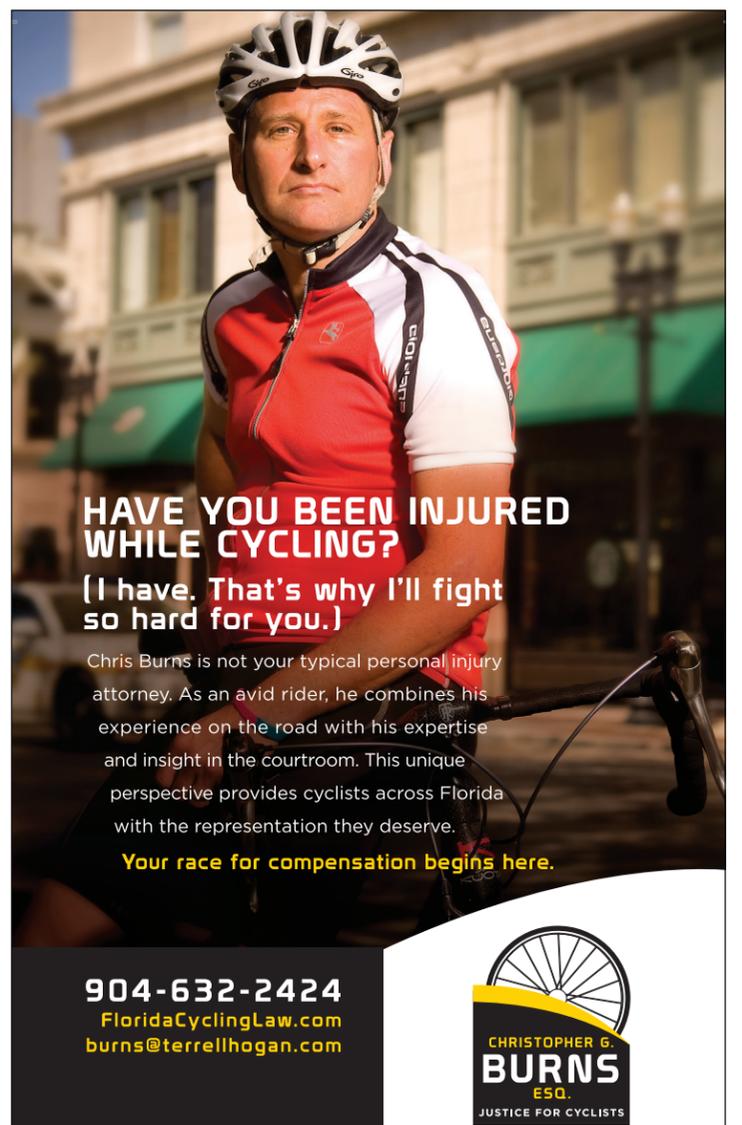
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## NFBC AREA/WEEKLY REPEATING RIDES

**The Area Weekly / Repeating rides are open to everyone and best of all they're free!** Some of these rides listed are offered by local bike shops. Club sponsored rides can be identified by a note in the description that says something like "This ride counts for club points and mileage". Anyone participating in a club sponsored ride must sign a waiver - NO EXCEPTIONS.

Ride Ratings: A = 18-21MPH B =14-17MPH C= up to14MPH

A Word on Safety...

**HELMETS are required for all NFBC sponsored rides.** Please ride carefully and ride responsibly. Inform others in your group of your intentions and don't do anything suddenly. This will help limit casualties requiring emergency aid from the local fire department. Bicycles on the road are subject to most of the same laws as motor vehicles, so please obey all signs and signals. You can be ticketed for not obeying traffic control devices. Headphones are illegal while bicycling, in accordance with Florida law.

