

WHEELSPEAK

The Newsletter of the North Florida Bicycle Club

WWW.NFBC.US

SEPTEMBER 2014

WE'RE READY TO ROLL ON OUR 25TH ANNUAL ENDLESS SUMMER WATERMELON RIDE ON SUNDAY, SEPTEMBER 14TH ON AMELIA ISLAND

The North Florida Bicycle Club brings you a classic one-day bicycle event designed for all road cyclists, the 25th Annual Endless Summer Watermelon Ride.

Enjoy a wonderful bike ride on Amelia Island through Fort Clinch State Park and points along our coastal roads. Come check out the League of American Bicyclists' 2013 Bronze Level award winner, Fernandina Beach.

Take your pick of one five routes: 20, 32, 54, 77 and 100 miles. We'll provide pre-ride snacks, rest stops, a post-ride lunch, mechanical support, motorcycle escorts, and roving SAGs.

So come along and enjoy a pleasant ride along the shore and under moss draped canopies of the maritime forests and barrier islands.

Join NFBC or renew your membership and save when you register for our rides!

For a \$25 individual membership fee and



a \$30.00 family membership, you receive a \$15.00 discount on each of our twice yearly major rides, ESWR and Tour de Forts, and are not charged a technology convenience fee of \$2.00 each time you register for a ride on-line.

Benefits, in addition to becoming a member of the largest recreational bicycle club in northeast Florida, also include our award winning, monthly online newsletter, Wheelspeak, discounts on accessories at participating bike shops including shipping case rentals, free classified ads in Wheelspeak and on our website, periodic email notices about club rides and events and free attendance at Club picnic rides. To become a member, go to www.NFBC.us and click the **JOIN NFBC!** button on the upper left of your screen and follow the prompts.

Come for the ride, stay for the watermelon!

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

Forever Fit 50 & Beyond: Jacksonville Senior Games *By Wallace McRoy*

If you will be 50 or older by December 31, 2014, then keep reading. *The 2014 Jacksonville Senior Games (JSG)* will be held at venues around the area from October 3 to October 11. This group of events is sanctioned by the *Florida Sports Foundation* and is administered locally by the *City of Jacksonville Mayor's Special Events for Seniors*.

I was introduced to the *Senior Games* when I lived in Georgia, and continued to participate when I moved to Florida. I found the atmosphere to be relaxed and quite social. That doesn't mean the athletes didn't take their sport seriously. It means that when they came face to face with the competition, they were looking at themselves in the mirror. The prevailing attitude was, "I don't care how I finish as long as I set a personal best." Competition was broken into 5-year age groups (50-54, 55-59, 60-65, etc.). That means I didn't have to go head-to-head with someone who was 10 years younger.

The *JSG* offers cyclists a 5k time trial and a 10k time trial. The top 5 finishers in each age group will be invited to the *Florida Senior Games (FSG)*. The *FSG* offer the same two events, plus a 20k road race and a 40k road race. A cyclist who qualifies in either of the time trials will be allowed to compete in any or all of the state level cycling events.

Last year, Patti McRoy was the fastest women there. She was also the only woman there. She improved over her prior year's times by 13.5 seconds in the 5k and by 32.9 seconds in the 10k. Arnold Betancourt and Harry Davis bettered their prior year's times in both races. William Hutchinson brought home two gold medals, and I brought home a silver and a gold. Richard Horton brought home two bronze medals. Jim Werner and Thomas McKeithen each made a very credible showing for their first competition. Complete results for 2013 can be found at: <http://www.coj.net/departments/special-services/docs/senior-services/2013-senior-games-results.aspx>

If you consider cycling to be cross-training for another sport, you may find an event that is better suited for you. For distance runners, the *JSG* will be held in conjunction with the *Marine Corps Freedom 5K*. For swimmers, there will be freestyle, breaststroke, backstroke, butterfly and individual medley events. There will be discus, shot putt, long jump, high jump, and running distances from 50 meters to 1500 meters for those of you who like track and field events. For Kerry, there will be power lifting.

