

WHEELSPEAK

The Newsletter of the North Florida Bicycle Club

WWW.NFBC.US

AUGUST 2014

INVITE YOUR FRIENDS AND FAMILY TO JOIN US ON OUR 25TH ANNUAL ENDLESS SUMMER WATERMELON RIDE ON BEAUTIFUL AMELIA ISLAND

The North Florida Bicycle Club presents the most popular biking event of the year: the Endless Summer Watermelon Ride on September 14, 2014, Amelia Island

Join cyclists of all speeds through the historic, tree lined streets of Fernandina Beach, Fort Clinch State Park and along the sand dunes of the Atlantic shores.

Our supported ride includes snacks, rest stops, a post-ride lunch, mechanical support, motorcycle escorts, and roving support teams. Routes are available at the 20, 30, 58, 80 and 100 miles. Come for the ride and stay for BBQ and watermelon!

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.

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

Register online now at www.NFBC.us



My Aids LifeCycle Experience *By Thomas C. Raines*

When asked by Robert Knox to document my experience I readily agreed. Since my return home, I have reflected on the trip pretty much non-stop. The question was where to begin? The most logical place would be the beginning, so here we go. My oldest daughter Tara participated in the ride in 2013.

On the Saturday before beginning the ride (orientation day) she phoned me and told me she was having second thoughts. I assured her that she would do fine; she would have a ball and sign up to do in again next year. Well, as predicted she did, but not only did she sign up for the 2014 ride; she also registered me! Mind you, I am not a cyclist...did not even own a bike worthy of a road trip of this magnitude. Yet, being the intrusive parent I am, I agreed to do the ride with her.

In September of 2013, I began my search for a decent quality bicycle reasonably priced. I located a Raleigh Revenio 2.0; the bike has a carbon composite fork and is relatively light in weight, a concern considering I will have to ship the bike to San Francisco.

As previously stated I am not a cyclist hence learning now really begins. I knew nothing of pedals, shoes, or outfitting. I mentioned my event to a co-worker Sean Rotolo. Little did I know Sean is an avid cyclist, he immediately became my riding trainer/mentor. Sean ensured I had proper

pedals, shoes, and a safe route to train. Over the next few months, I managed to get in one 30-mile ride and several shorter rides any excuse worked not to ride, too cold, raining, busy, or just flat out did not feel like riding. This proved to be a major mistake on my part! Unaware of the venture upon which I was embarking I minimized my preparation.

The Aid LifeCycle machine is unlike any single fundraiser I have ever seen; this year the event raised \$15,000,156. Imagine if you can 2,300 riders and 600 roadies teaming up to make this event happen. I arrived in San Francisco on orientation day to see several stations with long lines. The registration station is where we were given our wristbands stating we were registered and from out of state (color-coded); they even have wristbands to denote you are vegetarian. At the tent assignment station, well we were given our tent assignment and luggage tag complete with a grid number. The medical station is where if needed you were able to deliver any medication requiring refrigeration. This is important, as quite a few people on the ride are HIV positive, they even have a team called the Positive Peddlers. The beauty of this service is they guarantee you will receive your medication within 15 minutes of your normal intake, yes, and they find you on the route! Cannondale was on hand to reassemble shipped bicycles; no stone had been left unturned.

I had the opportunity to speak with persons



directly and indirectly affected by the disease. I heard stories of families disowning members to the stigma associated with the disease, stories of the denials. Some told stories of lost loved ones, friends, and family. All tear-jerking stories making the daily woes I personally endure seem trivial.

Day one: The California countryside provides some of the most magnificent panoramic surrounds imaginable. On day one, we traveled from San Francisco to Santa Cruz a short 82.5-mile trek. This is when I got my first look at camp life.

Tent city is the best description I can come up with (remember the grid mentioned earlier?). This is where I learned about shower trucks and multiple banks of porta-potties strategically located through the camp. I guess here is where I can inject I am retired Navy for a reason!

