

WHEELSPEAK

The Newsletter of the North Florida Bicycle Club

WWW.NFBC.US

JUNE/JULY 2014

THE LONGEST RIDE ON THE LONGEST DAY ON THE SUMMER SOLSTICE

NFBC Riders rode from Jax to Gainesville & back on the first day of summer.

Twelve intrepid riders joined us for the Longest Ride on the Longest Day at sunrise on the first day of summer, June 21st to pedal 130 miles (209km) from Jacksonville to Gainesville & back.

This Summer Solstice ride featured rolling hills and 100 degree high temperatures and a whole lot of camaraderie.

We enjoyed lunch in Gainesville, and a rest stop at a bar.

Everyone that attempted the 130 miles finished getting in just before heavy thunderstorms came through in the late afternoon.

This is the third time that we have held the Jacksonville to Gainesville and back ride.

Look for it again in about 6 months with our Longest Ride on the Shortest Day during the Winter Solstice.



Our dedicated Tour de Forts volunteers were thanked with a pizza party

The North Florida Bicycle Club would not be the greatest bicycle club in Florida without of wonder volunteers. They all gave of their time, energy and enthusiasm, whether it be for a couple of hours or a couple of days to bring you a memorable ride. Riders along the Tour de Forts enjoyed a flawless experience because each of these good hearted and civic minded cycling enthusiasts. When you ride with us on the Tour de Forts and the Endless Summer Watermelon Ride, please don't forget to smile and say thank you to the volunteers who help your ride a pleasurable one.



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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 Fellow Members and Friends,

We are into the summer cycling season and several issues have occupied my thoughts. Planning for ESWR is progressing well under Co-Directors Don Klima and Tony Koziol. We are looking forward to another great ride on September 14th. Registration will open in July. As usual we will need volunteers in many areas so if you or a family member is inclined to help, please send an email to ESWRdirector@nfbc.us.

I hope you have seen a recent email about safety on our rides. It is too soon to tell if we are experiencing a real increase in the rate of crashes but we have had nine since the beginning of April, six due to crossed wheels in pacelines. I was involved in one of those crashes. While speed is always a factor, after all we usually don't fall off our bikes while standing still, speed has been only one factor. Incorrect estimation of one's own abilities, fatigue and momentary inattention seem to be a more important primary causes. Our Ride Director, Jonathan Tomassetti, will be addressing this much more with the Ride Leaders and the general membership.

While we are recreational cyclists and are incorporated as a social club, I think it is important and in our self-interest to advocate for cycling safety. While Bert Shaw and I believe we have an effective program in One Road, we are stalled for lack of funding. I am frankly deeply disappointed in the minimal support we have received from our Club members. We have raised a total of only \$1700 to date. You can donate directly through the club or via the Flagler website for a fully tax-deductible contribution by clicking on the One Road Campaign Tab on the NFBC website menu.

But improvements will not come from a media campaign alone. We need to lobby those who oppose our positions and support our advocates in government. The recent Jacksonville City Council votes on gas tax extension and the end of the Mobility Fee moratorium, both of which provide critical funds for bike-pedestrian projects, were due to the hard work of our supporters on the City Council and the cycling community's vocal presence at City Council meetings. We thank Bill Gulliford, City Council President, and especially, Council members Don Redman and Lori Boyer for their continued efforts to improve bike-ped safety in Jacksonville. Someone remarked to me that Lori Boyer and Don Redman can accomplish more for us in a week than we can accomplish without them in a year.

Elections for City Council and Mayor will be held in 2015. Unfortunately Councilman Redman is term limited and cannot run again. We plan on sending a survey on bike-related issues to all those who are running for City offices and will publish those result to our membership (Click here for the current roster of candidates). But

it is not too early for those of us to express our support by donating directly to the election campaigns of our friends and advocates.

I welcome your comments and suggestions. Please email me at prez@nfbc.us with your thoughts.

Ride smart and ride safe.

Hoping to see you on the road,

Mark Atkins
2014 NFBC President



NFBC has purchased an additional twelve jerseys for sale in sizes Large, Extra-Large and 2XL. and you can reach out to our Equipment Manager Brian Reyes for purchasing.

The Aaron Cohen Life Protection Act relating to leaving the scene of an accident is now law in the State of Florida.