For the country club set, there will be golf and tennis. I haven't named everything they offer, so for more info, go to the

2014 Jacksonville Senior Games:
<http://www.coj.net/departments/parks,-recreation-and-community-services/senior-services/mayor-s-special-events-for-senior-citizens/forever-fit-50-beyond-jacksonville-senior-games.aspx>

Don't take too long to think about it – the deadline for registration is September 22, 2014.



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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,

By the time this letter is published in Wheelspeak, we will be only a few days out from the Endless Summer Watermelon Ride. Don Klima has done an excellent job of organizing this year's ride with the help of many volunteers.

By the time the ride is over one hundred of your fellow club members, their family, friends and co-workers and other good samaritans will have helped to make ESWR a great success. As of this writing, almost 650 riders have registered. We are on track to setting a record attendance.

In addition to being a fun ride we want ESWR to be a safe ride. The usual admonitions hold true, especially for such a large ride: observe all traffic regulations as well as traffic officers and route monitors, signal all turns and stops, point and call out hazards, ride predictably, avoid overlapped wheels by following by feet, not inches, the cyclist in front of you, call out when passing and do so only on the left, do not wear earbuds and don't use aerobars.

Avail yourself of the refreshments at the rest stops and hydrate while riding. Some of us will ride longer or faster than usual and begin to experience fatigue or leg cramps toward the end of the ride. On the last ESWR and Tour de Forts, we have had crashes due to riders in a paceline experiencing those problems. So if you are in the midst of a paceline and begin feeling that way, get out of the line and go to the back.

Remember this is a ride, not race. As Jonathan Tomassetti has said to me, if you are riding so fast you can't appreciate the scenery, you're riding too fast.

Speaking of Jonathan, he is doing a masterful job as Ride Director. He has added some new Sunday rides and is planning more. He is expanding the opportunities for C riders on Sunday morning. To offer more C rides, we need members willing to lead a C ride.

You don't have to ride fast to be a ride leader, just careful and responsible. If you are interested in leading even an occasional C ride, please contact Jonathan at nfbc-ridedirector@usa.net.

We are seeing some progress in the cycling environment in Jacksonville. In a couple of years we should have a multi-use path on the Fuller Warren Bridge and we have new bike lanes on San Jose Boulevard. Politicians are beginning to pay attention to the interests of the cycling community. However, we still have a long way to go for us to feel safe and be safe while cycling in northeast Florida.

Our One Road Campaign is stalled for lack of sufficient funds to air our Public Service Announcements, etc. Although our Membership Challenge is over, it is never too late to contribute to the Campaign.

Just go to the One Road Campaign tab on the Club website for instructions on how to donate.

Board elections will be held in November. All positions are open but you have to declare your intention to run by the October 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



We thank all of our truly motivated and dedicated volunteers who will be working timeously make your Endless Summer Watermelon Ride the best riding adventure of the summer !

We hope that you all will personally extend a heartfelt thank you to volunteers who'll make your ESWR memorable !!!

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](mailto:bdreyes@comcast.net) or call 904-318-9524 to make arraignments to buy.



NEW MEMBERS (79)

Afonso, Rebecca
Barnes, Adolphus
Barnes, Antonio
Barnes, Jasmine
Barnes, Lyric
Barnes, Sonya
Bell, Christophe
Brew, Shannon
Brodsky, Hal
Brodsky, Linda
Brooks, Jymie
Burns, Ira
Burns, Nancy
Camp, Leonard
Canlas, Dennis
Chassman, Robert
Cocanougher, Robert
Collins, Sandra
Cotney, Linda
Crews, Raymond
Dunlap, Thomas
Fagin, Beth
Gonzalez, Rene
Green, Douglas
Green, Kelley
Grubbs, JImmy
Grubbs, Jimmy
Grubbs, Vicki
Harris, Debra
Hodges, Al
Hoekstra, Burnell
Holtzclaw, Clifford
Howard, John
Howard, John
Jackmore, Scott
King, Travis
Lane, Ted
Lopez, Taylor
Mangus, Lawrence
Martin, Brooke
Martin, Donald
Matthews, Lori
McClure, Kenneth
McGahan, Emily
McGahan, Michael
McKinney, Dana
McKinney, David
McKinney, Jessica
Muncie, Ann Marie
Muncie, Mike
Mutka, James
Nagy, Erica
Newton, Jennifer
Quinones, Chandler
Quinones, Nicholas
Raimondo, Massimo
Robbins, Ron
Robinson, Peggy
Root, Craig
Root, Mary
roye, kevin
Saunders, Jeremy
Sawaya, Katie
Scarmack, Jeff
Schreifels, Connie
Schweinfurth, Karl
Shanahan, Celia
Silver, Christopher
Silver, Isabel
Stairs, Zachary
Tavarez, Kealohalien
Troxell, Todd
Weldon, Alicia
Weldon, Ian
Weldon, Rachel
Weldon, Sophia
Weldon, Stephanie
Whitson, Breshen
Wold, Travis
Yarborough, Jerry

