

WHEELSPEAK

The Newsletter of the North Florida Bicycle Club

WWW.NFBC.US

SEPTEMBER 2013

BIKE MS EVENT INSPIRES LONG-LASTING LOVE CONNECTION

Cyclist Couple Attends This Year's Bike MS Event to Celebrate Their 25th Anniversary

When Jamie and Jeffrie Dixon set out on their bikes for a 150-mile cycling journey in 1988, they weren't looking to find their soul mate. Having been introduced to one another through mutual acquaintances on an MS 150 training ride earlier in the year, neither Jamie nor Jeffrie thought twice about the other's presence during the two-day Bike MS event.

Then, at the route's first rest stop, something undeniable happened. Fate brought Jamie and Jeffrie together over a snack of bananas, they shared a powerful moment and, six months later, they were married. "At that time in my life," said Jeffrie, "I really believed I would never get married but when we met, the timing seemed perfect for both of us."

Now, after 25 years of marriage, Jamie and Jeffrie will celebrate their banana love story by riding in this year's Bike MS: PGA TOUR Cycle to the Shore 2013 with their wedding party in tow. Determined to



**Jamie Dixon (left) and
Jeffrie Dixon (right)**

reach the appropriately termed Top Banana status, a fundraising club for fundraisers who raise \$1,000 or more, Jamie and Jeffrie have thrown themselves into preparing for the ride, hosting fundraising events and attending spin classes together,

"Our banana moment always gets a good laugh out of people who ask how we met," said Jeffrie, "and it remains the

running joke of our marriage to this day. At our latest fundraising event, we asked attendees to bring their own banana and made banana splits."

Although the National MS Society, North Florida Chapter can't predict whether or not love will be in the air again at this year's ride, they do promise to stock all route rest stops with bananas for their cyclists' enjoyment. For information on this year's Bike MS: PGA TOUR Cycle to the Shore, please visit www.bikefln.nationalmssociety.org.

The National MS Society, North Florida Chapter offers programs and services to over 18,000 individuals affected by MS in North Florida. Funds raised through annual events such as Bike MS contribute to the Society's programs and services and support cutting-edge MS research. To find out more about the North Florida Chapter visit www.nationalMSSociety.org/FLN.

by Kelly Marolt

ENDLESS SUMMER WATERMELON RIDE (ESWR) WILL BE AN HORIZON BROADENING ADVENTURE IN CYCLING

The North Florida Bicycle Club is excited to bring you our 24th annual Endless Summer Watermelon Ride (ESWR) on Sunday, September 8th from 6:30 am to 4:00 pm on historic Amelia Island!

Along your journey with us you'll explore the historic fishing village of Fernandina which is filled with Victorian charm of a town once the haunt of pirates. The rest stop at Fort Clinch State Park is a club favorite.

Along your cycling tour through history, you will see American Beach, Florida's historic African American beach with towering sand dunes. Ride along barrier islands where French Huguenots landed and the site where the first Protestant prayer was spoken in North America. You'll pass by historic colonial & antebellum era plantations. Pass by locations where the movie G.I. Jane was filmed. Once back on Amelia Island you'll ride under majestic live oaks to explore the various film locations of the movies Sunshine State & The New Adventures of Pippi Longstocking.

Each rest stop will be well stocked with water, Gatorade & various nourishing snacks. The most exciting part is that you will be refreshed by endless slices of delicious and nutritious watermelons at every rest stop along your ride. End your journey with us by enjoying a post ride lunch.



Come cycle with us through history!

Become a member of our North Florida Bicycle Club when you register for the ESWR. Paying your dues before you register for the ride is an easy way to become a new member or to renew your membership. You will immediately save \$15.00 on the pre-ride registration fee. Member benefits include a monthly Wheelspeak, a discount on accessories at participating bike shops include shipping case rentals, and e-mail notices about club rides and events.

Sign up for ESWR today on our website NFBC.US

ESWR participants can choose from five scenic routes: 20/34/58/80/100 miles.

Event Schedule:

Day before the Ride – Saturday, Sept. 7th

From 1:30 to 4:00pm - Early pickup of ride packet including wristband ID, map and T-shirt and in-person registration, at Atlantic Recreation Center.

Day of ESWR Sunday, Sept. 8, 2013

6:30am - Doors open for ride packet pick up including wristband ID, map and T-shirt and day-of-ride registration.

7:30am - 100 mile route departs

7:40am - 80 mile route departs

7:50am - 58 mile route departs

8:00am - 20-34 mile routes departs

11:00am to 4:00pm - Lunch served
See you on the road!

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.

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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

Dear members and friends,

As I have stated before, my primary goal in being on our club’s board has been to improve the overall cycling experience of club members. I do this because I am a cycling enthusiast first and everything else within the club competes for second.

Like most of you I love to ride my bike and I am proud that I have been able to ride over 2000 miles for the last three years. This year I also challenged myself to ride a century each month and I have done 12 with two months to go.

