



WHEELSPEAK

The Newsletter of the North Florida Bicycle Club

WWW.NFBC.US

DECEMBER 2015

Why social rides appeal to many

Amelia Island's Wednesday ride offers special treat

Of all of the weekly rides hosted by NFBC, one stands out for its route, its scenery and for featuring an ice cream social.

That's right, ice cream. Needless to say, this is a social ride.

It starts at 10 a.m. each Wednesday at Peters Point, a beautiful seaside park in Fernandina Beach. If you get there early, you can drive on the beach or linger on new boardwalks to watch the waves.

The NFBC group pedals southward a few miles along the Amelia Island Trail before stopping at Burney Park at American Beach. Another boardwalk, sand dunes, rolling waves. And then it is more miles of the trail and bike lanes along A1A to the Amelia Island State Park and the Nassau River.

There the group crosses the George Crady Bridge Fishing Pier, weaving among fishermen and their carts and buckets and rods. Sometimes the riders see a fish being landed. Mostly, though, the cyclists witness patience and waiting, which fishermen excel at.

The turnaround is a few yards farther at Sawpit Creek Park on the north end of Big Talbot Island State Park.

See **SOCIAL**, Page 7



Ronda Bokram, Susan Taylor and Linda Merritt crossing the bridge over the Nassau River on the Wednesday Amelia Island Ice Cream Social Ride.



Don Eipert, Jodie Kubiak and Donna Prestia ponder the ice cream selections during the stop at Omni Resort.



Amelia Island Trail is part of East Coast Greenway.

Weeds grow at closed end of Timucuan Trail boardwalk



Boardwalk entrance at the Nassau Bridge may open next year after safety concerns are addressed.

A newly built boardwalk, which was intended as a pathway from the Timucuan Trail on Big Talbot Island to a bridge across the Nassau River, stops just short of the bridge.

Its entrance is blocked. Weeds grow on the boardwalk. The nearest entry is several hundred yards from the bridge, forcing park pedestrians, cyclists and birdwatchers to go along the busy highway, parallel to the boardwalk in order to continue north on the Timucuan Trail.

A design flaw stopped the boardwalk at river's edge after it was determined that

the original plan to route the pathway under A1A at the Nassau Bridge wasn't feasible due to projected erosion caused by persistent northeast winds.

For two years officials of the state Department of Transportation, the City of Jacksonville, bicycle and pedestrian advocacy groups and others have been haggling over how to best facilitate cyclists and pedestrians crossing A1A at that point to get from the boardwalk to a parking lot at Sawpit Creek Park and a pathway to the George Crady Bridge, which leads to the next segment of the Timucuan Trail.

See **BOARDWALK**, Page 4

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Club Meeting Location

NFBC membership meetings are at 7:30 p.m. on the **3rd Tuesday** of the month:

The Mudville Grill
3105 Beach Blvd.

Please arrive by 6:30 p.m. if you plan to eat dinner.

President's Message**Five new routes for Tour de Forts****Banner year for club's growth; planning for 2016**

By Mark Atkins
NFBC President

The Tour de Forts Classic on April 24 will feature five entirely new routes from 26 to 101 miles long.

TdF Director Terry Takken has mapped out courses that center on St. Augustine with all riders cycling past the Castillo de San Marcos.

All but the shortest route will continue south along the beach to Fort Matanzas. Most riders will then turn inland to the Palatka-to-St. Augustine trail and ride along the St. Johns River.

Preliminary maps will be available when registration opens early next year. Presently Terry is working with Dave Townley to finalize rest stop locations. Several of us accompanied Terry on a site visit to the new ride venue, St. Augustine High School.

We encourage everyone to come out in April and "Ride with us in the footsteps of history."

Marketing success

The success of our last several major rides is directly related to marketing efforts to reach both members and non-members. Mike Spino did a fantastic job as Marketing and Promotions Manager for the last three Endless Summer Watermelon Rides and the Tour de Forts.

Mike is ready to pass the baton on to another volunteer to carry the marketing effort forward. He has provided us an excellent outline and I am sure he will be available to provide advice.

But we need someone to head our marketing efforts, to write the marketing copy, interface with the St. Johns County Visitors and Convention Bureau and manage our social media outreach.

Call for Coordinators

While this preliminary work is moving ahead, we need to fill some other key volunteer positions soon.

These volunteers will also help insure the success of the ride and are equally important in the planning and execution of the event.

We need to recruit Coordinators for several areas including Rest Stop Volunteers, Safety/SAG, T-shirts and Venue. If you



Mark Atkins

would consider volunteering for any of these positions, please contact Jodi Hohlstein at VP@nfbc.us.

Sold-out party

The Holiday Party and Awards Banquet was a sold-out success.