**RENEWING MEMBERS
(159)**

Adkins, Ben
Adkins, Carlie
Adkins, Scott
Adkins, Sonya
Allen, Eugenia C
Barnes, Bill
Beckmann, Brian
Bernstein, Robert
Bogisich, Guy
Bradbury, Jay
Brennan, Pat
Brew, Colleen
Brew, Kim
Brew, Rich
Brew, Shannon
Broadus, Annette
Brock, Mary
Buchanan, Thomas
Burton, Dorris
Bushong-reid, linda
Byron, Doug
Cash, Margaret
Cash, Robert
Chiasson, Michael
Clark, Larry
Coleman, John
Conway, Brian
Cook, Bobby
Cooksey, Joe
Crews, Ben
Crews, Rhonda
Curry, Philip
Davis, Timothy
Dean, Suzie
Doughty, Robert
Drysdale, Dianne
Euston, Gregory
Falbo, Mark
Fetzer, Billy
Fetzer, Cathy
Fetzer, Charles
Fetzer, Eddie
Fetzer, Faith
Fuller, Connie
Galang, Denzel
Galang, Derrick
Galang, Dexter
Galang, Ernest
Galang, Lani
Garcia III, Carlos
Gendzier, Mark
Givens, Rickey
Gonzalez, Art
Greer, David
Griffin, Wade
Griswold, Scott
Hartwell, Adam
Hatch, James
Hatle, John
Hatle, Reid
Hatle, Rudy
Hickson, Christopher
Hickson, Cyndee
Hickson, Michael
Hickson, Scotty
Hinton Sr, Jerry
Hinton, Wendy
Hodges, William
Hoffman, Lisa
Hoffman, Paul
hutchinson, sally
Hutchinson, William
Ingles, Lisa
Inglis, Scott
Jordan, Burt
Jordan, Patrick
Jordan, Robert
Jordan, Robin
Kappelmann, Robert

Kilpatrick, Ted
King, Daniel
King, Danielle
King, Lisa
King, Travis
Lane, Doug
LoMurro, Michael
LoMurro, Nicolas
LoMurro, Sophia
LoMurro, Teri
McCleane, Hartley
McCleane, Lucretia
McCormick, Miller
McKinney, Dana
McKinney, David
McKinney, David
McKinney, Jessica
McNally, Larry
Means, Tripp
Mercado, Carlos
Mercado, Damaris
Mercado, Isabelle
Mercado, Miranda
Mitchell, Amy
Muraski, Michael
Newell, Bob
Opkins, Bob
Opkins, Sharon
Pantin, Sally
Parker, Dennis
Pleasants, Thomas
Plummer, Mike
Potter, James
Potts, D. Robin
Potts, Jerry
Pulido, Maria
Raines, Thomas
Randle, Bob
Raybon, Randy
Rayford, Barbara
Rayford, Eddy
Rice, Vernon
Rowell, Lonnie
Scarbrough, Allissa
Scarbrough, Beverly
Scarbrough, Dakota
Scarbrough, Ray
Semrau, Robert
Shanahan, Celia
Shannon, Allison
Shannon, Annette
Shannon, Brandon
Shannon, Carter
Shannon, Kevin
Shannon, Kyle
Sharp, John
Shaw, Bert
Siewert, Richard
Sutton, Albert
Sutton, Brenda
Szerba, James
Tavarez, Kealohalien
Tavarez, Rafael
Tavarez, Rozaida
Tilghman, Luther
Tsirovakas, Erika
Van Horn, Dwight
Van Horn, James
Van Horn, Vicki
Waters, Stephen
Weaver, Zena
Wetmore, Betsy
Wetmore, Terry
Williams, Harry
Williams, Lisa
Williams, Lloyd
Willis, Denise
Wolfe, Steve
Worsham, Catherine
Worsham, Darryl
Zucker, Samuel