Continues on page 5

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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 just weeks out from the Endless Summer Watermelon Ride on September 14th. Don Klima and his team are hard at planning another terrific ride on Amelia Island with routes of 19, 30, 55, 77 and 100 miles. Jonathan Tomassetti has revised the routes, so that in addition to riding through Ft. Clinch and along the coast, we will travel through parts of historic Fernandina Beach as well. The longer routes will head out Hecksher Drive and loop around to Cedars Point.

The post-ride lunch will once again feature Sonny’s BBQ which has been such a hit in the past.

Tony Koziol has designed a brand new logo to celebrate the 25th Anniversary of ESWR.

We have obtained discounts at a number of hotels on the Island. With the Blues Festival running Friday and Saturday, stay overnight and make ESWR a weekend getaway. Go to NFBC.US to register if you haven’t already done so.

We are still in need of volunteers including help with registration, rest stops, SAG services, etc. Even if you plan to ride, please help us recruit volunteers from family, friends, co-workers or high school students needing volunteer hours. Go to NFBC.US to see the list of volunteer opportunities and to enroll someone as a volunteer.

ESWR along with Tour de Forts and memberships is what supports the year-round activities of the Club. This year we have undertaken an initiative to obtain the additional support from the business community who want to target the growing biking community in northeast Florida. We have developed advertising packages at the \$250 and \$500 levels and ask that our members approach their merchants and business contacts to interest them in the opportunity. Contact Don Klima if you need more information or have a business interested in advertising with us.

Cycling is gaining greater attention, to wit the nearly completed bike lanes on San Jose Blvd. and a proposal for a bike-sharing program by JTA. There have been several cycling-related stories in the media lately. Despite some advances, safety is still a major issue. I hope you are participating in the One Road Campaign Membership Challenge which will end on August 15th. This program will put NFBC in the forefront of safety efforts in northeast Florida. I encourage you to attend the August 28th public meeting about the Fuller Warren project. We need to keep the pressure on to insure that a bike pedestrian path is included in the final plans.

Board elections will be held in November. While all positions are open, the Membership Director, Jodi Hohlstein, and Wheelspeak Editor, Robert Knox, have indicated

their desires to step down. In addition, the Vice President position remains unfilled. You have until the October Club meeting to announce your intention to run for office with the election to be held at the November meeting. Please contact me at prez@nfbc.us or another Board member if you are interested in standing for office.

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



“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” ~ Sherry Anderson

Have you ever thought about what ESWR/TdF’s would be like without our volunteers?

Think about how many parts of the ride our volunteers touch: registration pick up running smoothly, SAG support for tired riders and broken bicycles.

How about the rest stops with the hydration and nutrition distribution?

Would you miss them? What about the lunch afterward and volunteers cleaning up after all the riders depart? Would you miss reading about it in Wheelspeak? Seeing the post on the website and Facebook? All of this and more would go away without our volunteers.

And right now we have about half of the volunteers we need to insure ESWR provides all of the amenities that have been offered in the past ~ NFBC needs more volunteers!

But you have all heard and read that before haven’t you? However, have you ever thought how many volunteers it takes to run NFBC?

Take a look at the rides we host per week ~ each one of those requires at least one ride leader ~ yes ~

volunteers. For each major ride we host ~ ESWR & TdF ~ we need a minimum of 100 volunteers (per ride) ~ yep ~ that’s 200+ volunteers right there.

That doesn’t include the ride directors and board members who are involved with the event.

What about the holiday party, the volunteer appreciation lunches and the membership appreciation picnics that happen throughout the year. All put on by volunteers.

Kind of mind boggling isn’t it?

We are a club over 1250 members strong ~ one of the largest bicycle clubs in Florida, which in and of itself is pretty impressive. But of those members, we seem to have the same volunteers offer their time over and over again. We truly appreciate them giving of themselves, their time and their efforts. But NFBC needs some new volunteers to step forward and give of their time and efforts as well.

If you are not riding ESWR would you consider volunteering to help staff a rest stop or help at the venue? If that doesn’t appeal to you, what about helping SAG for the riders on the course?