Many thanks to Robert Knox and Brian Reyes for securing the University Club venue, to Brian for ordering all the awards and Len Burroughs and his team including his wife Vicki, Jodi Hohlstein and Fred Eversole for making the evening run so smoothly and to Barry Cotter for taking pictures.

And lest we forget our statistician, thanks to Wayne Officer, for tabulating the mileages and points all year long.

Your board at work

At the beginning of the year your Board of Directors developed a list of goals for 2015. At the December Board meeting we assessed how well we had met those goals.

Notable success include the growing ridership for both the weekly and major event rides, increasing profitability of the Endless Summer Watermelon

Ride and Tour de Forts, growth in club membership by 20 percent over the past year to more than 1,440 members, updating the website including compatibility with mobile devices, posting all the rides on the Event calendar, revamping the Points system to better recognize volunteer efforts and advocacy including launch of our Pedaling for Safety campaign.

We will be developing a list of goals for 2016 and I invite the membership to suggest goals that the Board should address in the coming year.

Bikes for Children

The Bikes for Needy Children Fund continues to accept donations through the NFBC website [donation page](#).

With your support and under the direction of John Crocker, NFBC, will once again support purchases of bicycles through Community Connections and the Children's Christmas Party of Jacksonville.

For the first time this year we have also been able to make grants to the Nassau County Sheriff's Office Shop with a Cop program, J.P. Hall Children's Charities in Clay County and Firefighters for Families and Guardians ad Litem in St. Johns County.

I wish you all a happy and healthy holiday season.

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



Susan Taylor and Gus Reinwald fit a helmet for youngster at Shop with a Cop program. Story Page 5.

Holiday Party featured NFBC's merry ones



Fred Eversole with wife Donna won best sweater prize.



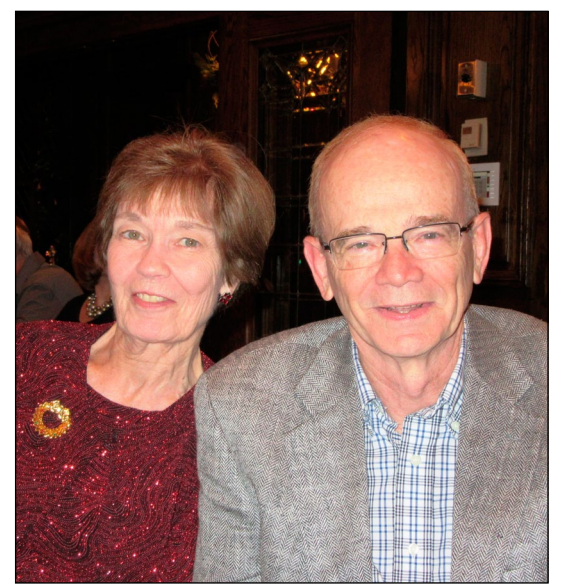
University Club provided party-goers a spectacular view of downtown.



Bert and Shirley Shaw with smiles.



Chad Gaglioti and Karen Houghton.



Carol and Jack Houghton.



Jeff and Deb Harrison enjoyed a few laughs.



President Mark Atkins recognized member Chris Cusimano contributions to the club's Pedaling for Safety campaign.



Brian Reyes recognized for service as the club's recording secretary.



Jonathan Tomassetti recognized for serving more than a year as ride director.

‘Riding with the Voices In My Head’

By Jonathan Tomassetti
NFBC Ride Director

Over the past 4 years, I have ridden 250 centuries. That is over 1,600 hours of cycling, mostly riding alone.

Sometimes I ride just listening to the voices in my head. However, when I am alone I prefer to listen to my iPod. Cycling in Florida with headphones is illegal so I do all of my iPod listening through speakers attached to my bicycle.

For several years, I used the \$25 Ivation Bicycle Speaker. I liked this speaker because the rechargeable battery lasts for about 15 hours.

It had external audio controls so I could increase or decrease the volume easily while riding. The volume is loud enough to hear while riding next to heavy traffic. Best of all, the speaker is design as a storage case that straps over the handlebars.

I have used this type of speaker for thousands and thousands of miles. However, the speaker wiring is not very sturdy so after riding hundreds of bumpy roads the wiring comes lose and I have had to keep replacing the speakers.

One time when the Ivation speaker broke, I needed a replacement right away, so I bought a \$15 iHome Portable Speaker at Walmart.

It is about the size and weight of a golf ball. Although not made for bicycles, it easily fits in my top tube bag along with my iPod. This speaker has very surprising volume and bass for its size.

For my last birthday, I got a bright green Iwerkz Bottle Blaster Speaker. It costs \$30 and is designed to fit inside a standard bike water bottle holder.