For those who may not know this, our cycling year starts on November 1st and ends on October 31st. All riding activity metrics are captured during that period and then celebrated at our Holiday Party that also serves as an awards banquet.

That being said, I want to open this month’s article by acknowledging one fantastic cycling achievement so far this season. Steve Sargent has already broken the 61 century record set just last year by Troy Kress and Jonathan Tommasetti. At the close of August he has 63 and has another nine weeks to go. Steve is also sitting at over 10,000 miles and may be eyeing the mileage record too. Go Steve go. We are all behind you...way behind you!

Although we will be putting on our ESWR just a few days from now, we have already begun the preparations for hosting what I believe should be the biggest and best Holiday Season Party ever. Last year the turnout was so good that we overwhelmed the venue, but this year we’re taking over the Hyatt Regency Hotel on December 14th. We will have a banquet room that overlooks the river, so you can party indoors or take a nice romantic stroll along the Riverwalk and come back to party some more.

Our event point person for this year’s party is Len Burroughs and I am really looking forward to it. Len received instructions from the board and has negotiated with the Hyatt event staff on the room, food, cash bar and venue set up with a seasonal theme. He has also worked to set aside a block of

rooms for those who would like to spend the night on the river.

Others will be working on the awards portion to make sure we celebrate our club members for their cycling achievements during our cycling calendar year (as mentioned above).

To pull this off, we are expecting to double our investment in this event, but will need to have a great turnout to make it worthwhile. Ticket pricing will be \$30 per person and registration can only be done by club members at our website online. Non-members are welcome, but only as guests of club members. We also will have a limit on the number of people who can register, so make sure you do so early.

Finally, I have an appeal to the club, I believe one of the most important volunteer tasks in our club is that of statistician. We have been blessed with people who have been willing to be of direct service to every club member by doing this job.

Now our current statistician, Fred Eversole, has asked me to find him a replacement. We have been blessed to have him.

I can tell you that anyone who does this job has to enjoy order and record keeping. They also have to be willing to spend small amounts of time regularly to stay on top of daily ride sheet receipts from ride leaders.

There is also a certain amount of problem solving required to work through handwriting or matching up phone numbers to decipher riders and track points and mileage. I can tell you the statistics page is the most frequented page on our website, so that shows the importance of Fred’s weekly output.

In speaking with Fred he mentions having a little bit of HTML knowledge helps with making sure the uploaded data displays correctly on our webpage too. If you are one of those people who have this talent for order, numbers and routine we really need your time and talent.

In the meantime, the weather is starting to cool so we should all get in some time on the bike, between afternoon showers, of course. Have a great time at the

24th Annual ESWR – Amelia Island Edition. Our current projects are tracking at close to 700 riders on the road. There have been a lot of people who have worked hard to make this a fantastic event. Hope you will attend.

See you on the road,

Kevin

Kevin Pryor
2013 NFBC President

2013 Endless Summer
Watermelon Ride

Routes: 20, 34, 58, 80 & 100 miles

September 8, 2013 ♦ Fernandina Beach


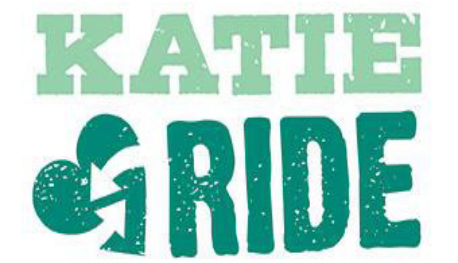


WWW.NFBC.US



Register Now!



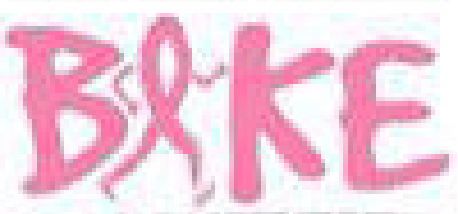
1st time from historic Fernandina Beach



THE APTALISTM

CF CYCLE FOR LIFE

CYSTIC FIBROSIS FOUNDATION



26.2 with DONNATM

Benefiting MAFS CLUB and Women Living with Breast Cancer

NEW MEMBERS (151)