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

Anderson, Cindy
Anthony, Katherine
Arthur, Eileen
Balzer, Gregg
Beck, Andrea
Bennett, Gidget
Bickle, Darin
Bos, Errol
Bos, Sherry (Sheryl)
Bragg, Andy
Brown, Alisa
Brown, Billy
Calamita, Bob
Calvert, Miles
Camp, Michelle
Camp, Richard
Caron, John
Cayonte, Jerwin
Chiasson, Michael
Cowart, Michael
Crews, Larry
Crews, Penni
Davenport, Cliff
Davenport, Debbie
Davis, Jr, Benny
Dayot, Arturo
Dev, Tabu
Droubie, Paul
Droubie, Taylor
Durrence, James
Eberly Sr, Joe
Eberly, Katie
Ebers, Barbara
Edwards, John
Esteban, Eric
Evans, Bella
Evans, Dawn
Evans, Elijah
Evans, John
Evans, Nick
Forbes, Charles
Foreman, Karen
Fuhrman, Amethyst
Garrett, Stephen
Gerber, Kimberly
gerber, stephen
Gober, Roussell
Greene, Alphonso
Guyton, Rob
Hale, Michele
Hanson, Jim
Hayes, Michael
Heusinger, Thomas
Hoehn, Kurt
Hoehn, Leona
Hoehn, Michele
Holden, Angela
Holden, Don
Huckaba, Bobbie
Johnson, Cathy
Johnson, Reggie
Johnson, Suzanne
Jones, Chuck
Jones, Sherry
Kellum, Jim
Kellum, Joe
Kellum, Joe
Kendall, Masey
Kirk, James
Livingston, Don
Manago, Sean
Markham, Carol
Matteu, James
McCune, Mandy
McLeod, Clayton
Merritt, Don
Michaelis, Peter
Michelson, Barry
Miller, Barry
Miller, Tim
Monds, Calvin
Monds, Clara
Monds, Corey
Nichols, Garth
O'Kon, Jeanne
Oliver, Kimberly
Oliver, Radames (Tito)
Paige, William
Patacsil, Franco
Perry, Emerson
Preusler, Cheryl
Preusler, Eric
Price, Brian
Price, Ellen
Pronk, C. Zachary
Pronk, Caleb
Pronk, Cameron
Pronk, Christian
Pronk, Emily
Pronk, Esela
Ramirez, Jenna
Ramirez, Jennifer
Ramirez, Orly
Ramirez, Sean
Raum, Diane
Reinke, Suzanne
Reyes, Anabelle
Reyes, Edward
Rice, Bernard
Roach, Sheri
Roberts, Robin
Rosenbloom, Percy
Rudisiler, Walter
Rumancik, Marilyn
Rumancik, Stephen
Ruzicka, Michael
Schultz, Jim
Schultz, Tabi
Schultz, Tina
Setzer, Judi
Shanahan, Celia
Shetler, Jen
Sippel, Gina
Slaughter, J.R.
Sloan, Suzanne
Smith, Craig
Stahl, Keith
storms, Earl
strickland, mary
Sullivan, William
Sumrall, Bryan
Sumrall, Bryan
Sumrall, Chase
Sumrall, Jake
Sumrall, Kimberly
Thabendra, Shalini
Tomlinson, Craig
Tomlinson, Jennifer
Williams, Marc
Wise, Gabe
Wise, Journey
Wise, Kelly
Wise, Sierra
Wise, Steve
Wolfla, Chris