The top volume control knob makes volume adjustments a simple task while riding. It also has blue tooth controls, which I



A \$25 bike speaker with storage.

have not yet used. However, it takes up the space needed for a water bottle, the volume is not loud enough to hear over traffic and the rechargeable battery only lasts for 3 to 4 hours. It is very durable and waterproof, so it would make a great speaker for a beach bike.

I usually do not listen to music when I am riding. Instead, I listen to podcasts that I download free. Podcasts with rich deep bass voices are easiest to hear over traffic, thus the Thomas Jefferson Hour is a podcast that I listen to every week. I have listened to lots of bicycle related podcasts over the years. Here are my top three bicycle related podcasts:

1. WJCU- The Outspoken Cyclist: a weekly 1-hour show with interviews, commentary, ideas, advocacy, and everything connected with bicycling.

2. The Spokesmen Cycling Roundtable Podcast: Features cycling media personalities, manufacturers, observers, and others who love bikes.

They talk about trending topics in a roundtable format with commentary on bicycle



Green Iwerkz speaker for birthday. iHome is small has good volume.

racing, bicycle industry news, advocacy and bicycle trends.

3. The Cycling News Podcast: This is a bicycle racing show with interviews with cycling stars such as Fabian Cancellara, Peter Sagan, and Mark Cavendish.

They also cover women’s professional racing. There are daily broadcasts during the Tour De France. Cycling News is out of the UK so the accents and terminology can be amusing.

Download any of these podcasts free from the podcast websites or through iTunes.

Boardwalk may open in 2016

Continued From Page 1

Meanwhile, weeds continue to grow on the boardwalk between the blocked end point and the boardwalk’s next entry point several hundred feet south of the bridge.

NFBC member Mike Pikula, a long-time advocate for the Amelia Island Trail, says it appears FDOT has decided on a plan for a special purpose crosswalk that would feature an on-demand button that would activate flashing lights 400 feet north and south of the crosswalk and a recommended 45 mph speed when the lights are flashing.

A barrier fence would be installed to direct cyclists and pedestrians into the crosswalk.

“Last I heard, FDOT was pressing on with the crosswalk to be built in spring 2016,”



Boardwalk segment of Timucuan Trail provides a fine venue for bird watching, but its north end is closed, which limits access.

Pikula said in a note updating NFBC President Mark Atkins.

Other options considered have included building an elevated walkover across A1A at that point and slowing traffic to

30-35 mph and adding speed bumps, neither of which FDOT deemed practical or feasible.

“FDOT has to maintain a reasonable balance between needs and desire of many motorists

and a few alternative users,” Pikula said. “It’s a shame it took the process so long, but I believe FDOT was trying to let everyone be heard.”

-- By Wayne Ezell

Last call for helping a needy kid get a bike

With more than \$7,000 already raised, the NFBC is off to a good start in providing bikes to needy children again this year.

There's still time to contribute (try to do it by Dec. 18) by using the [Bikes for Needy Children Fund](#) link at NFBC.us.

At the recent "Shop with Cops" in Nassau County, Susan Taylor and Gus Reinwald assisted Sheriff Bill Leeper, Under Sheriff George Lueders,

and NCSO Project Manager Lawanna Ware in making some children happy.

NFBC contributed \$500 and helmets for bikes for 10 local kids as part of the Nassau program that will provide gifts to 240 children based on need.

John Crocker has headed up the successful Bikes for Needy Children program for several years.

Last Christmas, the Club and its members gave 268 new bicycles to needy children.

This year, in addition to bikes provided in the Jacksonville area, the program is expanding to provide grants to Nassau's Shop with a Cop program, J.P. Hall Children's Charities in Clay County and Firefighters for Families and Guardians ad Litem in St. Johns County.



Lawanna Ware of the Nassau Sheriff's Office and Susan Taylor liked the pink bikes.

Mileage, century and points statistics through Dec. 14

TOP 175 MILEAGE LEADERS

- 1,211 George Katras
- 957 John Ginn
- 956 Lisa Elwell
- 898 Sonya Adkins
- 897 Jim Ingham
- 793 Veronica L Lane
- 787 Mike R Pikula
- 777 Lloyd Williams
- 715 Hartley McClean
- 711 Larry A Elswick
- 682 Mark Atkins
- 660 Cheryl Onstott
- 649 Donald Eipert
- 622 Dan Lehmann
- 610 Wallace J McRoy
- 609 Mike L McMillen
- 606 Allen D Gould
- 595 Gus Reinwald
- 595 Wayne Officer
- 590 Jodie Kubiak
- 571 Bob Lucas
- 563 Richard Horton
- 558 Julius Grant Sr
- 554 Ann Duncan
- 484 William K Bokram
- 481 Michael Farlow
- 480 Susan R Wallace
- 478 Clyde Riggs
- 473 Michael Spino
- 466 John W Mason
- 464 William A Hoffman
- 462 John R Crocker
- 461 Dan Groth
- 451 Bob Opkins
- 445 Denise Dailey
- 442 Marc Kortlander
- 439 Jack Houghton
- 423 Linda Malloy
- 423 Pablo Villegas
- 410 Larry Patz
- 409 Dave Kirby
- 407 Michael O Harvey
- 403 Guy K Anderson
- 394 Sharon Opkins
- 390 Doug Byron
- 385 Len R Burroughs
- 384 Dr Larry Crane
- 382 Jill M Smith
- 380 Danny Hayes
- 379 David Kelley
- 379 David Townley
- 379 Paul M Hutchins
- 378 Susan Taylor
- 367 Rich Koren
- 365 Ken Blackett
- 365 Richard Eisman
- 355 Deborah Pierce
- 350 James R Hedges