This law includes increasing the punishment for leaving the scene of a crash resulting in serious injury to a person, imposing a mandatory minimum term for imprisonment of four years for a driver convicted of leaving the scene of a crash resulting in the death of a person, increasing the mandatory minimum term of imprisonment from two to four years for a driver convicted of leaving the scene of a crash resulting in the death of a person while driving under the influence, and imposing a minimum driver license revocation period of at least three years.



Peddle your NFBC pride with new North Florida Bicycle Club cycling socks! To acquire your fabulous new socks, please email Brian Reyes bdreyes@comcast.net or call 904-318-9524 to make arraignments to buy.



NEW MEMBERS (22)

Sheila Andersen
Bryan Barker
Dayn Boitet
Judy Boitet
Victor Carden
Andrew Carver
Kathy Carver
Dwight Cooper
Jose Fuentes
Kathleen Gallavan-Stepp
Kyle Grenadier
Ron Lake
Rae Marie Mattis
Peter Newrton
Brenda Patton
Martin Pena
David Richardson
Cecil Salmon
William Scott
Rosemary Slattery
Len Stepp
Armond J. Tomassetti

**RENEWING MEMBERS
(46)**

Tammy Baldassarre
Brian Benwick
Ivette Berrios-Lewis
Laurence Bridges
Andrew Cabb
James Carden
Jim Carden
Joseph Cona
Alana Conley-Tonn
Denise Dailey
Daniel Dinsmore
Lisa Elwell
Mark Fetzer
Robert Fortney
Mary Geer
Michael Geer
Rita Geer
Robin Geer
Steven Geer
Philip Gibbs
Ann Grenadier
Edward Grenadier
Jeff Harrison
Ronald Harry
Darrin Hayes
Kirk Hersey
Glenn Hunt
Michile Hunt
Anthony Koziol
Carol Lemos
Connor Ma
Justin Ma
Peter Ma
Mary Mancino
Jenna Marino
Jim Marino
Shay Marino
Jeremy Maurice
Patti McRoy
Wallace McRoy
Bill Moss
John Norman
Randall Pfahler
Michael Pilolla
Suzanne Pilolla
George Schorr

**We are missing riding
with our friends whose
NFBC memberships
have expired. Please
join us again!**

Kathleen Armstrong
Max Armstrong
Rick Armstrong
Joseph Bell
D. Rodney Brown
John Butler
Jim Cordell
Michael Cottrell
Susan Craig
La Cruz Jr., Hipolito D
Dianne Drysdale
Jay Erne
Laurie Gambino
Hillary Ghani
Marcy Heap
Mark Heap
David Hotchkiss
Karen Hudson
Alexandra Kay
peter keegan
Jason Keeney
Jeremy Kelsey
Stephen Menke
Thomas Olson
Ed Parsons
Michael Pilolla
Paul Pisani
Danny Randolph
Felicia Reed
Frances Siver
Montreal Stevens-Williams
Don Till
Pat Wagoner
Tung-chin Wei
Sheldon York

**Riders coming together
in downtown JAX during
National Bike To Work
Day.**



The Board of Directors of the North Florida Bicycle Club would like to thank our volunteers for their help and dedication during the Tour de Forts.

We try to have a complete and accurate list and our sincerest apologies if we omitted anyone who gave of themselves to made our ride a tremendous success.

We could not have rides like the Tour de Forts without the their help. Please be sure to thank our volunteers when you ride the Tour de Forts or the Endless Summer Watermelon Ride.

Jake Ano
Wes Page
Charlene Page
Susan Anderson
Brenda Page
Anne
Erin Hagen
Cara Densford
Dan Baker
Chris Perone
Malinda Peebles
Kathy Taylor
Monica Williams
Pete Peebles
Lillian Bryson
Amanda Austin
Phyllis Atkins
Scott Wargula
Cullen Peele
Raymond Colon
Gerard Lozano
Mark Atkins
Holly Trubiani
Josh Trubiani
Eric Esteban
Lorena Dayot
Allysen Dayot
Arthur Dayot
Allynah Dayot
Nonoy Dayot
Hazel Esteban
Nathan Esteban
Pepper Ramirez
Sean Ramirez
Jenna Ramirez
Lauren Uy
Laurice Uy
Lani Galang
Dexter Galang
Derrick Galang
Bud Trangia
Richard Horton
Sharon Opkins
Francis Siver
Dee Young
Barbara Weldon
Cecelia Dziergowski
Eric Loflin
Pattie Kepshire
Kim Sumrall
Chuck Sumrall
Sherry Jones
Chuck Jones