If you are riding, would one or more of your family members consider helping staff a rest stop so they can see some of the reasons you enjoy riding with NFBC? You all provide the volunteers and we provide the equipment and food to distribute!

If you or family members want to volunteer you can go to the NFBC website www.nfbc.us, click on the “Volunteer Now” button toward the end of the home page and see what volunteer slots are still open. Click on the one the appeals to you. Or you can contact our ESWR Ride Director Don Klima eswrdirector@nfbc.us.

Your volunteerism will be rewarded by our grateful appreciation, a commemorative tee shirt and lunch at the venue the day of the event. In addition to that there will be a volunteer appreciation lunch at a later date so you can meet the others who helped make a difference in the day of our riders!

Come on “Make our day!” VOLUNTEER!

Thanks Jodi Hohlstein

“Volunteers are paid in six figures... S-M-I-L-E-S.” ~ Gayla LeMaire

NEW MEMBERS (83)

Adams, Ann
Ancelin, Andrew
Baker, Kathy
Bieker, John
Bieker, Nicolas
Bracht, Ed
Braga, Luciana
Bujold, Coco
Bujold, Mark
Buszta, Kevin
Buszta, Susan
Campbell, Jeffrey
Cintron, Dailys
Cintron, Irving
Davis, Robert
Dreher, Al
Duncan, Lisa
Embrey Sr, Robert
Evans, Kenneth
Fuller, Rochelle
Gainey, Gavin
Gainey, Kailee
Gillespie, Mike
Gomez, Rebecca
Gopinath, K
Harbeson, Cobb
Harbeson, Jan
Henderson, Susan
Hobson, Gary
Holland, Thomas
Joy, Bruce
Keiser, Maurice
Kelsay, Joanne
Kishek, Faris
Kwilinski, Denise
Lane, Veronica
Langford, Thomas
Layland, Michael
Lehmann, Carolyn
Lehmann, Steve
Levee, Ginny
Levee, Wayne
Lonsdale, Alexander
Lonsdale, Bobbie
Maresh, Myra
Mateeva, Velislava
McDonald, John
Miller, Angela
Murray, David
Neely, Lyn
O'Connor, Mary-Ann
O'Connor, Michael
piccioni, joseph
Reed, Gary
Reed, Linda
Rhynehardt, Brenda
Rhynehardt, Steve
Rogers, Timothy
Russ, DeAnne
Santiago, Carolyn
Santiago, James
Santiago, John
Santiago, Joseph
Santiago, Rodrigo
Sherwood, George
Sherwood, Sharon
Smith, Andrea
Smith, Paige
Sweeley, Maynard
Tallyn, Nick
Taylor, Braylen
Taylor, Patti
Upson, Larry
Vasquez-Bieker, Adriana
Walker, Felicia
Watson, Flash
Williams, Etta Clare
Wright, John
Yoder, Alyssa
Zapala, Carol
Zapala, David