Top 175 continued

- 346 Robert W Bream
- 341 Donna Prestia
- 340 Michael Kyle
- 340 Jerry E Dryden
- 339 John H Wilson
- 339 Lisa O Harris
- 338 Phillip Bowen
- 330 Bobby Cook
- 325 Patti McRoy
- 324 Jairo Sabogal
- 324 Jim Smith
- 321 Scott A Albers
- 319 Robert E Lewis
- 317 Charles D Walton
- 311 Tom Herlihy
- 310 Martha Radovic
- 310 Sallie McDonald
- 310 Ted Lane
- 309 Al G Dreher
- 308 Terry Takken
- 307 Patrick Hale
- 305 Carroll G Sharp
- 289 Sandra Merz
- 285 Jim Buckner
- 280 Thomas G Dunlap
- 277 Robert D Fortney
- 276 Jeffrey R Campbell
- 270 Adam Pappas
- 266 Thomas Pleasants
- 260 Lonnie A Rowell
- 258 Beverly Scarbrough
- 258 Stephen Kimmel
- 250 Charlie W Bostwick
- 247 Jay M Bradbury
- 237 Michile Hunt
- 235 Steve Thompson
- 232 Robert W Dowling
- 231 Steven M Williams
- 230 Bob Stoltz
- 229 John Silvester
- 227 William Dando
- 224 Ellen Koren
- 219 Kevin D Ott
- 215 Tim Jacques
- 214 Robert Wells
- 211 Mary Greenhill
- 210 Hugh K Giggy
- 209 Laurence Bridges
- 208 Walt McCreary
- 200 James S Rountree
- 197 Wayne Ezell
- 196 Charley Sacher
- 194 Camilo Martinez
- 193 Michael McNamara
- 191 Edward Grenadier
- 190 Veronica Gustafson
- 185 Clarence Thomas
- 185 Todd Troxell
- 185 Yamil A Herrera

Top 175 continued

- 183 Nan Kane
- 182 Burt Jordan
- 181 Carol L Lemos
- 180 Daniel Runko
- 175 David C Clark
- 175 Donald K Martin
- 174 Kerry Drayton
- 173 Joseph D Stepzinski
- 171 Ron Lake
- 169 Sarah Sandine
- 168 Frances V Siver
- 163 Jonathan Tomassetti
- 156 Glenn Frindt
- 156 Harold K Kimelberg
- 155 Dr Ann Grenadier
- 153 Dr Gary R Weltman
- 152 Ivette Berrios-Lewis
- 150 Bob LaBelle
- 150 Patrick K Wagoner
- 147 Bo Wulbern
- 146 Bernard Rice
- 146 Larry Clark
- 145 Michael Layland
- 143 Angelito F Nobleza
- 141 Ed Parsons
- 140 Bruce C Studley
- 140 Dawn A Lunt
- 131 Lucy Buckner
- 125 Brian Benwick
- 125 Doug Knowles
- 125 Rafael T Tavarez
- 123 Eugene N kerr
- 121 Richard Wisniewski
- 117 Jose A Barrera
- 115 Barry Cotter
- 111 David L Pugsley
- 106 Don L Klima
- 105 Glenn Sterner
- 105 James H Reamer
- 105 Kevin K Jones
- 105 Mark Huelsbeck
- 104 Harry Davis
- 104 Norm A Soucy
- 102 Alexander Miranda
- 102 Todd Hastie
- 100 Anna Hixon
- 100 Charles Blumberg
- 100 Dena Stolp
- 100 Nick Tallyn
- 100 Ronald d Harry
- 100 Steven Josephs
- 100 Scott Manning
- 100 Tom Page
- 98 Joseph F Arands
- 97 Jamie Amerson
- 97 Jay Hamm
- 97 Ms Jane Vasileff
- 94 Harry ter Mors
- 94 Jeremy Maurice