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 08/21/2014

MILEAGE LEADERS

8,365 Tom Schnorbus
6,762 Jeff Knoll
5,971 Steve Sargent
5,892 Mike L McMillen
5,875 Larry Patz
5,832 Sonya Adkins
5,825 Mrs Lisa Elwell
5,628 Larry A Elswick
5,436 Richard Horton
5,266 Bob Lucas
4,902 Mr Thomas Herlihy
4,832 Jerry E Dryden
4,669 Jonathan Tomassetti
4,428 Mark Atkins
4,345 Len R Burroughs
4,065 Daniel F Lehmann
3,926 Julius Grant Sr
3,694 Susan R Wallace
3,575 Wallace J McRoy
3,444 Donald Eipert
3,395 Clyde Riggs
3,380 Gus Reinwald
3,343 Richard Eisman
3,294 Denise Dailey
3,121 Bill Weber
3,086 Mr Allen D Gould
3,046 Dave Kirby
2,852 John Norman
2,802 Mr Mike R Pikula
2,780 Wayne R Officer
2,643 Linda Malloy

345 CENTURY RIDES

Jonathan Tomassetti 80
Larry Patz 78
Steve Sargent 35
Tom Schnorbus 28
Michelle Cannedy 27
Mark Atkins 11
Patrick Donovan 11
Jeff Knoll 11
Christopher Perone 10
Faith Fetzer 10
Cathy Fetzer 10
Jeff Harrison 6
Michael Kyle 4
John Silvester 3
Dan Lehmann 2
Jerry Dryden 2
Dennis Shepherd 2
Gary Weltman 2
Phillip Bowen 2
Charles Blumberg 2
David Townley 1
Sallie McDonald 1
Bob Lucas 1
Wayne Officer 1
Ivette Berrios Lewis 1
John Norman 1
Denise Dailey 1
Luciana Braga 1
James Ingham 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
M. Cannedy
P. Donovan
C. Fetzer
J. Tomassetti

NFBC Club Rides

09/14/2014 25th Annual Endless Summer Watermelon Ride
20, 32, 54, 77 and 100 Miles
Time: 8:00 AM
Place: Amelia Island
Ride Directors Don Klima and Tony Koziol at ESWRdirector@nfbc.us

09/21/2014 Three Bridges And Rail Trail Ride A/B/C/S 30-47 Miles
Time: 8:00 AM
Place: Jacksonville Baldwin Rail Trail 1804 Imeson Road Jacksonville, FL 32220
Ride Leader: Jonathan Tomassetti

09/28/2014 The Reddie Point Ride (NEW NFBC ROUTE !) 36 Miles A/B Levels
Time: 8:00 AM
Place: Reddie Point Preserve Parking Lot 4499 Yachtman Way Jacksonville, FL 32277
Ride Leader: Jonathan Tomassetti

10/05/2014 World Golf Village A/B/C/S 33-52
Time: 8:00AM
Place: Publix Parking Lot Murabella Shopping Center 124 Tuscan Way St Augustine, FL
Ride Leader: Jonathan Tomassetti

SEE BELOW FOR TRAVEL TEAM RIDES:

10/25/2014 Santa Fe Century
Time: 8:30 AM – 5:00 PM
Place: Northwest Boys & Girls Club 2700 NW 51st Street Gainesville, FL 32605
Ride Leader: Kevin Pryor

10/26/2014 Horse Farm Hundred
Time: 8:30 AM – 5:00 PM
Place: Lofton High School 3000 East University Avenue Gainesville, FL 32641
Ride Leader: Kevin Pryor

(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 Carroll Sharp, Bob Lucas, Lisa Elwell, Mark Atkins & Jonathan Tomassetti*

The previous Wheelspeak article covered an initial set of safety guidelines while riding in a paceline. This article continues additional practice guidelines for safer paceline riding.

11. The lead rider
- a. Sets a steady pace.
 - b. Travels at riding speeds established by the group. When the lead changes, the next person in line also maintains speed established by the group (there is a tendency to speed up when coming to the front).
 - c. Steers the paceline safely around road hazards.
 - d. Calls out hazards on the paceline’s route.
 - e. When re-starting after a stop, increases speed gradually to allow trailing riders to complete clip in.
 - f. Pedals downhill. If the leader coasts downhill, it will cause following bikes to brake.
 - g. Communicates intention to drop off lead. Calls out (coming out*) and/or hand signals (pat left hip/thump right thigh/bump right hip/wiggle elbow*). Checks for road traffic before pulling out. Does not slow down until safely off the front.