**RENEWING MEMBERS
(157)**

Acosta, Lina	Houghton, Jack
Adorno, Juan	Houghton, Karen
Allaire, Pierre	Hudson, Bob
Andaluz, Wilfredo	Hudson, Jennifer
Andrews, Brooks	Humphreys, Gunnel
Baker, Dan	Jackson, Theresa
Baker, Kathy	Johnson, Glenn
Barbato, Paul	Kelsay, Joanne
Bedell, Bryan	Klima, Don
Bird, Terry	Klima, Karen
Bowman, Walter	Knapp, Kelly
Bryant, Walter	Kobylarz, Sean
Burroughs, Len	Koren, Ellen
Burroughs, Vicki	Koren, Rich
Butler, John	Lawrence, Albert
Carrero, Elisabeth	Lee, William
Carrero, Jarvys	Lefevre, Chantal
Carrero, Justin	Lukner, Claus
Carrero, Pedro	Lukner, Ulla
Cavanaugh, Russell	Machado, Steven
Clark, David	Maddox, matthew
Clark, Rosemary	Magnuson, Mike
Collavo, Maryellen	Manning, Scott
Cooper, Bill	Mckay, Tarron
Cooper, Connie	Menefee, Michael
Coy, DTerry	Michaux, Jennifer
Crane, Larry	Mills, Leigh
Crocker, John	Mitchell, Farrell
Dannelly, Karen	Neely, Loren
Dannelly, Michael	Neely, Lyn
Dannelly, Philip	Neely, Lynne
DeVane, Joyce	Neely, Michael
DiAngelo, Michael	Nelson, Mark
Dixon, Ron	Owens, Claude
Doherty, Jerry	Petersen, Walter
Elliott, Howard	Peterson, Dave
Evans, Jonathan	Peterson, Jeanne
Eyler III, William	Piazza, Guillermo Ramos
Feigenbaum, Bernard	Roseberry, Charles
Fitzpatrick, Anna	Roseberry, Lita
Fitzpatrick, Catherine	Sandberg, Julie
Fitzpatrick, Colleen	Sargent, Betty
Fitzpatrick, Peter	Sargent, Steve
Fost, Bobbie	Sharp, Carroll
Frazier, Frank	Sheridan, Cecelia
Fulton, Ernest	Soper, Lindsey
Fulton, Jennifer	Soper, Steven
Gambino, Laurie	Spino, Michael
Garcia, Johnnet Carla	Stokes, Stan
Garcia, Caloy	Suarez, Antonio
Garcia, Clarisse	Taylor, Calla
Garcia, Ethel	Taylor, Debra
Garcia, John Carlos	Taylor, Gabe
Garcia, Johnard	Taylor, Jay
garibaldi, robert	Thomason, Bruce
Gayle, Michael	Tolley, Michael
Gerrish Nelson, Pam	Townley, David
Glass, David	Townley, Vicki
Goldblatt, Jackie	Udayakumar, Gowdagere
Grant Sr, Julius	Vose, Brenda
Gregovits, Liz	Wilkes, Jason
Griffith, Charles "Chuck"	Wilson, Judy
Griffith, Stephanie	Wilson, Skip
Gunn, Sayer	Wolfe, Steve
Haines, Anthony	Yarish, Jamie
Haines, Caitlyn	Yarish, Paul
Haines, Chris	York, Sheldon
Haines, Margaret	
Haines, Shannon	
Hale, Patrick	
Hamm, Jay	
Hart, Benjamin	
Haslip, Gary	
Haslip, Rosa	
Hausman, Harry	
Hedges, James	
Hedges, Shirley	
Henderson, Susan	
Hotson, Jan	
Hotson, Kent	



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

Adams, Cheryl	Veling, Peter
Adams, Ron	Wares, Jeremy
Briatico, Joe	Wares, Leanna
Brock, Mary	Wiggins, Joanne
Castrejon, Mirna	Williams, Lindsey
Charles, Chris	Windeler, Fran
Charles, Tracy	
Cooper, Dianne	
DeFord, David	
DeFord, Kenda	
Dehner, Timothy	
Diaz Jr, Robert	
Diaz, Robert-Michael	
Ellis Friday, Sabrina	
Fail, Amy	
Fail, Bill	
Fortun, Oleg	
Fritschle, Andrea	
Fuhlendorf, Travis	
Gallo, Eric	
Gardner, Leigh	
George, James	
Gilbert, Ian	
Goga, Kathleen	
Goga, Kelsey	
Goga, William	
Gonzalez, Luis	
Gray, Robert	
Hagan, Joan	
Holden, Alyssa	
Holden, Kailey	
Homsley, Denise	
Humphreys, Gunnel	
Jackson, Marc	
James, Vance	
Jenkins, Lloyd	
Johnsen, Raymond	
Joyce, John	
Joyce, Parker	
Joyce, Patricia	
Kepshire, Pattie	
Koritz, Terence	
Kress, Troy	
Little, Matthew	
Lowe, Michele	
Mckelvey, Susanne	
Morales, Gabriel	
Neil, Raymond	
Newsom, Todd	
Nogid, Carol	
Parker, Debbie	
Parker, Frank	
Parker, Sarah	
Patterson, Bradley T	
Patterson, Robert	
Patterson, Robert C	
Patterson, Tammy	
Pelham, Perry	
Pennington, Rohe	
Phillips, Patricia	
Quire, Donald	
Quire, Joye	
Reid, Ryan	
Robitaille, Melissa	
Scarbrough, Allissa	
Scarbrough, Beverly	
Scarbrough, Dakota	
Scarbrough, Ray	
Scuotto, Patricia	
Sheffey, Paul	
Smith, DuPree	
Steinkamp, Chuck	
Swart, Daniel	
Tavarez, Rafael	
Tavarez, Rozaida	
Thompson, Paula	
Thompson, Ronda	
Van Scriver, Kimberly	