CENTURY RIDERS

- | | |
|-------------------|---------------------------|
| Jim Ingham 7 | Veronica Lane 2 |
| Jodi Kubiak 6 | Hartley McClean 2 |
| Michael Kyle 5 | Mike Pikula 2 |
| George Katras 5 | Charles Blumberg 2 |
| Mark Atkins 3 | Sandy Merz 1 |
| Cheryl Onstott 3 | William Hoffman 1 |
| Patrick Donovan 3 | Ivette Berrios-Lewis 1 |
| Dan Lehmann 2 | Beverly Scarbrough 1 |
| Allen Gould 2 | Ted Lane 1 |
| Rusty Williams 2 | Jeffrey Campbell 1 |
| Annie Duncan 2 | William Officer 1 |
| Donna Prestia 2 | Jonathan Tomassetti 1 |
| Ron Harry 2 | Pen Mitchell 1 |
| John Ginn 2 | Total Centuries 63 |

TOP POINTS LEADERS

- | | |
|------------------------|---------------------|
| 99 Jim Ingham | 14 Richard Eisman |
| 89 Lisa Elwell | 14 Rich Koren |
| 88 Mark Atkins | 13 Allen D Gould |
| 70 Clyde Riggs | 13 John W Mason |
| 68 Donald Eipert | 13 Craig Greenhill |
| 67 Wallace J McRoy | 13 Cheryl Onstott |
| 64 Sonya Adkins | 13 Guy K Anderson |
| 61 Len R Burroughs | 13 Hartley McClean |
| 53 Mike R Pikula | 13 Mike L McMillen |
| 49 Larry A Elswick | 13 William K Bokram |
| 48 Ms. Patti McRoy | 12 Dan Groth |
| 43 Wayne Officer | 12 Jill M Smith |
| 40 John Ginn | 12 Michael Spino |
| 40 Jonathan Tomassetti | 11 Doug Byron |
| 40 Susan R Wallace | 11 Ms Lisa O Harris |
| 34 Dan Lehmann | 10 Bob Opkins |
| 33 Patrick Hale | 10 Carroll G Sharp |
| 33 Bob Lucas | 10 Deborah Pierce |
| 32 Jack Houghton | 10 Glenn Frindt |
| 29 Wayne Ezell | 10 Jim Smith |
| 28 Susan Taylor | 10 Michael Farlow |
| 26 Veronica L Lane | 10 Michael O Harvey |
| 25 Marc Kortlander | 10 Michile Hunt |
| 24 Anna Hixon | 10 Robert E Lewis |
| 24 Bert Shaw | 10 Sharon Opkins |
| 24 Brian Reyes | 10 Tom Herlihy |
| 24 Jodi Hohlstein | 9 Bobby Cook |
| 23 Fred Eversole | 9 Burt Jordan |
| 23 George Katras | 9 Denise Dailey |
| 22 Ann Duncan | 9 Dr Larry Crane |
| 22 James D Lindsey | 9 Jerry E Dryden |
| 22 Steve Sargent | 9 Jodie Kubiak |
| 20 Gus Reinwald | 9 John H Wilson |
| 20 Linda Malloy | 9 Mary Greenhill |
| 18 Richard Horton | 9 Martha Radovic |
| 17 John R Crocker | 9 Paul M Hutchins |
| 16 Craig Greenhill | 9 Pablo Villegas |
| 15 David Townley | 9 Robert W Bream |
| 15 Lloyd Williams | 9 Thomas G Dunlap |
| 14 Julius Grant Sr | |

St. Johns Ferry pausing Jan. 5 for maintenance

The St Johns River Ferry will not operate from January 5 until approximately February 18 due to scheduled maintenance on the Jean Ribault which was built in 1996.

Improvements to the slips on both sides of the river have already begun with the bulk of the work set to occur while the ferry is undergoing its service.

The St Johns River Ferry is a very popular feature of several NFBC Club rides and is a designated part of the East Coast Greenway.

Gov. Rick Scott visited Mayport on Dec. 15 to lend support for continued operation of the St Johns River Ferry.

-- By Mike Pikula



Cheryl Onstott and fellow cyclists will be without the ferry for about six weeks.

NFBC cyclists leave tracks near and far ...



Lisa Harris leads a huge crowd for the Sunday Tour De Durbin Crossing.



On Dec 5, Veronica Lane (62 miles), Bob Fortney (38 miles) and Ron Harry (100 miles), participated in the Highland's Bike Festival in Sebring, FL. The Travel Team members battled strong winds throughout the day as they rode the three different routes.



Mark Atkins, Steve Thompson and Maury Keiser rode on the newly opened 7-mile segment of the Palatka-to-St. Augusting Trail, which runs from East Palatka to the St. Johns County Line.



Sallie McDonald was among several riders who helped Mike Spino celebrate his birthday during a recent outing.