Deb Boswell
Robin Heikkinen
Bradlee Cribbs
Loretta Cribbs
Dee Ann Bone
Jackie Abel
Tonya Delarosa
Andrea Delarosa
Neeta Nicholson
Dawn Sapp
Jennifer Aston
Chris Phelps
Jody
Dan Caisse
Dave
Harrison Maurice
Jodi Hohlstein
Beverly Scarbbrough
Donna Sherman
Lena Acosta
Barbara Porter
Besty Shepler
Donna Eversole
Fred Eversole
Pat Ezell
Rosemarie Knoll
Curtis Siver
Robert Opkins
David Cannedy
Chet Lewis
Daniel F. Lehmann
Bob Calamita
Jeff Hohlstein
John Crocker
Michael Hendershot
Gary Fairfield
Linda Malloy
Lisa Elwell
Lloyd Lemon
Betty Sargent
Steve Sargent
Ellen Koren
Mary Greenhill
Craig Greenhill
Dennis Glasscock
Mark Atkins
Dennis Lindsey
Bert Shaw
Len Burroughs
Brian Reyes
Robert Knox
Jonathan Tomassetti
Jack Tomassetti





UPCOMING EVENTS



MS Cycle to the Shore

Ponte Vedra to Daytona & back!

September 20-21, 2014

For detail, visit http://bikefln.nationalmssociety.org/site/TR/Bike/FLNBikeEvents?fr_id=22906&pg=entry

Bike With Donna 26.2

St Johns County

Novemeber 11, 2014

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

RAGBRAI

Riding Across Iowa

July 19th - July 26th

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

25th Annual ENDLESS SUMMER WATERMELON RIDE

Amelia Island

September 14, 2014

Check out our Facebook page for updates and visit:
<http://www.nfbc.us>

Mileage/Centurion Stats

Stats shown are as of 06/22/2014

MILEAGE LEADERS

6,639 Tom Schnorbus
5,304 Jeff Knoll
4,585 Mike L McMillen
4,515 Mrs Lisa Elwell
4,442 Sonya Adkins
4,345 Larry Patz
4,293 Mr Thomas Herlihy
3,991 Larry A Elswick
3,984 Richard Horton
3,896 Bob Lucas
3,651 Jonathan Tomassetti
3,631 Jerry E Dryden
3,522 Len R Burroughs
3,473 Steve Sargent
3,246 Mark Atkins
3,163 Richard Eisman
3,086 Mr Allen D Gould
3,025 Julius Grant Sr
2,932 Wallace J McRoy
2,879 Daniel F Lehmann
2,792 Donald Eipert
2,703 John Norman
2,670 Clyde Riggs
2,668 Susan R Wallace
2,501 Denise Dailey
2,488 Gus Reinwald
2,466 Bill Weber
2,418 Dave Kirby
2,358 Ken Blackett
2,178 Ann Duncan
2,105 Mr Mike R Pikula

250CENTURY RIDES

Jonathan Tomassetti 58
Larry Patz 56
Michelle Cannedy 25
Steve Sargent 21
Tom Schnorbus 18
Patrick Donovan 8
Jeff Knoll 8
Mark Atkins 8
Christopher Perone 7
Faith Fetzer 7
Cathy Fetzer 7
Jeff Harrison 6
John Silvester 3
Michael Kyle 3
Dan Lehmann 2
Jerry Dryden 2
Dennis Shepherd 2
Gary Weltman 2
David Townley 1
Sallie McDonald 1
Charles Blumberg 1
Bob Lucas 1
Wayne Officer 1
Ivette Berrios Lewis 1
John Norman 1

Century A Month Club

(11/1/13 - 10/31/14) The following members have completed century rides in NOV, DEC, JAN, FEB, MAR, APR, MAY, June

T. Schnorbus
L. Patz
M. Cannedy,
S. Sargent
M. Atkins
J. Tomassetti



NFBC Club Rides

06/29/2014 SOUTH RIDE: Vilano-St. Augustine Lighthouse Ride A/B 44-57 miles

Time: 8:00 AM

Place: Publix Parking Lot Poplar Avenue Vilano Beach, FL 32084

Ride Leader: Mark Atkins Phone 973-219-1092

06/29/2014 NORTH RIDE: Callahan To Kings Ferry A/B/C 38/53

Time: 8:00 AM

Place: Historic Train Depot West Nassau Museum of History 45383 Dixie Avenue Callahan, FL 32011