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/>

The return of the popular Mandarin Tour de JAX

We will roll the 1st and 3rd Saturdays of the month 7:30AM A/B/C+, 29-60 miles

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 up San Jose Blvd into Downtown to Metropolitan Park to return through San Marco to Mandarin with a 60 mile option to loop into St. John's County and back. Ride Leaders: Al Lamoureux and Dan Caisse.

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 08/07/2014

MILEAGE LEADERS

7,963 Tom Schnorbus
6,664 Jeff Knoll
5,463 Mike L McMillen
5,450 Steve Sargent
5,446 Mrs Lisa Elwell
5,438 Sonya Adkins
5,375 Larry Patz
5,226 Larry A Elswick
5,033 Bob Lucas
5,000 Richard Horton
4,777 Mr Thomas Herlihy
4,672 Jerry E Dryden
4,456 Jonathan Tomassetti
4,284 Mark Atkins
4,125 Len R Burroughs
3,745 Daniel F Lehmann
3,607 Julius Grant Sr
3,470 Susan R Wallace
3,430 Wallace J McRoy
3,335 Clyde Riggs
3,253 Richard Eisman
3,209 Donald Eipert
3,173 Gus Reinwald
3,146 Denise Dailey
3,086 Mr Allen D Gould
2,930 Bill Weber
2,897 Dave Kirby
2,805 John Norman
2,590 Ken Blackett
2,566 Mr Mike R Pikula
2,564 Wayne R Officer

316 CENTURY RIDES

Jonathan Tomassetti 71
Larry Patz 68
Steve Sargent 33
Michelle Cannedy 26
Tom Schnorbus 26
Mark Atkins 11
Patrick Donovan 10
Jeff Knoll 10
Christopher Perone 10
Faith Fetzer 10
Cathy Fetzer 9
Jeff Harrison 6
Michael Kyle 4
John Silvester 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
Denise Dailey 1
Luciana Braga 1
James Ingham 1
Phillip Bowen 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, JULY, AUG C. Perone, L. Patz, S. Sargent M. Atkins, T. Schnorbus



NFBC Club Rides

08/10/2014 Shark Road / Boney Road Ride A/B 44-63 miles
Time: 8:00 AM

Place: Park under the south side of Acosta Bridge near River City Brewing & Friendship Park 835 Museum Circle Jacksonville, FL 32207

Ride Leader: Jonathan Tomassetti

08/17/2014 Ride The Westside A/B/C 28-47 miles

Time: 8:00 AM

Place: Winn Dixie Shopping Center 8560 Argyle Forest Blvd Jacksonville, FL 32244

Ride Leader: Jonathan Tomassetti

08/24/2014 JAX GIRO 46 miles A/ B Levels (NEW NFBC RIDE)

Time: 8:00AM

Place: Dick's Sporting Goods near the Jacksonville airport (Park away from the store) 14964 Max Leggett Pkwy Jacksonville, FL 32218