Social rides offered several days each week

SOCIAL

Continued From Page 1

After a rest, it's back across the bridge and more well-wishes from fishermen and back on to the trail. The pace is conversation speed, 12 mph; if someone goes 14 mph, that's considered a breakaway.

Oddly, though, on any given Wednesday, some of the club's most accomplished riders are likely to be on this ride -- multiple-century riders such as Jim Ingham, George Katras and Jodie Kubiak -- and they seem to handle the slower pace well.

The ride leaders are Susan Taylor and Dan Lehmann. This ride started about a year ago, but it took on a different dimension last spring when Ann Duncan treated the group to ice cream at the Omni Resort's Marche Burette market and deli before she headed north to Maine for the summer.

And there's a porch on which to linger with the ice cream before finishing the 18-mile ride.

The NFBC hosts a variety of social rides throughout the region, usually about 20 miles at a slower pace.

On Saturday mornings, Clyde Riggs leads rides that move around -- in St. Augustine, Mandarin and St. Johns.

On Sunday afternoons, Len Burroughs leads weekly rides that rotate in Riverside, Mandarin, Orange Park, downtown Jacksonville and the Mayport Ferry.

Social rides are especially popular for slower or beginning riders as well as veterans more interested in socializing than speed. More accomplished riders just might want to give the slower pace a try.

Who knows, you might rediscover just how good ice cream can be on a warm day.



Social regulars: Susan Taylor, Sharon Randa, Ann Duncan, Norm Soucy; second row, George Katras, Lisa Inglis (pink scarf), Jay Bradbury (gold shirt); third row, David Vollrath (helmet), Dan Lehmann, Bill Searles (lime green), John Ginn, Gus Reinwald.



Ronda Bokram, Linda Merritt, Gus Reinwald and Don Eipert enjoy the porch at ice cream stop.



Karen Klima leading the way along well-maintained path.

NEW CLUB MEMBERS

(During November)

Paul Bowers
Cynthia Brackett
Linda Caruso
Trey deMoville
Aga Futch
Andrew Futch
Chris Futch
Shuford Futch
William Geoghegan
Jonah Jones
Riley Jordan
Spencer Jordan
Doug Knowles
Douglas Lohse
Tracy Lohse
Lou Marinacci
Deb Marsters

Alani Medina
David Medina
Jaymarie Medina
Khloe Medina
Lymarie Medina
Alexander Miranda
Linda Miranda
Brian O'Rourke
Cynthia Persico
Gath Richmond
Michael Schleuter
Stacee Shepard
Michael Stockman
Jim Tomassetti
Todd Townsend
Chris Tucker
Buffy Wells

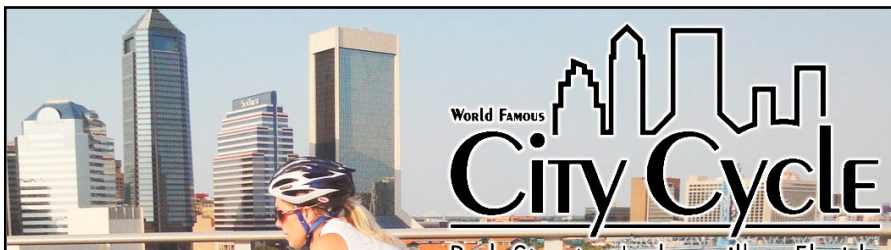
RENEWING CLUB MEMBERS

(During November)

Mike Anderson
William Anderson
Debbie Brackett
Frederick Brackett
David Caccamise
Leland Clabots
Raymond Crews
Carmen Cruz
Jonathan Cruz
Joseph Cruz
Marcelino Cruz
Albert Eiland
Richard Ferguson
Lynne Ferreira
Dee Gallick
Craig Greenhill
Mary Greenhill
David Griswold
Lisa Harris
Whitney Hunter
Don Hurst
Michael King
Carolyn Lehmann
Steve Lehmann
Cyndi McDaniel
William Metcalf
Meredith Munsey
Bill Officer
Kevin Ott
Daniel Page
Charles Phillips

Deborah Pierce
Barbara Porter
Gus Reinwald
Carolyn Riggs
Clyde Riggs
Roberto Salcedo
William Searles
Dominic Simmons
Curtis Siver
Frances Siver
Sarah Smith
Richard Stevens
Jane Vasileff
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E-Mail: Mike@Bicyclesetc.Net



Tour de Forts Classic
Bartram Trail High School
April 24, 2016
<http://www.nfbc.us>



FLORIDA

www.ShareTheRoad.org



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HAVE YOU BEEN INJURED WHILE CYCLING?
(I have. That's why I'll fight so hard for you.)