Eugenia C Allen / Cindy Anderson
Katherine Anthony / Eileen Arthur
Gregg Balzer/ Brian Beckmann
Gidget Bennett / Walter Bowman
Andy Bragg /Alisa Brown
Billy Brown / Dorris Burton
Doug Byron / Michelle Camp
Richard Camp / John Caron
Margaret Cash / Jerwin Cayonte
Michael Chiasson Brian Conway
Bobby Cook / Dorothy Coy
Ben Crews / Rhonda Crews
Margaret Curry / Philip Curry
Cliff Davenport / Debbie Davenport
Arturo Dayot / Tabu Dev
Michael DiAngelo / James Durrence
John Edwards / Eric Esteban
Bella Evans / Dawn Evans
Elijah Evans / John Evans
Nick Evans / Charles Forbes
Ernest Fulton / Jennifer Fulton
Denzel Galang / Derrick Galang
Dexter Galang / Ernest Galang
Lani Galang / Mark Gendzier
James George / Kimberly Gerber
Stephen Gerber / Rickey Givens
Roussell Gober / Art Gonzalez
Alphonso Greene / Wade Griffin
Rob Guyton / Michele Hale
Adam Hartwell / Gary Haslip
Rosa Haslip Michael Hayes
Angela Holden / Bob Hudson
Jennifer Hudson / Cathy Johnson
Reggie Johnson / Suzanne Johnson
Ted Kilpatrick / James Kirk
Michael LoMurro / Nicolas LoMurro
Sophia LoMurro Teri LoMurro
Sean Manago / Mandy McCune
David McKinney Clayton McLeod
Larry McNally / Carlos Mercado
Damaris Mercado / Isabelle
Mercado / Miranda Mercado
Barry Miller / Calvin Monds
Clara Monds / Corey Monds
Loren Neely / Lynne Neely
Michael Neely / Bob Newell
William Paige / Ally Pantin
Debbie Parker / Dennis Parker
Frank Parker /Sarah Parker
Franco Patacsil / Emerson Perry
James Potter / Cheryl Preusler
Eric Preusler / Brian Price
Ellen Price / Donald Quire
Joye Quire / Thomas Raines
Jenna Ramirez / Jennifer Ramirez
Orly Ramirez / Sean Ramirez
Diane Raum / Suzanne Reinke
Anabelle Reyes / Edward Reyes
Bernard Rice / Sheri Roach
Robin Roberts / Charles Roseberry
Lita Roseberry / Michael Ruzicka
Robert Semrau / Allison Shannon
Annette Shannon / Brandon
Shannon / Carter Shannon
Kevin Shannon / Kyle Shannon
Jen Shetler / Gina Sippel
Suzanne Sloan / Craig Smith
Keith Stahl / Mary Strickland
William Sullivan / Bryan Sumrall
Chase Sumrall / Jake Sumrall
Kimberly Sumrall / Albert Sutton
Shalini Thabendra / Kristine
Thompson / Craig Tomlinson
Jennifer Tomlinson / Stephen
Waters / Zena Weaver
Harry Williams / Lisa Williams
Marc Williams / Denise Willis
Chris Wolfla / Dayton Zuccaro



FBA Cycling Savvy Course at Mudville Grill for NFBC Ride Leaders to help develop state of the art cycling safety techniques.

NFBC Club Rides

09/01/2013 Fleming Island/Thunder Road A/B 44, 54 and 100
Time: 8:00 AM
Place: Winn Dixie Parking Lot 1545 County Road 220 Fleming Island, FL 32003
Ride Leader: Mark Atkins Phone 973-219-1092

09/02/2013 St. Johns Town Center A/B/C/S 21-53miles
Time: 8:00 AM
Place: St. Johns Town Center behind Mimi's Cafe 10209 River Coast Dr. Jacksonville, FL 32246
Ride Leader: Mark Atkins Phone 973-219-1092

09/08/2013 24th Annual Endless Summer Watermelon Ride (ESWR)
Time: 6:30 AM until 4:00 PM
Where: 2600 Atlantic Avenue Fernandina Beach on Amelia Island, FL 32034
Ride Leader: Donald Eipert Phone 904-261-5160

09/15/2013 Tour de Durbin Crossing A/B/C/S 24-100
Time: 8:00 AM
Place: Veterans Park by basketball courts 1332 Veterans Parkway St. Johns, FL 32259
Ride Leader: Mark Atkins Phone 973-219-1092

09/22/2013 Ride The Westside A/B 38-47
Time: 8:00 AM
Place: Winn Dixie Shopping Ctr 8560 Argyle Forest Blvd Jacksonville, FL 32244
Ride Leader: Mark Atkins Phone 973-219-1092

(Always check www.nfbc.us for full descriptions, maps and updates as rides can change after printing Wheelspeak)

CLASSIFIED AD

:
Thule 916/917 T2 Bike Rack. Good (not perfect) condition. \$150 OBO. Call 303-2145.

Mileage/Centurion Stats

MILEAGE LEADERS

- 10,099 Steve Sargent
- 7,790 Tom Schnorbus
- 6,323 Jerry Dryden
- 6,268 Larry A Elswick
- 6,020 Sonya Adkins
- 5,107 Wallace J McRoy
- 5,027 Mark Atkins
- 5,009 Bob Lucas
- 4,957 Julius Grant Sr
- 4,899 Jonathan Tomassetti
- 4,670 Richard Horton
- 4,467 Len R Burroughs
- 4,445 Mrs Lisa Elwell
- 4,234 Mr Thomas Herlihy
- 4,026 Burt Jordan
- 3,871 Mike L McMillen
- 3,837 Mr. John Norman
- 3,809 Clyde Riggs
- 3,549 Mr Gerard Melius
- 3,489 Donald Eipert
- 3,197 Susan R Wallace
- 3,076 Tina Sigg
- 3,045 Ken Blackett
- 3,045 Richard Eisman
- 3,039 Dave Kirby
- 2,997 Royce Reinwald
- 2,938 Mr Mike R Pikula
- 2,917 Maj. James R Hedges
- 2,899 David Townley