Ride Leader: Jonathan Tomassetti

08/31/2014 Coast-N-Swamp A/B/C 34, 46, 62, 68 AND 104 miles

Time: 8:00 AM

Place: Micklers Road Shopping Center 1110 A1A N Ponte Vedra Beach, FL 32082

Ride Leader: Jonathan Tomassetti

09/01/2014 Labor Day Ride (JBRT-Callahan) A/B 41 or 64 miles

Time: 8:00 AM - 1:00 PM

Place: Jacksonville-Baldwin Rail Trail 1804 Imeson Road Jacksonville, FL 32220

Ride Leader: Jonathan Tomassetti

09/07/2014 World Golf Village A/B/C 33-52 miles

Time: 8:00 AM

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

Ride Leader: Sean T Rotolo

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

Guidelines for Safer Riding in a Paceline

by Jack Houghton with contributions from Contributors: Carroll Sharp, Bob Lucas, Lisa Elwell, Mark Atkins & Jonathan Tomassetti

The previous article in Wheelspeak covered definition and general paceline riding safety principles. This second article addresses specific practices for paceline riding safety.

Membership in NFBC overwhelmingly is recreational riders. Most of us do not competitively race. Good news – this means fewer paceline riding risks (such as hugging within inches of the wheel ahead and contending with breakaways).

On the other hand, many North Florida Bicycle Club rides travel on urban streets. Urban paceline riders interact with traffic signals, lane changes, road debris, and vehicle congestion. This means more switching into and out of pacelines.

North Florida Bike Club’s internal statistics indicate that bicyclist to bicyclist collisions are far more likely than an accident involving a bicyclist and a motor vehicle. Promote and share techniques with your fellow cyclists for a safer paceline riding experience.

Some pacelines have custom procedures based on close knowledge that standing members have of each other. Nonetheless, there are general guidelines that all members riding in recreational pacelines should practice.

1. Ride s-m-o-o-t-h-l-y. PLEASE - VERY IMPORTANT.

a. Sit up into the wind and if necessary gently feather brakes to slow. No hard braking barring an emergency.

b. Increase speed gradually to close gaps. No sprinting. If a decision is made to increase or decrease the paceline’s speed, the change should be done gradually.
2. Don’t overlap wheels.
3. Don’t ride on aero bars.
4. While in the paceline,

a. Keep fairly close to the cyclist in front of you – approximately a wheel length as a recreational cyclist. If you are uncomfortable with this degree of closeness, OK to maintain up to a bicycle length interval.

b. Mostly look ahead rather than down at the wheels.
5. Slow cadence peddling is superior to coasting.
6. Call out when slowing or stopping.
7. Shout ‘FLAT’ if you experience a flat tire. A flat tire will slow your bicycle and increase danger from sudden speed reduction. If safe from traffic and curbs, gently angle your bicycle out of the paceline. Upon hearing “FLAT”, all riders in the paceline should slow.
8. A dropped water bottle can derail a trailing cyclist. It’s best to drink from a cage water bottle at rest stops, during traffic stops, or at the rear of the paceline. If you drink from a caged water bottle while riding in the interior of a paceline, signal that you are preparing to remove a caged water bottle and again signal when you are preparing to return the water bottle to its cage. A backpack drinking system is a hydration alternative if you frequently ride in a paceline where the lead cyclist does not rotate or if rotation is fairly infrequent.
9. Know the route. Simpler routes are helpful for paceline riding.
10. If you take medications, be familiar with how they might affect your reaction time and alertness. Alcohol consumption pre-ride? Don’t bike in a paceline.

The next article in this series will continue with additional tips and techniques for safer riding in pacelines.

Aids LifeCycle continued from page 1
The chow lines were long, rather the regular chow line, the vegetarian line was always short! High carb meals and the option for return trips remained open as long as the tent was open.

Day two: Santa Cruz to King City, 109.2 miles of mostly flat terrain through strawberry and artichoke fields.

Day three: King City to Paso Robles, a short day 66.7 miles, it is today we meet the quad-buster! Bridge laps on the Acosta will only give you an inkling of what to expect on this monster. I should have known considering my daughter told me she was carrying walking shoes with her on this day. Yes it was a ride some walk some kind of day.