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

Northeast Florida Region Weekly Repeating Rides

The list below includes both Club-sponsored and non-club sponsored rides. Club-sponsored rides can be identified by **NFBC Ride**.

NFBC-sponsored rides are only open to members. However, non-members may try up to 3 NFBC rides before joining. All riders must sign the ride waiver to participate in the ride and to earn club points and mileage. Ride leaders will have sign-in & waiver sheets. There will be a Safety Briefing meeting 10 minutes before the start of the ride. Please arrive at the starting point early enough to get set up before the pre-ride meeting. Helmets required on all NFBC rides.

Ride ratings: A, B, C and S designate the intensity of the ride and suggest a typical pace the group will maintain on level roads with no wind. Rides often split off into several subgroups depending upon the pace. A = 18-21 MPH B = 14-17 MPH C = up to 14 MPH

S = Social Ride. The emphasis is on the social aspect of the club with the pace that of the slowest rider in the group.

NFBC Ride = Rides sponsored by the NFBC that are open to club members and those interested in joining the club.

SUNDAY 8:30 AM North Florida Bicycle Club's CLUB RIDE. Variable locations, distances and paces.

This is our club's biggest weekly ride. Location rotates around area. Please check Events Calendar at www.NFBC.us for ride specifics (ride times, levels, distances & starting locations). **NFBC Ride**

Sunday 8 AM Performance Bicycle Great Ride Series Level A-/B 22 miles 4421 Southside Blvd. Jacksonville 32216 904-899-1056

Sunday 2 PM Club Ride C/S 20 Miles Various locations -- see schedule on website Len Burroughs 904-389-2889 **NFBC Ride**

Sunday 3 PM City Cycle Baldwin Trail Ride A/B/C 30 miles 1804 Imeson Road Jacksonville 32220 Alice Gould 904-356-2453

Monday 8 AM Amelia-Yulee Moday Ride A/B/C/S 30-100 Miles Various locations -- see schedule on website Donald Eipert 904-261-5160 **NFBC Ride**

Monday 9 AM Westside Rail Trail Ride A/B/C/S 30-100 Miles 1804 Imeson Road Jacksonville 32220 Clyde Riggs 904-772-9278 **NFBC Ride**

Monday 9 AM Mimi's Town Center Ride A-/B/C/S 21-29 Miles 10209 River Coast Drive Jacksonville 32246 Bert Shaw 904-262-8902 **NFBC Ride**

Monday 6 PM Bicycles, Etc. Evening A/B+ 8036 Philips Hwy. #8 Jacksonville 32256 Michael Scarbrough 904-733-9030

Monday 6:15 PM Open Road Monday Evening Ride A++ 4460 Hendricks Avenue Jacksonville 32207 904-636-7772

Monday 6:30 PM Open Road Monday Evening Ride A+ 4460 Hendricks Avenue Jacksonville 32207 904-636-7772

Tuesday (3rd Tuesday of month only) 8:45 AM Amelia to Mayport Safe Harbor Ride A/B/C/S 0-100 miles 4800 First Coast Highway Fernandina Beach 32034 Don Eipert 904-261-5160 **NFBC Ride**

For the most up-to-date listings, check the [Ride Calendars](http://RideCalendars) on the NFBC.us website. Ride cancellations are also posted under the [Ride Calendars](http://RideCalendars).

Tuesday 9 AM Ride Around Mandarin (RAM Ride) A-/B 50 miles 11406 San Jose Blvd Jacksonville 32223 Sonya Adkins 904-777-6324 **NFBC Ride**

Tuesday 9 AM Sand Castle Ride A/B 30-44 miles 3818 3rd Street Jacksonville Beach 32250 Lisa Elwell 904-273-4538 **NFBC Ride**

Tuesday 10 AM Lunch in Nocatee B/C 17-21 miles 120 Markside Ave. Nocatee 32081 Wallace McRoy 904-834-2690 **NFBC Ride**

Tuesday 12:30 PM Mike's Island Bikes Tuesday Lunch Ride A+/A/B 30 Miles 4800 First Coast Highway Fernandina Beach 32034 Jim Ingham 904-612-8812 **NFBC Ride**

Tuesday 6 PM City Cycle Acosta Bridge Laps A/B/C 12-16 miles 2740 Park Street Jacksonville 32205 Alice Gould 904-356-2453

Tuesday 6:15 PM Open Road Tuesday Evening Ride A++ 4460 Hendricks Avenue Jacksonville 32207 904-636-7772

Tuesday 6:30 PM Open Road Tuesday Evening Ride A-/B 4460 Hendricks Avenue Jacksonville 32207 904-636-7772

Tuesday 6:30 PM Champion Cycling Tuesday Evening Ride A+/A 30 miles 11447 San Jose Blvd. Jacksonville 32223 Jeff 904-262-5744