274 CENTURY RIDES

- Steve Sargent 63 (NFBC Record)
- Jonathan Tomassetti 45
- Jerry Dryden 31
- Michelle Cannedy 28
- Patrick A. Donovan 18
- Tom Schnorbus 15
- Kevin Pryor 12
- Christian Velasco 10
- Dennis Shepherd 10
- Mark Atkins 7
- David Townley 6
- Harry Davis 5
- Sonya Adkins 5
- Tina Sigg 3
- Charles Blumberg 3
- Troy Kress 2
- Chris Perone 2
- Gary Weltman 2
- John Silvester 2
- Jim DelVecchio 1
- Jeff D. Harrison 1
- B. Feigenbaum 1
- Patricia Nieman 1
- Karen Morris 1
- Phillip Bowen 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, June, July, Aug
S. Sargent, J. Tomassetti
J. Dryden, M. Cannedy
D. Shepherd

Stats shown are as of 08/26/2013

RENEWING MEMBERS (138)

Ben Adkins / Carlie Adkins
Scott Adkins / Sonya Adkins
Cindy Anderson / Dan Baker
Kathy Baker / Bill Barnes
Andrea Beck / Darin Bickle
Guy Bogisich / Errol Bos
Sherry (Sheryl) Bos
Pat Brennan/Annette Broadus
Patsy Buchanan / Thomas Buchanan
Linda bushong-Reid
Bob Calamita / Miles Calvert
Margaret Cash / Robert Cash
Russell Cavanaugh
Joe Cooksey / Michael Cowart
Larry Crews / Penni Crews Jr,
Benny Davi / Timothy Davis
Robert Doughty
Paul Droubie / Taylor Droubie
Joe Eberly Sr. / Katie Eberly
Barbara Ebers / Greg Euston
Mark Falbo / Billy Fetzer
Cathy Fetzer / Charles Fetzer
Eddie Fetzer / Faith Fetzer
Karen Foreman
Amethyst Fuhrman
Carlos Garcia III
Stephen Garrett
David Greer / Scott Griswold
Jim Hanson/Thomas Heusinger Sr, Jerry Hinton Sr.
Wendy Hinton / Kurt Hoehn
Leona Hoehn / Michele Hoehn
Angela Holden Don Holden
Bobbie Huckaba Chuck Jones
Sherry Jones / Burt Jordan
Patrick Jordan
Robert Jordan / Robin Jordan
Robert Kappelmann
Masey Kendall / Dan King
Daniel King / Danielle King
Lisa King / Don Livingston
Diana Mackoul / Carol Markham
James Matteu / Hartley McClean
Lucretia McClean
Miller McCormick
Tripp Means / Don Merritt
Peter Michaelis
Barry Michelson
Barry Miller / Tim Miller
Michael Muraski
Garth Nichols / Damien O'Brien
Lauren O'Brien / Jeanne O'Kon
Kimberly Oliver
Radames (Tito) Oliver
Bob Opkins / Sharon Opkins
Thomas Pleasants
D. Robin Potts / Jerry Potts
C. Zachary Pronk / Caleb Pronk
Cameron Pronk
Christian Pronk
Emily Pronk / Esela Pronk
Maria Pulido
Barbara Rayford
Eddy Rayford
Vernon Rice
Percy Rosenbloom
Lonnie Rowell
Walter Rudisiler
Marilyn Rumancik
Stephen Rumancik
Jim Schultz / Tabi Schultz
Tina Schultz / Judi Setzer
Celia Shanahan
Richard Siewert
J.R. Slaughter
Earl Storms / Albert Sutton
Brenda Sutton
Arun Tahiliani
Julie Tahiliani
Rohit Tahiliani
Luther Tilghman
William Todor / Dan Tomlinson
Horn, Dwight Va
Horn, James Va
Horn, Vicki Va
David VanDerZee
Marilyn VanDerZee
Betsy Wetmore
Terry Wetmore
Gabe Wise / Journey Wise
Kelly Wise / Sierra Wise
Steve Wise /Samuel Zucker



UPCOMING EVENTS



MS CYCLE TO THE SHORE

4600 Peters Point Road

St. Augustine to Daytona, Florida

September 28-29, 2013

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

CF CYCLE FOR LIFE

World Commerce Center

St. Augustine, Florida 32092

October 26th, 2013

For details, visit: <http://www.cyclingacrossamerica.com>

SAVE THE DATE

NFBC'S YEAR END HOLIDAY AWARDS BANQUET

Hyatt Jacksonville Riverfront

Dancing and hilarity await your presence!!!