* Varies by ride group.

12. Terrain and wind can create gaps within a paceline. The lead rider should slow to allow riders to rejoin the paceline (at this point, call ‘all on’). The lead rider may inquire if rider/s would like a lower cruising speed. Otherwise, the lead cyclist gradually will resume agreed speed.

13. If a rider finds himself/herself too quickly overtaking another rider in the paceline, feather brake. If necessary to avoid a collision with the rider ahead, pull out to the left side. Resume normal trailing position in the paceline at first opportunity.

14. When a paceline overtakes others, announce your presence. This can be a calmly spoken “good morning” (or ‘passing on your left’) to a recreational cyclist or pedestrian. When overtaking road cyclists, convention is to call out ‘on your left’ before passing. It’s also helpful to advise how many cyclists will be passing (‘6 of us’).

15. If a fall is imminent and you can control direction, usually it is best to fall to your right. Hopefully, a soft patch of grass waits.

16. Observe speed limits. Besides respecting the law, this will lessen risk of collision with others. A 15 or 20 mph limit may apply on some recreational trails, school zones, and pedestrian crossing areas.

17. On roads with street after street stop signs, informal group riding is appropriate. Defer paceline riding until a more open road beckons.

18. The cyclist at the rear of the paceline calls out information such as “car passing”. The lead rider can’t readily see traffic approaching from the rear. The last rider therefore is responsible for monitoring rear traffic and advising when it is safe for the paceline to change lanes or direction (“take the lane”).

19. Hygiene issues (such as spitting or clearing nose) can impact trailing riders. Pulling out of the paceline temporarily or waiting until riding at the rear is preferable.

20. If a paceline rider needs to stand (stretch, climb a hill), let the rider behind you know (some riders use a finger pointing skyward). Standing will temporarily push your bicycle backward relative to the following rider. This could cause a crash.

21. Be aware of differences if you draft behind a tandem bicycle. Tandems accelerate and decelerate more slowly. Get too close to a tandem and you can get inadvertently sucked into its back wheel. Tandems maintain more speed going downhill, so tandem riders may need to brake slightly to keep from running up on the bicycle in front.

22. Ride predictability within the paceline.

RAGBRAI

by Charles Blumberg

It is officially known as RAGBRAI®, the Register’s Annual Great Bicycle Ride Across Iowa. Mark Atkins, Bob Lucas, and Charles Blumberg recently rode across the state of Iowa in this seven day event.

A better description for RAGBRAI is the “Iowa state fair on wheels.” This ride is not a timed race. Instead, it is a slower pace, cultural food event and experience of small town Iowa. About every 10 miles, we would pass through a small town, get off the bike, and taste of the local delicacy ranging from pancakes to pork chops to rhubarb pie. About the only rule we lived by was no ice cream before 9AM. Otherwise, pie with breakfast was acceptable and was indulged in. Of course, there was always an ice cream stop later in the day.

Over the seven days, we logged nearly 480 miles. The starting point was Rock Valley on the western border and as of a few weeks ago was flooded by the Rock River. The locals were very proud and happy to have all the cyclists in their community to kick-off RAGBRAI. Overnight towns included Okoboji, Emmetsburg, Forest City, Mason City, Waverly, and Independence before finishing at the Mississippi river in Guttenberg. In each overnight town, we enjoyed outdoor concerts ranging in cover bands from 70s, 80s, and heavy metal among others. Each day varied in length from a couple shorter recovery ride days of 40 miles, most of the days about 70 miles, and the longest day being an optional century for 110 miles.