**Monday** 9:00 AM A/B/C/S 30-100 miles Westside. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road Jacksonville 32220. Ride Leaders: Clyde Riggs 904-772-9278 cell 904-705-7183 and Jerry Dryden 904-378-7895 cell 904-208-1340 8AM-9 PM. THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE

**Monday** 9:00 AM A-/B/C/S 29 to 40 miles Mimi's Town Center Ride. Meets at parking lot behind Mimi's Cafe 10209 River Coast Drive (St. Johns Town Center), Jacksonville 32246. 40 miles for faster riders. Optional lunch at Mimi's following ride. Ride Leaders: Bert Shaw 904-262-8902 cell 415-425-2334 and Bob Lucas 904-699-8737 THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.

**Monday** 9:00 AM A/B/C/S 30-100 miles Amelia Island/ Fernandina Beach. This ride will start at various locations each week announced via the social riders Yahoo group (sriders on Yahoo). Mike Pikula, Gus Reinwald, Tina Sigg, Phillip Bowen and Don Eipert. A co-leader will usually ride as sweep. For more information contact managing Ride Leader: Don Eipert 904-261-5160 THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.

**Tuesday** 9:00 AM A-/B/C+/S 22-50 miles Ride Around Mandarin (RAM). Meet at Publix 11406 San Jose Blvd. Jacksonville 32223. Optional lunch afterwards. Ride leaders: Bert Shaw (22 mile) 262-8902 cell 415-425-2334, Len Burroughs (32 mile) 904-389-2889 cell 904-838-3284 and Sonya Adkins (50 mile) 904-777-6324 . THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE. 22 mile map 32 mile map 50 mile map

**Tuesday** 9:00 AM A/B 30-61 miles Jacksonville Beach. Sand Castle Beaches Ride. Meet at the Sand Castle shopping center (west side of A1A by Home Depot, just north of JTB); park under the trees south of Stein Mart 3818 3rd St Jacksonville Beach 32250. Ride Leaders: Glenn Frindt 904-710-3512 and Bob Dilley 904-477-

5161. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Wednesday** 9:00 AM A/B/C/S 30-100 miles Westside. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road Jacksonville 32220. Ride Leaders: Clyde Riggs 904-772-9278 cell 904-705-7183 and Jerry Dryden 904-378-7895 cell 904-208-1340 8 AM-9 PM. THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE

**Wednesday** 6:00 PM A+/A/B, 25-32 miles Ponte Vedra Beach. Starts at Winn Dixie 290 Solana Rd. Ponte Vedra Beach 32082 (A1A and Solana Rd). LIGHTS REQUIRED. Ride Leader: Burt Jordan 904-349-0039. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Wednesday**, 6:00 PM A/B 22-23 miles The Intowner. This ride starts behind the BP 8863 San Jose Blvd. Jacksonville 32217 across from Hooters. LIGHTS REQUIRED. Ride Leaders: Dan Caisse 904-708-7635 and Charles Walton 904-230-2229. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Thursday** 8:15 AM A/B 32-50 miles First and Third Thursdays Mayport Ferry/Fernandina. Meet at Mayport Ferry 4610 Ocean Ave. Atlantic Beach 32233. Take the ferry across the river and ride to Fernandina Beach and back. The ferry leaves at 8:30 AM on the dot so be there early to get your bike ready. Bring \$2.00 for the ferry. Ride Leaders: Glenn Frindt 904-710-3512 and Bob Lucas 904-699-8737. THIS RIDE COUNTS FOR POINTS AND MILEAGE

**Thursday** 9:00 am, A/B/C 38-50 miles Ride The Westside. Meet a Winn-Dixie 8560 Argyle Forest Blvd. Jacksonville 32244. Come enjoy this to ride Cecil Field and back on one of the most popular weekday rides. Ride Leader: Sonya Adkins 904-777-6324. THIS RIDE COUNTS FOR POINTS AND MILEAGE