December 14, 2013

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

ENDLESS SUMMER WATERMELON RIDE (ESWR)

2600 Atlantic Avenue

Fernandina Beach on Amelia Island, FL 32034

September 08, 2013

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

DEATH VALLEY LOOP

by Rohe Pennington, Amelia Island

Loved reading Sallie's story from the August edition of Wheel-speak on biking in Virginia. I ran into Sallie on the Bike Florida event in 2012 and discovered that we lived about a 1/2 mile apart. I also retired to Amelia Island about 5 years ago and have been doing bike tours ever since and I have burned up that same very short hill in a vain attempt to train for mountain rides also.

In March, I rode with Adventure Cycling on their Death Valley Loop, and although I didn't have much training for the hills, I was much more prepared for the heat than many of the other riders. The Death Valley Loop was about 320 miles over 6 days with about 16,000 ft of climbing. The hardest day was 75 miles with 5700 ft of climb, which would have been a challenge anyway, but with a high temperature of 105 it was brutal. A fascinating ride and some interesting scenery with a fun group of people. Death Valley is a stark desert with very little shade and is the lowest point in the Western Hemisphere. Badwater Basin is 282 feet below sea level.



One of the guys that I rode with in Death Valley was from Cornwall, England, and we met up again in July to ride a piece of the Great Divide Mountain Bike Route in Montana. The Great Divide Route goes from Banff, Alberta, Canada to the Mexican Border at Antelope Wells, New Mexico. We did about 275 miles of that route from Whitefish, Montana to Lincoln, Montana, with 20,000 feet of climbing over 6 days and almost all on dirt roads and single track, some of it pretty rough. The tour group was definitely the youngest and fittest group that I have run into on any tour.

We had 30 people from England, Australia, Canada and all over the U.S. Two of the first people I met turned out to be doctors from the exotic location of Jacksonville, FL. The ride itself was hard and great fun, and the scenery was absolutely amazing. We had one day with 62 miles and 6500 feet of climbing, all on rough dirt roads and single track. Very hard climb but the ride down was the most fun I have had on a bicycle as adult.

There was a long downhill single track that was so narrow that we were getting whacked by small spruce trees for a long stretch. It is the only time I can remember laughing my butt off as I was getting hit with sticks. Every person coming off of the track was laughing and whooping. The scenery also included a very large black bear crossing the road about 400 yards ahead of us and deer in the campgrounds. Many of us took advantage of some of the very cold mountain streams to cool off and rinse off the dirt. For anyone who enjoys mountain biking I would highly recommend this tour. Once again, Adventure Cycling did a fantastic job on the tour, great route, great staff, great food.



**SHARE THE
ROAD**
CELEBRATION
OF CYCLING
DeLand FL, October 25 - 27

visistwestvolusia.com/STRCC
sharetheroad.org

Pace Line Guidelines Part 3 *by Wallace McRoy*

Hydrating becomes an issue in a pace line when riders do not maintain adequate gaps between each other or when an unskilled rider has not developed the appropriate technique of drinking and riding. The most common technique I have observed is for a rider to pull a water bottle out of the cage and hold it out for the trailing rider to see what is happening before taking a drink. All the while, that rider does not stop pedaling. I suggest everyone do the same, although some riders tend to overdo the hold before drinking. You can help the rider in front of you by saying that you see he or she is taking a drink. Rider spacing is very important if the rider who took the drink stops pedaling or looks down when returning the bottle to the cage. Be prepared. If the group is practicing short pulls, everyone should be able to hydrate either when they are moving to the back or when they are on the back. If you have one person who camps out on the front, you will have to learn how to hydrate from the middle of the pace line. Personally, I prefer a hydration pack. I can sip constantly without taking my eyes off the road and without coasting.

On some mornings, I have to clear my sinuses many times on a ride. I try to be considerate of my fellow riders who are behind me. I announce, “Snot rocket left,” or “Snot rocket right.” I pull out of the line, do my business, and then slide back into my spot. The same should work for spitting.

One of the toughest rides I ever did was Georgia Rides to the Capitol. It was tough because we were motor paced by the police department. Regardless of the terrain, the speed was held at 15 mph. We rode the brakes when descending, and we stood when climbing. It was a real momentum killer. Don’t do this to your fellow pace line riders. Let the pace pick up when going downhill and expect it to slow down when going up. A little anticipation helps. The rider on the front should remember that when he or she is starting uphill, the rider on the back is probably still riding downhill. Try not to let your speed drop until the last rider has started uphill. Throughout the years, I have noticed that the steeper the hill, the less suitable it is for pace line riding. If rider skills vary enough, you may have to abandon the pace line for the duration of the hill. If you are riding as a group, after the hill allow the slower riders to catch up before resuming the pace line. You may be dropping them on the hills, but you may need them to pull you on the flats

When confronted with a hill or a bridge, there is a proper technique for the transition from sitting to standing. I weigh nearly 200 pounds and my bicycle weighs about 20 pounds. When I jump up on the pedals, it may feel as if I am moving forward on my bike, but the reality is that I am shoving my bicycle backward. I may have just reduced the gap between a trailing rider and me by a good 8-to-12 inches. Since this most likely happened at the beginning of a bridge, I had probably already slowed down sooner than the trailing rider had and the normal gap had already been reduced. This is a formula for disaster. When standing in a pace line, call out, “Standing,” come off the seat gradually, and keep pedaling

Sometimes a rider pulls out of the middle of a pace line or can’t hold the wheel in front of him or her and creates a gap. If it falls on your shoulders to close the gap, do so gradually. You want to avoid having to use the brakes when you catch the person ahead of you.