Ride Leader: Jonathan Tomassetti Phone 904-321-0214

07/04/2014 The SUMMER YOYO Century 30, 55 & 83 miles A/B/C/S

Time: 8:00AM

Place: Jacksonville-Baldwin Rail Trail 1804 Imeson Road Jacksonville, FL 32218

Ride Leader: Jonathan Tomassetti PH 904-321-0214

07/06/2014 World Golf Village A/B/C 33-52

Time: 8:00 AM

Place: Publix Parking Lot Murabella Shopping Center 124 Tuscan Way St. Augustine, FL 32092

Ride Leader: Sean T Rotolo Phone 315-271-6877

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

Jim Warmowski Memorial Share the Road Ride



Bicycle Pacelines Tips and Techniques for Safer Riding *by Jack Houghton* with contributions from **Contributors: Carroll Sharp, Bob Lucas, Lisa Elwell, Mark Atkins, Jonathan Tomassetti**

First Article: Definition of a Paceline and Introduction to Paceline Riding Safety

Over a series of Wheelspeak issues, we'll cover the topic of paceline riding. Perspective is safe and enjoyable cycling for North Florida Bicycle Club members.

There is general consensus on most aspects for safe paceline riding. These will be covered in the article series. Member feedback is welcome. In a few areas, there are different views. These 'safe or not safe' issues will be assessed further by the NFBC Ride Director in conjunction with Ride Leaders.

This initial article defines a paceline and sets forth general paceline riding safety principles.

A paceline is a group of cyclists riding closely together one behind the other. Members typically take turns serving as the lead cyclist through a rotation process. However, the same person can remain the lead cyclist over a longer ride duration.

Riding in a bike lane or street with greater than a bicycle length interval between riders is a group ride, but not a paceline ride. Tight closure of distance between road cyclists is a defining characteristic of pacelines.

Riding within a paceline can be exhilarating. There is beauty to cyclists riding together in close synchronization. For most cyclists, the formation's efficiency ('drafting') enables riding at speeds and distances that would not be sustainable as a solo cyclist. Riding alone into a head wind isn't much fun. With others to help, the miles go by more enjoyably.

Members of a paceline depend on each other for group safety. As speed increases and separation decreases, available reaction time compresses. The axiom "know your fellow riders" is particularly important when riding in a paceline. A misjudgment by one rider can cause a paceline crash. If you are unsure of the skills and knowledge of a new-to-you rider, prudence is to not ride near that person.

The lead rider and the rider immediately in front of you have the most influence on your safety. If wheels touch, the trailing cyclist usually is the one falling. Rider/s who crash in a paceline are fortunate if the consequences are only scrapes and bruises. Serious fall injuries, such as fractured bone and damage to nerves, do occur. As the ex-patient in the shingles commercial quipped, "Believe me, you don't want to experience this".

Paceline riding is safer if all members of the paceline group (1) understand expectations and (2) adhere to them. Your fellow cyclists depend on you to ride safely within the formation.

Have you received any training on paceline riding? Do you know safe paceline riding practices? If not, become familiar with paceline riding techniques before you join a paceline.

Are you in shape to ride at the speed and distance that the group rides? If not, your fatigue could cause an accident.

Are you OK conforming to group norms while riding in a paceline? If not, better that you ride ahead or behind the paceline.

The next article in this series will cover specific practices for safer paceline riding.

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.