Day four: Paso Robles to Santa Maria, 87.5 miles on this day, it was on this day we encountered the Evil Twins. While seemingly less devastating than the quad-buster, it was on this day that we reached an altitude of 1,762 feet followed by 8 miles of downhill along Highway 101 at speeds in excess of 30 miles per hour.

Day five: Santa Maria to Lompoc, a 42-mile day highlighted by the stream of red that you see throughout the day. Red because this day originally designed as dress red day somehow became Red Dress Day. The purpose of wearing red is to raise awareness to the Aids cause.

Day six: Lompoc to Ventura, 84.3 miles down US 101 with the beautiful blue Pacific Ocean on your starboard side, the picturesque mountains to your port side. Today will be your best bet for dolphin sightings.,

Day seven: Ventura to Los Angeles, 60.7 miles, a great day for military plane sighting as Port Hueneme (pronounced Why-Knee-Me) is along the route. More flat land than hills, a great way to finish the trip. People lined the streets to cheer the riders on as we made this final leg of our journey. At the finish line, family and friends gather for closing ceremonies and festivities & the food vendors ranged from ice creame to barbecue.

The Aids LifeCycle experience is considered a week long love bubble. It is not uncommon for people to touch while speaking with you. This is a week of life where hugging everyone you meet is acceptable.

Tara and I rode as part of Team Florida, interesting because the team comprised of people from all over our state as well as an add-on from Las Vegas. Until we arrived on orientation day, we had never met. Our team leaders Roland Roth and Tim Wagoner did an exceptional job forming our team and Cebil Riley was most instrumental in dragging me along the route!

Friendships are a result of this seven-day experience. Memories I will carry throughtout my life and despite my best efforts, I cannot put into words.

The Aids LifeCycle machine is real, the cause is real, and I look forward to the fellowship next year!

Thomas C. Raines
P.S. I have already registered and I am accepting donations:
http://www.tofighthiv.org/site/TR/Events/AIDSLifeCycleCenter?px=2915464&pg=personal&fr_id=1770



NFBC CHARITY RIDE TEAM

Inspirations by Captain Beverly

2014...Year of the Hero Team NFBC rocks!!! Our spring fundraising calendar is behind us. And each of you is truly hero!!! Whether you rode, volunteered or donated...you were a vital part of each event and I am always proud to be your captain. YOU represent NFBC well!!! Now...with a fantastic spring behind us, we look forward to the fall events! Sign up today!!!

September 20-21 - MS Cycle to the Shore [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.

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Beverly Scarbrough/Team Captain