Headwinds, tailwinds, and crosswinds may dictate a change in the pace. How it affects the pace should be obvious. What isn’t obvious is the difference between how much it affects the person

in front of you and how much it affects you. This is when you have to be smart. You need to adjust your speed, adjust your spacing, and maintain your pace. A balance of all the guidelines needs to be found to remain safe.

RECAP (Part 3)

- 1. Let the others know when you are drinking
- 2. Be considerate and safe when clearing you sinuses or spitting
- 3. Adjust your pace for topography changes gradually and safely
- 4. Close gaps gradually (stay off the brakes)
- 5. Adjust the pace for changing wind conditions

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Steve Sargent has of this writing rode 63 century rides & is breaking the club record of 61 century rides in a single year.and he has until November 1st to add to that mark.



**SAVE THE DATE
FOR NFBC'S
ANNUAL
AWARDS
BANQUET AND
CHRISTMAS
PARTY! STAY
TUNED TO OUR
WEBSITE &
FACEBOOK FOR
UPDATES.**



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/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 by the 15th of the month for



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 where, among other good things, a ride schedule and last minute changes to rides can be found.

NFBC CHARITY RIDE TEAM

Inspirations by Captain Beverly

It's time to say goodbye to the lazy days of Summer and hello to an Awesome Autumn!!! It's September...which brings about a change in seasons and a change in our pace.



Bike MS PGA Cycle to the Shore – September 28 & 29

This two day event will be held on September 28-29th, 2013 and go from St. Augustine to Daytona Beach on Saturday and return on Sunday. This fully stocked ride will take cyclists along scenic back roads and the beautiful Florida Coastline. Register at: <http://bikefln.nationalmssociety.org/site/TR/Bike/FLN-BikeEvents>

FYI...NFBC is well on its way of reaching our goal of \$15,000 for this year. Congratulation to **Darrin Bennett** (\$2,219) and **Barbara Porter** (\$1,120)...they have received their **MS TOP BANANA** achievement badge for raising \$1000 and that makes them a NFBC **BIG CHAIN RING!!!** And... while the cycling team of NFBC is busy fundraising and conditioning for this two day tour, we have a "tent" team that is busy preparing to provide you with an awesome experience when you roll into Daytona on Saturday afternoon! Don't you just love surprises!!!



CF Cycle for Life – October 26 Join us for our third annual CF Cycle for Life on Saturday, 26 October, as we ride through some of the most scenic terrain in North Florida. CF Cycle for Life features well-stocked rest stops every 10-12 miles, bike mechanics along the route, support vehicles, ride marshals, meals and much more! Choose from two routes: a 29-mile course perfect for any skill level, or the 65-mile route for more of a challenge. Register today, visit our webpage: nfl.cff.org/cycle



Bike 26.2 With Donna – November 10, 2013 5th annual Bike With Donna 26.2 is a cycling event to raise funds to finish breast cancer. One hundred percent (100%) of race proceeds and raised funds will go to bench top research at Mayo Clinic and to support the critical needs of those living with breast cancer through The Donna Foundation. Register at <https://register.breastcancer-marathon.com/bcmbike/> **PASSWORD: NFBC2013**

Team Appreciation Banquet – November 12 ...time to thank you for all your fundraising efforts and team camaraderie!!! Please mark your calendars now! This is a "don't miss" event!!!

NFBC TEAM T-SHIRTS!!! Everyone that participated in a 2013 event as a NFBC team member is entitled to a team t-shirt! PLEASE email me (beverlyscarbrough@windstream.net) WITH your t-shirt size (if you haven't done so already). We have ordered tech T's this year so there is a minimum quantity required. The LAST order will go in September 16.

EVENTS SCHEDULE

September 28 & 29 – MS Cycle to the Shore

October 26 – CF Wheels in Motion

November 12- 2013 Awards Banquet

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.

Registrations open for NFBC's 2014 Events...

ADA Tour de Cure – May 14, 2014

The new Jax Tour 2014 website is open; early bird registration is only \$15! Join us to take the ride of your life Saturday, May 17, 2014 at RiverTown! Given 9B construction on Phillips Highway and survey feedback, a great new venue to keep Jax Tour routes safe first and gorgeous second! Are you ready to ride to Stop Diabetes? Sign up today and ride for a reason! REGISTER TODAY: http://tour.diabetes.org/site/TR?fr_id=9370&pg=entry

Other events will include The Katie Ride for Life ...LIKE their Facebook page <https://www.facebook.com/KatieRideForLife> to keep up with the latest.



