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From Sarasota Manatee Bicycle Club

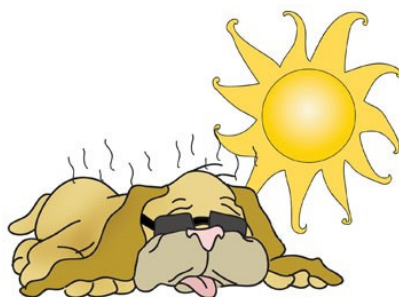
Subject Subject: news you might use from smbc

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BUD'S BITS

So what's been happening since we last talked? A lot here in Sarasota. Even though it's summer here in paradise, even though the snowbirds have flown north, even though it's easy to slide into a lazy summer malaise, you should know that there is a lot happening. Two of the more important things are plans for this year's Cyclefest and the hard work of your board on a number of projects. Find out ...[more!](#)



For everyone here in Florida, I need not remind you that it is HOT! Did I mention HUMID? Having said that did you know you can get a ride in at the end of the day now? Yes, Tom Mannis leads his **Bike & Brew** ride Tuesday nights and Bryan Groh leads the **Sutton Park** ride on Wednesday nights. Check our ride [calendar](#) for more details.

And Please, Please HYDRATE! That's DRINK BEFORE YOU'RE THIRSTY!

Pictures and details of major events the past 3 months

MYAKKA PICNIC



In case you missed it, this is the 2018 official Myakka Picnic photo. If you're not pictured above you missed out on a great day of rides, food, and camaraderie.

TOUR DE PARKS 2018



Tour de Parks 2018 is in the bag. What a great event! Volunteers from Friends of the Legacy Trail and SMBC were virtually flawless in the execution of the event and the weatherman was very cooperative. More than 820 riders registered to make this year's event the largest yet.



RIDE OF SILENCE



The 2018 international Ride of Silence was observed May, 16. Pictured are the Blue Sky Pipes who performed prior to the start of the ride and sent the riders off with a beautiful arrangement of Amazing Grace. Organized by SMBC's Rich Garrett, the event saw more than 150 riders participating with representatives from Sarasota Manatee Bicycle Club, the Village Idiots, Coastal Cruisers, Storm Triathlon, Sarasota Cycling Club and members of the general public in attendance. Riders rode in Silence from Robarts Arena through downtown Sarasota and back to honor those injured or killed by motorists, to promote sharing the road, and provide awareness of bicycling safety.

ADULT AND KIDS EDUCATION




March and April saw your SMBC bike safety instructors busy at both the kids and adult level. Judy Lee, Becky Afonso, Ralph Monti, Tom Leonhardt, Tom Miller, Patty Riley, Art Bryant, Tom Roberts, Bill Norris, Lisa Indivino, and Bud Gaunce were at either or both the Roy McBean Boys and Girls Club or the wildly acclaimed "fix that flat" adult class sharing their time and knowledge and having a good time with kids and adults eager to learn.

Gulf Coast Cyclefest
Sunday November 4, 2018

Ian Tummon, Gulfcoast Cyclefest coordinator is marshaling his



team and drawing up his game plan. There is quite the buzz going on about all the changes for this year's event.



How about a completely new Century that (bless the Canadian's heart) is 104 miles long. But what a route; out to Coquina Beach and back, stopping at Payne Park (the proposed terminus for the extended Legacy Trail) and then on to Myakka park before returning to Lakewood Main. WOW! But wait, there's a new 79-mile route that also makes it out to the beautiful Coquina Beach. And not to be slighted will be a great revision of the 62-mile route and all new 20 and 35-mile routes

For more information about routes, lunch, rest-stops, and marketing be sure to click [HERE!](#)

In case you missed an earlier announcement.....

Be sure and say WELCOME & THANKS to **Cindy Mannis** the next time you see her or hey, drop her a [line](#). Cindy accepted the invitation from the Board to be our new Safety and Training coordinator and is a new Director of the Board. She's hit the ground running so be sure to check out her "Ride Safety" tab on our homepage where she has great information on safety and training.



IMAGINE THIS!

Monday, 6:00 P.M.

a secluded room at the end of a wooded lane
a four thousand ninety-six word document (4926)
to digest
six other people
What the heck??????

The "heck" in "what the heck", would be your board of directors hard at work this past week reviewing, restating, and reviewing again a working draft of a new [Bylaws](#) document. Yes, after hours of work to bring a working document to the next step, the board hammered out a suggested set of bylaws for SMBC. Please review and submit comments and suggestions to..... [MORE!](#)

More Tiresome Advice

In the last article, I said we'd talk more about tire width, tire pressure science vs. conventional wisdom, and rolling resistance in the lab vs. the real world. There was [still is?] a time when conventional wisdom said the higher you pumped up your tires, the easier the bike would roll and the faster you'd go. And the same reasoning said[more tiresome 2](#)



Hello again,

I hope some of the safety tips we discussed in our last article have been helpful to you as you blaze the streets and trails in your communities.

There have been a few requests to address the topic of paceline riding, and tips that can add to your comfort and safety as well as the safety of the entire paceline.

It is no secret that each and every rider in a group ride is...[MORE!](#)

Links you might find interesting:

Let's talk about the ["door"](#) as in doored
[3 REASONS ...NO FEAR](#)

All typos, errors, ommissions, etc. are mine and mine alone. Bud



check out the club **Facebook** page

Done