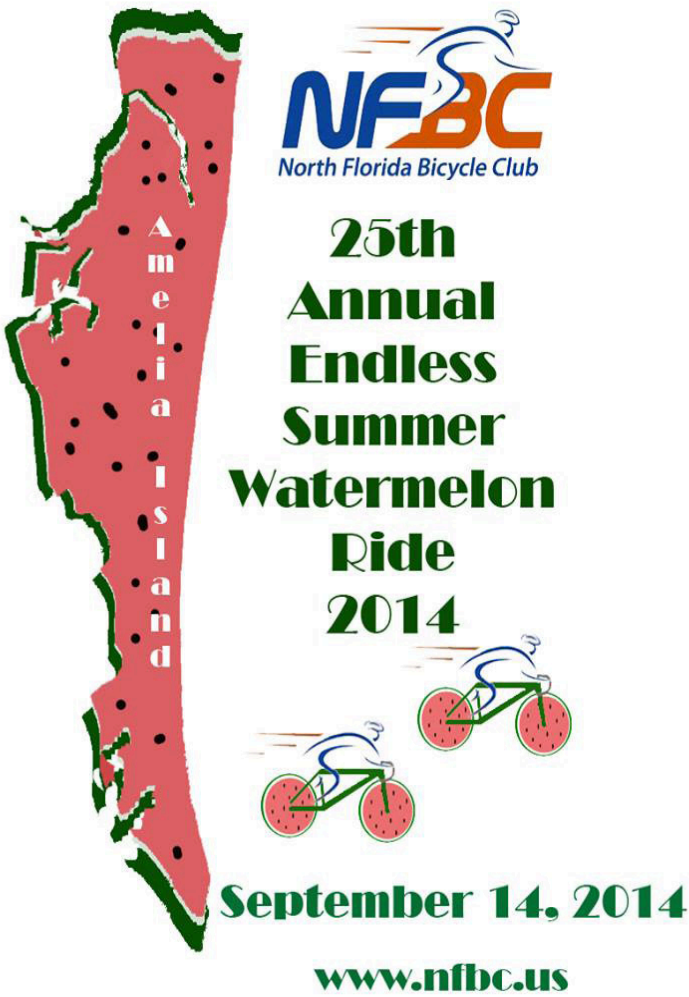
**COME RIDE WITH US ON THE 25TH ANNUAL
ENDLESS SUMMER WATERMELLON RIDE!!!**

Please come out and ride with us on our 25th annual Endless Summer Watermelon Ride on picturesque Amelia Island on Sunday, September 14th. Join riders of all speeds through historic, tree lined Fernandina Beach, Fort Clinch State Park and along the ocean on Amelia Island.

Amelia Island is one of the best places to ride in Florida. This supported ride includes snacks, rest stops, a post-ride lunch, mechanical aid, motorcycle escorts, and roving assistance teams.

Routes are available from 20 to 100 miles. Riders at the 38 mile level and greater can cruise through Big and Little Talbot Islands and beyond.

Come for the ride and stay for the watermelon! Make your ride a vacation & stay at one of Amelia Island's fabulous historic bed and breakfasts or a hotel on the beach.



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



NFBC CHARITY RIDE TEAM

Inspirations by Captain Beverly

The NFBC Charity Ride Team donned capes for the cure while riding to raise money and awareness of diabetes on the American Diabetes Association's Tour de Cure in beautiful St Johns County.



2014 Ride Schedule

September 20-21 - MS Cycle to the Shore [http:// MS Cycle to the Shore](http://MS Cycle to the Shore)

November 9 – Bike 26.2 with Donna <http://breastcancermarathon.com/bike/>

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.

LIKE us on FACEBOOK for the latest news and pictures!!!



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


by Beverly Scarbrough, NFBC CR7

nfbcccharityteam@gmail.com
beverlyscarbrough@windstream.net
PH 912-282-1138

by Anna Hixon/Co-Captain


PH 321-271-6126
nfbcccharityteam@gmail.com

NFBC Supporters


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Chris Burns is not your typical personal injury attorney. As an avid rider, he combines his experience on the road with his expertise and insight in the courtroom. This unique perspective provides cyclists across Florida with the representation they deserve.
Your race for compensation begins here.
904-632-2424
FloridaCyclingLaw.com
burns@terrellhogan.com

CHRISTOPHER G. BURNS
ESQ.
JUSTICE FOR CYCLISTS

NFBC AREA/WEEKLY REPEATING RIDES

The Area Weekly / Repeating rides are open to everyone and best of all they’re free!

Anyone participating in a club sponsored ride must sign a waiver - NO EXCEPTIONS.