The North Florida Bicycle Club's Charity Ride Team was awarded this plaque by MS at our August Membership Meeting for 2nd place in top fundraising organizations for MS Cycle To The Shore.


LIKE us on FACEBOOK for the latest news and pictures! See you on the ESWR!!!

**Cycling for a cause...come ride with us!!!
Beverly/Team Captain**

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

by Beverly Scarbrough, NFBC CR7

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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. S = pace of slowest rider". 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.

*** = ***THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE***

Monday 9:00 AM A/B/C/S 30-100 miles Westside Ride 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. ***

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. Ride Leaders: Bert Shaw 904-262-8902 cell 415-425-2334 and Bob Lucas 904-699-8737 (day of ride). ***

Monday 9:00 AM A/B/C/S 30-100 miles Amelia Island/Fernandina Beach Ride. This ride will start at various locations each week announced via the social riders Yahoo group (sriders on Yaho). Ride Leader: Don Eipert 904-261-5160 ***

Monday 6:15 PM B+/B 20 miles Mandarin. Starts from **Champion Cycling** 11447 San Jose Blvd. Jacksonville 32223. Steady pace ride with no sprints and no drop policy. Contact Jeff or Dave at Champion cycling for more information at 904-262-5744.

Monday 6:30 PM Daylight Savings Time only A/B/C San Marco. Start at **Open Road Bicycles** 4640 Hendricks Ave. Jacksonville 32207. See Open Road webpage of map. Pace varies. Contact Open Road Bicycles for more information 904-636-7772

Tuesday 9:00 AM A-/B/C+/S 22-50 miles Ride Around Mandarin (RAM). Meet at Publix 11406 San Jose Blvd. Jacksonville 32223 Ride leader Bert Shaw 262-8902 cell 415-425-2334 ***

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 Lisa Elwell 904-254-8210. ***

Tuesday 6:00 PM A+/A/B 10-42 miles Fernandina Beach Ride. The start will alternate between PK Bike Shop (95754 Amelia Concourse Fernandina Beach 32034) and Harris Teeter (4800 First Coast Highway Fernandina Beach 32034). Go to <https://groups.google.com/forum/#!forum/ameliaislandcycling> for the weekly start location and updates. Ride Leader: Jonathan Tomassetti e-mail: tuesday-cycling@usa. ***

Tuesday 6:00 PM A/B/C 20 miles Riverside/Avondale from City Cycle 2740 Park Street Jacksonville 32205. Great ride for all levels with optional bridge laps. LIGHTS REQUIRED. For more information, contact Alice Gould at City Cycle 904-356-2453 or alice@worldfamouscitycycle.com.

Tuesday 6:15 PM Daylight Savings Time only A++ San Marco. Start at **Open Road Bicycles** 4640 Hendricks Ave. Jacksonville 32207. See Open Road webpage for map. Contact Open Road Bicycles for more information 904-636-7772.

Tuesday 6:30 PM Daylight Savings

Time only A-/B San Marco. Start at **Open Road Bicycles** 4640 Hendricks Ave. Jacksonville 32207. Contact Open Road Bicycles for more information 904-636-7772.

Tuesday 6:30 PM A+/A 30-35 miles Mandarin. Starts from **Champion Cycling** 11447 San Jose Blvd. Jacksonville 32223. Yearlong ride. LIGHTS REQUIRED. Contact Phil or Jeff at Champion cycling for more information at 904-262-5744.

Wednesday 9:00 AM A/B/C/S 30-100 miles Westside Ride. 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. ***

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

Wednesday 6:00 PM A/B 22-23 miles The Intowner Ride. 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. ***

Wednesday 6:30 PM Daylight Savings Time only A/B/C San Marco. Start at **Open Road Bicycles** 4640 Hendricks Ave. Jacksonville 32207. See Open Road webpage for map. Pace varies. Contact Open Road Bicycles for more information 904-636-7772

Thursday 8:15 AM A/B 32-50 miles First and Third Thursdays Mayport Ferry/Fernandina Ride. Meet at Mayport Ferry 4610 Ocean Ave. Atlantic Beach 32233. Bring \$2.00 for the ferry. Ride Leaders: Glenn Frindt 904-710-3512 and Bob Lucas 904-699-8737. ***

Thursday 9:00 am, A/B/C 38-50 miles Ride The Westside. Meet a Winn-Dixie 8560 Argyle Forest Blvd. Jacksonville 32244. Ride Leader: Sonya Adkins 904-777-6324. ***

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. Ride Leaders: Wallace McRoy 770-653-0104 or David Townley for century option 904-631-9164. ***

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

Thursday 6:00 PM A/B 25-30 miles Southside Express Ride. This ride starts at Melting Pot 7860 Gate Parkway Jacksonville 32256. LIGHTS REQUIRED. Ride Leader: Tim Oleary. ***

Thursday 6:00 PM A/B/C 14-20 miles Riverside/Avondale from City Cycle 2740 Park Street Jacksonville 32205. Laps of Acosta Bridge. LIGHTS REQUIRED. For more information Contact Alice Gould at City Cycle 904-356-2453 or alice@worldfamouscitycycle.com.

worldfamouscitycycle.com. Thursday 6:30 PM A+/A 30-35 miles Mandarin. Starts from **Champion Cycling** 11447 San Jose Blvd. Jacksonville 32223. LIGHTS REQUIRED. Contact Phil or Jeff at Champion cycling for more information at 904-262-5744.