Wednesday 9 AM Westside Rail Trail Ride A/B/C/S 30-100 Miles 1804 Imeson Road Jacksonville 32220 Clyde Riggs 904-772-9278 **NFBC Ride**

Wednesday 10 AM Amelia Island Trail Social Ride, Level S, up to 18 miles (No Drop Ride) 1974 South Fletcher Ave. Fernandina Beach 32034 Susan Taylor 904-261-4464 **NFBC Ride**

Wednesday 6:00 PM Wednesday Bird Legs Ride Jax Beach: C & B Levels (No Drop Ride) 22 Miles 1313 Beach Blvd. JaxBeach 32250 Warren Hess 904-246-4433

Wednesday 6:30 PM Open Road San Marco Wednesday Evening Ride A/B/C 4460 Hendricks Avenue Jacksonville 32207 904-636-7772

Thursday 9 AM Amelia Island Ride A/B/C/S 30-100 miles 6 N. Fletcher Ave. Fernandina Beach 32034 Donald Eipert 904-261-5160 **NFBC Ride**

Thursday 9 AM Ride the Westside A/B 39-52 miles 8560 Argyle Forest Blvd. Jacksonville 32244 Sonya Adkins 904-777-6324 **NFBC Ride**

Thursday 9:30 AM TGI Thursday Tour de Durbin Crossing A-/B/C 30 or 36 miles 1332 Veterans Parkway St. Johns 32259 Wallace J McRoy 904-834-2690 **NFBC Ride**

Thursday 6 PM City Cycle Beauclerc Loop de Lu Evening Ride Level A 28 miles 2740 Park Street Jacksonville 32205 Alice Gould 904-356-2453

Thursday 6:30 PM Champion Cycling Thursday Evening Ride A+/A 30 miles 11447 San Jose Blvd. Jacksonville 32223 Jeff 904-262-5744

Friday 9 AM Westside Rail Trail Ride A/B/C/S 30-100 miles 1804 Imeson Road Jacksonville 32220 Clyde Riggs 904-772-9278 **NFBC Ride**

Friday 9 AM Atlantic Coastal Ride A-/B/S 21-35 miles 1616 N. 1st St. Jacksonville Beach 32250 Jack Houghton 904-642-4946 **NFBC Ride**

Friday 12:30 PM Mike's Island Bikes Friday Lunch Ride A+/A/B/C 32-68 Miles 4800 First Coast Highway Fernandina Beach 32034 Jim Ingham 904-612-8812 **NFBC Ride**

Saturday 7 AM Beaches Sundog Ride A/B/C/S 24 miles 303 Atlantic Blvd. Atlantic Beach 32233 Susan R Wallace 904-249-1487 **NFBC Ride**

Saturday 7 AM Joe Pelley's Ponte Vedra Ride A/B+ 50 miles 17 Sea Bass Lane Ponte Vedra Beach 32082 Aaron Witt 904-285-4022

Saturday 7:15 AM Champion Cycling Saturday Morning Ride A/B/C/Beginner 10-40+ miles 11447 San Jose Blvd. Jacksonville 32223 Jeff 904-262-5744

Saturday 7:30 AM Lakeshore Bicycles B/C 5-30 miles 2108 Blanding Blvd. Jacksonville 32210 904-388-0612

Saturday 7:30 AM Open Road Saturday Ride A/B/C 4460 Hendricks Avenue Jacksonville 32207 904-636-7772

Saturday 7:30 AM St. Augustine Race Ride A++ 20-60 miles Cobblestone Village St. Augustine 32086 904-824-2422

Saturday 8 AM Tour de Durbin Crossing A+/A/B+/B 28-100 miles 1332 Veterans Pkwy. St. Johns 32259 Sonya Adkins 904-777-6324 **NFBC Ride**

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

Saturday 9 AM Performance Bicycle Great Ride Series Level C 20 miles 4421 Southside Blvd. Jacksonville 32216 904-899-1056

Saturday 9 AM except 3rd Saturday of month St. Augustine Lighthouse Ride A/B/C 35-48 miles 55 Ava Way Vilano/St. Augustine 32084 Mark Atkins 973-219-1092 **NFBC Ride**

Saturday 9 AM (3rd Saturday of month only) Armstrong Trail-Cracker Swamp Road A/B/C/S 17-37 miles 4930 Harvey Avenue Elkton, FL 32033 Mark Atkins 973-219-1092 **NFBC Ride**

Saturday 9 AM Beaches Sundog Ride A/B 33-38 miles 303 Atlantic Blvd. Atlantic Beach 32233

Saturday 9 AM Saturday Social Ride C/S 30 miles Various locations-see schedule on website Clyde Riggs 904-772-9278 **NFBC Ride**

Updated 12/15/2015