**Thursday** 9:00 A/B 36 miles or 100 miles (start time 6:30 AM) TGI Thursday Tour de Durbin

Crossing. Meet at Veterans Park 1332 Veterans Parkway St. Johns 32259. Most of this route has bike lanes and newer roads. Ride Leaders: Wallace McRoy 770-653-0104 or David Townley for century option 904-631-9164. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Thursday** 9:00 AM A/B/C/S 30-100 miles Amelia Island/ Fernandina Beach. Meet at Main Beach 6 N. Fletcher Ave. Fernandina Beach 32034 Ride Leader Don Eipert 904-261-5160. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Thursday** 6:00 PM A/B 25-30 miles Southside Express. Ride starts at Melting Pot 7860 Gate Parkway Jacksonville 32256. LIGHTS REQUIRED. Ride Leader: Tim Oleary. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Friday** 9:00 AM A/B/C 30-100 miles Westside. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road Jacksonville 32220. Ride Leaders: Clyde Riggs 904-772-9278 cell 904-705-7183 and Jerry Dryden 904-378-7895 cell 904-208-1340 8 AM-9 PM. THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE

**Friday** 9:00 AM A-/B/C/S, 22-40 miles Arlington. Meet at the Lowe's Parking Lot behind Chili's Bar and Grill, 12987 Atlantic Blvd., Jacksonville 32225. From there, ride to Fairfield Inn 1616 1st St. North, Jacksonville Beach 32250 to pick up additional riders by 9:30 AM and then to Mickler's Landing in Ponte Vedra Beach (A- riders go on to North Beach Parking Lot of Guana Reserve) and back. Ride Leaders: Bert Shaw 904-262-8902 cell-415-425-2334 and Bob Lucas 904-699-7875 (day of ride). THIS RIDES COUNTS FOR CLUB MILEAGE AND POINTS.

**Saturday** 7:00 AM A/B/C/S 23 miles Atlantic Beach. The Beaches Sundog Ride. Meet at East Coast Dr. and Ahern St. one block north of Atlantic Blvd. behind Al's Pizza 303 Atlantic Blvd. Atlantic Beach 32233. Ride leader: Susan Wallace

904-710-4429. Cancellations or changes will be posted on NFBC Facebook page by 6:00 AM Saturday. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Saturday** 7:30 AM A/B/C+, 29-60 miles Mandarin. Tour de Jax. Meet in front of Steak and Shake in Mandarin Landing Shopping Center 10661 San Jose Blvd. 32257 at Hartley Road, just north of I-295. Ride Leader: Sue Craig 904-737-5252. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Saturday** 8:00 AM A+/A/ B+/B/B- 28-100 miles NW St. Johns County. Tour de Durbin Crossing. Meet at Veterans Park 1332 Veterans Parkway St. Johns 32259. Ride Leader: Glenn Hunt 678-231-4100 or Durbin Ride Team. Click here for maps. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Saturday** 8:30 AM A/B/C/S 30-100 miles Amelia Island/ Fernandina Beach. Meet at Main Beach 6 N. Fletcher Ave. Fernandina Beach 32034 Ride Leader Don Eipert 904-261-5160. THIS RIDE COUNTS FOR POINTS AND MILEAGE

**Saturday** 9:00 AM C/S 18-25 miles Saturday social ride. Meeting place varies so look for updates from Clyde via social riders Yahoo group (sriders on Yahoo). The route changes each week to include a different place to eat breakfast. Ride Leaders: Clyde Riggs 904-772-9278 cell 904-705-7183. THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE.

**Saturday** 9:00 AM A/B 33-38 miles Atlantic Beach. The Beaches Sundog Ride. Meet at East Coast Dr. and Ahern St. one block north of Atlantic Blvd. behind Al's Pizza 303 Atlantic Blvd. Atlantic Beach 32233. There is plenty of on-street parking at that time of day. Ride leaders: Arun Tahiliani 904-662-5744, Rosemary Clark 904-997-9384 and Burt Jordan 904-743-0584. THIS RIDE COUNTS FOR POINTS AND MILEAGE.

**Please visit NFBC.US for more details about our rides.**

Updated on 06/07/2013