Friday 9:00 AM A/B/C 30-100 miles Westside Ride. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road Jacksonville 32220. Look for updates via social riders Yahoo group (sriders on Yahoo). 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. ***

Friday 9:00 AM A-/B/C/S, 22-40 miles Chili's Ride. Meet at the Lowe's Parking Lot behind Chili's Bar and Grill, 12987 Atlantic Blvd., Jacksonville 32225. Or start from Fairfield Inn 1616 1st St. North, Jacksonville Beach 32250 at 9:30 Ride Leaders: Bert Shaw 904-262-8902 cell-415-425-2334 and Bob Lucas 904-699-7875 (day of ride). ***

Friday 10:00 AM B/C 17 miles Lunch at Dick's Wings-Nocatee Ride. Meet at Publix parking lot 120 Markside Ave. Nocatee 32081. Ride Leader: Wallace McRoy 770-653-0104. ***

Friday 6:30 PM B/C 18-25 miles Mandarin. Meet at **Bikes, Kites and More.** 2758 Race Track Road Jacksonville 32259. Beginners welcome. LIGHTS REQUIRED. Contact Tracy Quinn at Bikes, Kites and More for more information at 904-230-2242 or bikekite@aol.com.

Saturday, 7:00 AM A/B/C/S 24 miles Atlantic Beach. The Beaches Sundog Ride. Park on the street near the intersection of Atlantic Blvd. and East Coast Drive and gather in front of Al's Pizza 303 Atlantic Blvd. Atlantic Beach 32233. Beginners welcome. Ride leader: Susan Wallace 904-710-4429. ***

Saturday 7:00 AM A/B 50 miles Ponte Vedra Ride. This ride leaves from Joe Pelley's house at 17 Sea Bass Lane Ponte Vedra Beach 32082. Ride Leaders: Aaron Witt and Lisa Elwell. For info call 285-4022.

Saturday 7:15 AM A/B/C 10-40 miles Mandarin. Starts from **Champion Cycling** 11447 San Jose Blvd. Jacksonville 32223. Contact Phil or Jeff at Champion cycling for more information at 904-262-5744.

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. ***

Saturday 7:30 AM A/B/C 5-30 miles Arlington. Meet at **Champion Cycling** 1025 N. Arlington Rd. Jacksonville 32211. Beginners will learn basic safety and bike skills. Contact Stan at Champion Cycling for more information at 904-724-4922.

Saturday 7:30 AM A/B 25-55 miles Orange Park. Meet at **About Bicycles of Orange Park** 175 #9 Blanding Blvd. Orange park 32073. Contact Kent Lofton at About Bicycles for more information at 272-9100.

Saturday 7:30 AM A/B/C San Marco. Start at **Open Road Bicycles** 4640 Hendricks Ave. Jacksonville 32207. See Open Road webpage of map. Pace varies. Contact Open Road Bicycles for more information 904-636-7772

Saturday 7:30 AM B 17-35 miles Westside. Start at **Lakeshore Bicycles** 2108 Blanding Blvd. Jacksonville 32210. Contact Mark Fetzer at Lakeshore Bicycles for more information 904-388-0612.

Saturday, 7:30 AM, A++/A 20-60 miles St. Augustine Ride. Starts at Cobblestone Plaza on 312, west of US-1. This is a race pace ride. Contact: Ken Hinkle for more information 904-824-2422 or look for updates on St. Augustine Cycling Facebook page.

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. ***

Saturday 8:00 AM A/B 35-48 miles & A/B/C/S 17-29 miles on 3rd Saturday of month St. Augustine Ride. Meet at Publix parking lot in Vilano Beach. On 3rd Saturday of month ride starts at St. Augustine-Palatka Trail on Vermont Blvd. 1/2 mile NW of FL207. Ride Leaders: Mark Atkins 904-217-4399 cell 973-219-1092 and Penni Crews 501-5037. ***

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

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). Ride Leaders: Clyde Riggs 904-772-9278 cell 904-705-7183. ***

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. Ride leaders: Arun Tahiliani 904-662-5744, Rosemary Clark 904-997-9384 and Burt Jordan 904-743-0584. ***

Sunday 3:00 PM A/B/C 30 miles Westside Ride. Meet at the eastern trailhead of the Jacksonville-Baldwin Trail, 1804 Imeson Road. For more information, contact Alice Gould at **City Cycle:** 904.356.2453 or alice@worldfamouscitycycle.com.

*** = ***THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE***

S = ***PACE OF SLOWEST RIDER***



Updated on 09/01/2013