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Anna Hixon/Co-Captain

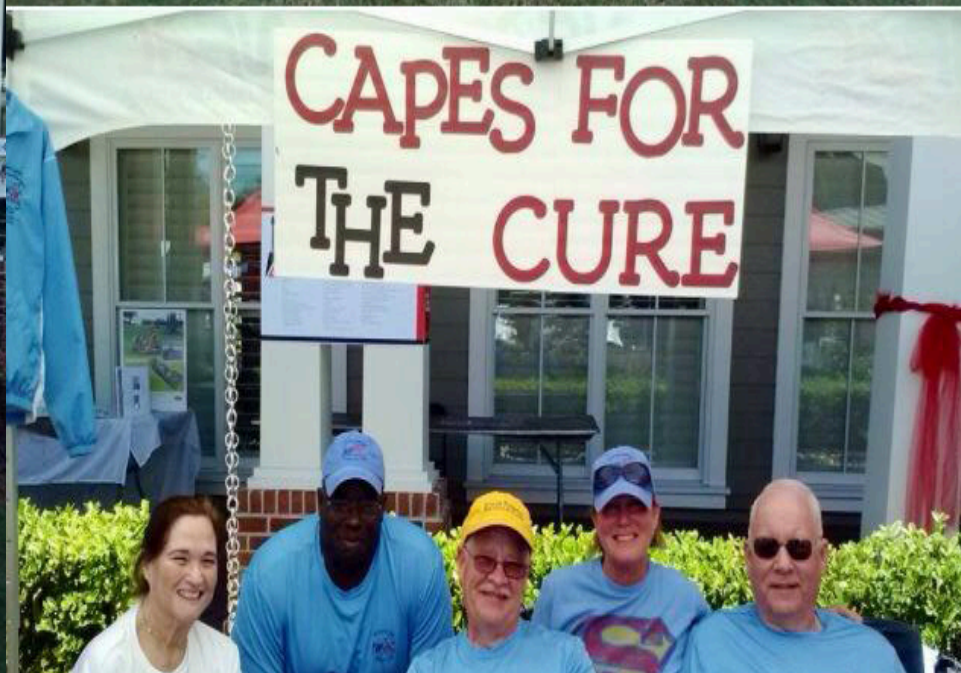
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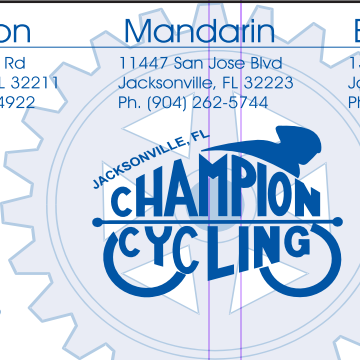
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NFBC AREA/WEEKLY REPEATING RIDES			
<p>The Area Weekly / Repeating rides are open to everyone and best of all they’re free!</p> <p>Anyone participating in a club sponsored ride must sign a waiver - NO EXCEPTIONS.</p> <p>Some of these rides listed are offered by local bike shops. Club sponsored rides can be identified by *** following the ride description:</p> <p>Ride Ratings: A = 18-21MPH B =14-17MPH C= up to14MPH S = Pace of slowest rider</p> <p>A Word on Safety...</p> <p>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.</p> <p>*** = <i>THIS RIDE COUNTS FOR CLUB POINTS AND MILEAGE</i></p>			
<p>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. ***</p> <p>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). ***</p> <p>Monday 9:00 AM A/B/C/S 30-100 miles Amelia Island/Yulee Ride. Starts 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 ***</p> <p>Monday 6:00PM No Drop Ride Meet at Bicycles, Etc. 8036 Phillips Highway #8, Jacksonville 32256.The 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</p> <p>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.</p> <p>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</p> <p>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: Len Burroughs (32 mile) 904-389-2889 cell 904-838-3284 and Sonya Adkins (50 mile) 904-777-6324. ***</p> <p>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 ***</p> <p>Tuesday 10:00 AM B/C 21 miles Lunch in Nocatee Ride. Meet at Publix parking lot 120 Marketside Ave. Nocatee 32081 Ride on lightly traveled roads with bike lanes & the Nocatee Greeway. Shorter options available. Ride Leader: Wallace McRoy 770-653-0104. ***</p> <p>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.</p> <p>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</p>	<p>Bicycles for more information 904-636-7772.</p> <p>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.</p> <p>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. ***</p> <p>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.***</p> <p>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. ***</p> <p>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. ***</p> <p>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</p> <p>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. ***</p> <p>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. ***</p> <p>Thursday 9:00 B/C 30 or 36 miles) TGI Thursday Tour de Durbin Crossing. Meet at Veterans Park 1332 Veterans Parkway St. Johns 32259. Most of the route has bike lanes & newer roads. Ride Leaders: Wallace McRoy 770-653-0104. ***</p> <p>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. ***</p> <p>Thursday 6:00 PM “HANG ON FOR</p>	<p>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</p> <p>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.</p> <p>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. ***</p> <p>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.</p> <p>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.</p> <p>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). ***</p> <p>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.</p> <p>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. ***</p> <p>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.</p> <p>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.</p> <p>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.</p>	<p>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.</p> <p>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</p> <p>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.</p> <p>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</p> <p>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. ***</p> <p>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. ***</p> <p>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.***</p> <p>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. ***.</p> <p>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. ***</p> <p>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. ***</p> <p>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</p> <p>Please see page three for our popular Sunday Club Rides.</p>