Along the way we visited many points of interest in Iowa to break up the sights of corn, corn, soybeans, and corn. One of the highlights was visiting the Surf Ballroom in Clear Lake. Ritchie Valens, Buddy Holly, and The Big Bopper played their last concert here before their tragic plane crash. The ballroom is full of memorabilia of these rock ‘n roll legends, plus all the other singers that have hosted concerts in the hall over the years. The city of Burt has an annual toilet toss. Yes the actual commode. We only watched and didn’t partake as we didn’t want to have to answer the question of why we didn’t finish was because of hurting one’s back tossing a toilet. In Amish country, all the Amish children were out to watch the cyclists go by and sell homemade sweets. Strawberry Point was one of the last stops and is home of the world largest strawberry (made out of fiberglass) and real homemade strawberry shortcake.

We had moderate weather through most of the week that made for nice riding. Temperatures were moderate with lows in the morning of upper 50s and highs in the afternoons in low 80s. However, we rarely had tail winds and instead faced a few days of strong headwinds and crosswinds. Being from Florida, we at least had the experience of riding into the wind. Day 6 of the ride was also a wet one. Rain was predicted all day into early afternoon. While some tried to wait the weather out, we decided to get out into it because of the forecast. It started to rain shortly after we started and continued all morning. We were prepared with wet weather clothing but thankfully the sun came out after lunch and enjoyed the ride through Amish countryside.

RAGBRAI is a great experience and definitely should be on every cyclist’s bucket list to experience once in their lifetime.



NFBC CHARITY RIDE TEAM

Inspirations by Captain Beverly

Upcoming events and WHY we ride them...?

September 20-21 – MS Cycle to the Shore MS Cycle to the Shore:

The Bike MS: Florida, Ponte Vedra - Bike MS: PGA TOUR Cycle to the Shore takes you along scenic back roads and the beautiful coastline. To make your ride a safe and memorable one, Bike MS: PGA TOUR Cycle to the Shore is fully supported with SAG vehicles, bike mechanics and rest stops. After the ride, we invite all of our registered cyclists to celebrate and enjoy great food and festivities at the Finish Line Celebration.

What is Bike MS: Bike MS is the premier fund raising cycling series in the nation. With a choice of more than 100 extraordinary rides, the Bike MS experience is the ride of your life. Bike MS: PGA TOUR Cycle to the Shore is a two-day event that benefits the National Multiple Sclerosis Society, North Florida Chapter.

Why Ride? To raise awareness and funds to help create a world free of MS. Multiple Sclerosis, a chronic, often disabling disease that affects the central nervous system. Donations raised through this event benefits the North Florida Chapter of the National Multiple Sclerosis Society and its mission to mobilize people and resources to drive research for a cure and to address the challenge of everyone affected by MS

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

Here at 26.2 With Donna we are proud to say that our efforts have raised close to \$3.5 million for bench top breast cancer research at the Mayo Clinic, and to fund the needs of under-served breast cancer patients through The Donna Foundation.

While fundraising is not mandatory, personal and team fundraising efforts are at an all time high allowing us to move closer to the FINISH. We are thrilled to show you in tangible ways how much your efforts are helping.

Updates on research and the numbers of patients helped come frequently so that you may see how your hard work pays off. Sometimes as we get closer to the finish line, the last miles can seem long, but there is nothing like the satisfaction of crossing that line, arms raised with a heart full of love and knowing we've accomplished something great.

We are getting there. With your help, we will put and end to breast cancer. Please consider becoming a fund raiser or joining a fund raising team.

April 18 – Katie Ride for Life:

Although only 17, Katie Caples touched more people than most do in a lifetime. Her ultimate act of generosity was the decision to become an organ donor. A decision that would save lives – literally. Katie was driving home on April 18, 1998 from a March of Dimes walk in Jacksonville when she was struck on the driver side of her SUV and killed. She provided the gift of life to five recipients (age 9 to 62) and enhanced the lives of dozens more because of her decision to be an organ donor.

The Katie Caples Foundation was formed in 1998 following the death of Katie Caples. The Foundation is committed to organ donor education to increase the number of registered organ donors and eliminate the wait for individuals in need of a transplant.

The Katie Ride was created in 2005 to raise awareness about organ donation and support the Foundation's education program. The ride provided an opportunity to create media attention and communicate the impact Katie had as an organ donor. The community embraced the ride and the rest is history.