Some of these rides listed are offered by local bike shops. Club sponsored rides can be identified by *** following the ride description:

Ride Ratings: A = 18-21MPH B =14-17MPH C= up to14MPH S = Pace of slowest rider

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. Look for updates from Clyde 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. ***

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 32246Ride 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 Yahoo). For more information contact managing Ride Leader: Don Eipert 904-261-5160 ***

Monday 6:00PM No Drop Ride Meet at **Bicycles, Etc.** 8036 Phillips Highway #8, Jacksonville 32256.Their famous “no drop” ride, Good ride for the new rider or those wanting a recovery ride. Contact Bicycle Etc. for more information 904-733-9030

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 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. ***

Tuesday 9:00 AM A/B 30-44 miles Jacksonville Beach Sand Castle Beaches Ride. Meet at the Sand Castle Home Depot shopping center 3818 3rd St Jax Beach 32207. Ride Leaders Glenn Frindt 904-710-3512 & Lisa Elwell 904-252-8210 ***

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

Tuesday 6:15 PM A++, 6:30 PM A-/B 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 A+/A 30-35 miles Mandarin. Starts from **Champion Cycleing** 11447 San Jose Blvd. Jacksonville 32223. 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. Leaders: Clyde Riggs 904-772-9278 cell 904-705-7183. 8 AM-9 PM. ***

Wednesday 6:00 PM A+/A/B 10-42 miles Fernandina Beach/Yulee 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). Please view Amelia Island Cycling web site: <https://groups.google.com/forum/#!forum/ameliaislandcycling> for the weekly start location and updates. Ride Leader: Jonathan Tomassetti e-mail: nassau-cycling@usa.net.***

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. ***

Wednesday 6:00 PM A/B 24-25 miles Note new route due to construction on San Jose Blvd. **The In-Towner Ride.** This ride starts at 2221 University Blvd. West Jacksonville 32217 (yellow house/office next to the Lakewood Presbyterian Church 0.5 mile east of San Jose Blvd.). LIGHTS REQUIRED. Ride Leader: Al Lamoureux 904-613-7465 or Dan Caisse 904-708-7635. ***

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. 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. ***

Thursday 9:00 AM, A/B/C 38-50 miles Ride The Westside. Meet at 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 32034 Ride Leader Don Eipert 904-261-5160. ***

Thursday 6:00 PM “HANG ON FOR DEAR LIFE” Bicycles Etc. 8036 Phillips Highway #8, Jacksonville, FL 32256. Good ride for those looking for a fast training ride. For more information, contact Bicycles Etc. at 904-733-9030

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

Thursday 6:15 PM A/B 25-30 miles Southside Express Ride starts at Melting Pot 7860 Gate Parkway Jax 32256. LIGHTS REQUIRED. Ride Leader: Kevin Pryor 904-363-9865. ***

Thursday 6:30 PM A+/A 30-35 miles Mandarin. Starts from **Champion Cycling** 11447 San Jose Blvd. Jacksonville 32223. Yearlong ride through northern St. Johns County. LIGHTS REQUIRED after end of Daylight Savings Time. 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. Meet at the eastern trailhead of the Jax-Baldwin Rail Trail, 1804 Imeson Road Jacksonville 32220. Same informationas Monday and Wednesday Trail rides.

Friday 9:00 AM A-/B/C/S, 22-40 miles Arlington. Chili’s Ride. 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. 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 in Nocatee Ride. Meet at Publix parking lot 120 Marketside Ave. Nocatee 32081 Last minute changes to ride will be posted on Nocatee Cycling Facebook page. 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 St. Johns 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 & gather in front of Al’s Pizza 303 Atlantic Blvd. Atlantic Beach 32233. Ride leader: Susan Wallace 904-710-4429. ***

Saturday AM 7:00 AM A/B 50 miles Ponte Vedra 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. Yearlong ride through northern St. Johns County. Contact Phil or Jeff at Champion cycling for more information at 904-262-5744.

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** 2176 Park Avenue Suite 102. 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 Ride. 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 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 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. ***

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 8:00 AM A/B 35-48 miles & A/B/C/S 17-39 miles on 3rd Saturday of month St. Augustine. 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 Andy Bell 904-829-6861.***

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 Leader: 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 leader: Arun Tahiliani 904-662-5744. ***

Sunday Social Rides 2:00 PM C/S Meeting place varies so look for updates from Len via social riders Yahoo group (sriders on Yahoo). **This is a slower paced, NO DROP ride with special attention to new riders or cyclists who want to learn to ride with groups** Ride leader: Len Burroughs 904-389-2889 or cell 904-838-3284. ***

Sunday 4:00 PM A/B/C 30 miles Westside. Meet at the eastern trailhead of the Jacksonville-Baldwin Trail, 1804 Imeson Road. Sponsored by **City Cycle**. For more information, contact Alice Gould at City Cycle: 904-356-2453 or alice@worldfamouscitycycle.com