The fully-supported ride caters to cyclists of all abilities and includes a fun-ride, 18 miles, 36 miles, 62 miles, 100 miles and an off-road option. In 2009, a 5K and 10K walk were added as another option for participants to support the cause. All funds raised through the annual event support the Foundation's organ donor education program.

In 2004, the Katie Caples Foundation selected LifeQuest Organ Recovery Services as its partner to implement an organ donor education program. LifeQuest is the area's organ procurement organization serving 36 counties in northern Florida. LifeQuest utilizes the nationally acclaimed Decision:Donation program developed by the Federal Department of Health and Human Services to introduce organ donation at the high school level.

May 16, 2015 - ADA Tour de Cure <http://main.diabetes.org>

The Tour de Cure is a series of fundraising cycling events held in 44 states nationwide to benefit the American Diabetes Association. The Tour is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist. Whether you ride 10 miles or 100 miles, you will travel a route supported from start to finish with rest stops, food to fuel the journey and fans to cheer you on!

Nearly 29 million children and adults in this country are diagnosed with diabetes, so the mission we have is an urgent one. Everything we do forms the underpinning for that mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Stop Diabetes: Join the movement to end the devastating toll that diabetes takes on millions of individuals and families across our nation. It inspires and mobilizes the general public, volunteers, donors, corporations and the scientific and medical communities to rally around our cause and our call to "share, act, learn and give." Through these actions, millions will have the chance to get involved and help raise awareness, promote healthy living, and raise money to fund educational outreach, advocacy efforts, and critical research that will ultimately stop diabetes once and for all.

HOW MANY ARE AFFECTED BY DIABETES? 29 million: The estimated number of children and adults in the United States who have diabetes. 86 million: The estimated number of Americans who have pre-diabetes is 1.7 million: The number of new cases of diabetes diagnosed in people aged 20 years or older in 2012. *Statistics released by the CDC in January 2014 RESEARCH The Association has been funding innovative research to combat diabetes since 1955. In 2010, we funded more than \$34 million in research at 125 leading research institutions throughout the country.


ARE YOU A RED RIDER?!? The purpose of the Red Riders is to support everyone who lives with type 1 or type 2 diabetes and showcase the courage it takes to live every day with this difficult disease. It's time to celebrate those with diabetes who get on their bikes and ride! The Tour de Cure recognizes riders with diabetes as the heroes on the day of the event! Red Riders receive the special Red Rider jersey to wear proudly at the event and beyond. You will receive a warm welcome at the Red Rider tent and many other perks. You are Why We Ride! Come ride Team NFBC...cycling for your cause!!!

2014 Team Appreciation Party TBA...watch for it!!!
Cycling for a cause...come ride with us!!!

Beverly Scarbrough/Team Captain
912-282-1138 beverlyscarbrough@windstream.net
Anna Hixon/Co-Captain
321-271-6126
nfbccharityteam@gmail.com



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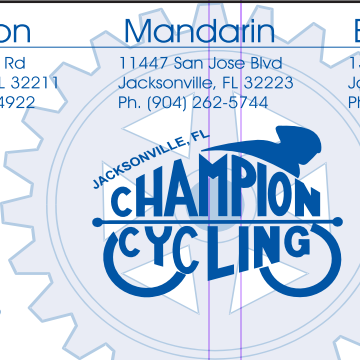
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NFBC AREA/WEEKLY REPEATING RIDES			
The Area Weekly / Repeating rides are open to everyone and best of all they’re free!			
Anyone participating in a club sponsored ride must sign a waiver - NO EXCEPTIONS.			
Some of these rides listed are offered 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. ***	Bicycles for more information 904-636-7772.	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	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.
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). ***	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.	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.	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
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 ***	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. ***	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. ***	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.
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	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.***	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.	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
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.	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. ***	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.	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. ***
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	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. ***	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). ***	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. ***
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. ***	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	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 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.***
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 ***	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. ***	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 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. ***
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. ***	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. ***	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.	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. ***
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.	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. ***	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.	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
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	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. ***	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.	Please see page three for our popular Sunday Club Rides.
Thursday 6:00 PM “HANG ON FOR			