

THE MAGAZINE OF FLORIDA CYCLING ENTHUSIASTS

Florida Cycling Magazine

**Ride Faster Further?
Sugar and Oxygen**

FCM Interviews Greg LeMond

**Touring Events:
Miles for Hope
Six Gap**

**LIVELONG BENEFITTING LIVESTRONG
RIDING FOR A BETTER TOMORROW**

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We Do Good



I had the pleasure of participating in two fun, exciting, challenging touring events in the last three weeks. Several more are on the calendar and as we move into fall. I couldn't be more excited.

The Miles for Hope Century in Clearwater gave me a chance to ride the Gulf Coast from Clearwater to Passe-A-Grille. Although it is in my backyard so to speak, I don't get to spend much time there and have never traveled that route by car much less by bike. The Century was new for this year and is the only true Century in the Bay area. 1,700 participants showed up for the various walk, run and cycling activities. The event doubled the money raised to fight Brain Tumors vs past years to over \$150,000. One fund raising "team," Team Logan, alone raised \$21,000. Go Team Logan!

Last weekend I got to ride in zMotion's Livelong Benefitting Livestrong Event in South Florida. It is among the parts of Florida that I just can't seem to get to enough. There wasn't much time for sightseeing in the group I was riding with and that was fine with me. I achieved a new personal best time for sixty-two miles as we flew up and down A1A. Over 2,500 participants walked, ran and rode during the two day event rising over \$300,000 to fight Cancer.

The two rides were very different for me. Miles for Hope was in somewhat familiar territory with local riders. The pace was relaxed and the sights enjoyable. The Livestrong Ride was as fast as I can go for over two hours with some friends from South Florida but mostly cyclists who were new to me. I felt good about doing both rides but I feel even better about the good that these events do. As different as the rides were for me they share the most important aspect in common. Between them they raised almost half a million dollars to make life better for people today and for generations to come by fighting two frightening terrible diseases.

These are just two of many fine touring events that are going on now in Florida. The organizations that stage these events work tirelessly to host us in a way that is safe, fun and memorable. It is the most fun I can have for the money and the money goes to the most worthy causes.

I don't know exactly how many cycling events there will be this year that benefit charities. Given the donations made by these two events it is not hard to believe that cycling events in Florida give many millions of dollars annually to help those in need, fight disease and in doing so make life a little better for everyone. I ride as many of them as I can. It is always a great day on the bike but also it is a time when cyclists do good. I like that about us!

A handwritten signature in black ink, appearing to read "Darren Dowling".

Darren Dowling
Editor-In-Chief



**Moving Towards a Cure®
Cycle/Run/Walk Clearwater 2011
1600+ Participants Doubled Fund Raising**

The 4th Annual Moving Towards a Cure® Cycle/Run/Walk Clearwater hosted by Miles For Hope was a huge success! Over 1,600 participants raised in excess of \$150,000 as they came together to cycle, run, or walk to raise awareness and provide funding for Brain Tumor research. The number of participants and funds raised for awareness and research doubled from last year.

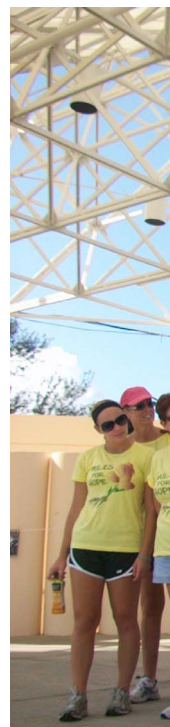
It was a beautiful and bright, sunny Florida morning as enthusiasts came out to support this important cause. The event offered cyclists the choice of a 100Mi., 100K, 50K, or 25K route with spectacular views of the beautiful coast line that runs between Clearwater and St. Petersburg beaches. There was a 5K run/walk, offering remarkable Intracoastal Waterways views as it crossed over the Memorial Causeway bridge, and a 1Mi. Family Fun Run.

Cyclists came from all over the country, including California and Ohio, and from as far as Hawaii and

Canada. New to the event this year was a 100 mile route created for cycling enthusiasts who wanted a challenge by incorporating more than 10 bridges in the cycling route, as well as using the ride as a warm-up for upcoming cycling races. Many riders reported the ride was certainly challenging, especially due to the hot Florida sun, but cycling along the spectacular views of the Clearwater and St. Petersburg beaches and our famous palm trees was awesome. In addition to the 100Mi., 100K, 50K and 25K cycling events, there was a dual challenge which combined the 5K run with a 25K cycling route. The feedback received from the cyclists was phenomenal.

In addition to being a great athletic event for cyclists, runners, and walkers, Moving Towards a Cure® Clearwater is also an event with a purpose – to increase awareness and raise funds for cutting-edge brain tumor research. Brain Tumors are the #1 cause of solid tumor death in children and young adults under the age of 20.

The donations generated from this event



have been earmarked for a Pediatric Brain Tumor trial. University of California Los Angeles (UCLA) neurosurgeon, Linda Liau, M.D., PhD is heading the clinical trial. We would like to thank our many sponsors that showed their support. A special thanks goes to:

- Northwest Biotherapeutics
- HealthBank
- AirTran Airways
- Brighthouse Networks

Miles For Hope is a 501(c) 3 not-for-profit organization founded by a brain cancer survivor. The focus of Miles For Hope is to raise awareness for brain tumors, provide funding for cutting-edge research and to assist brain tumor patients with travel assistance for medically necessary treatments or medical consultations. In addition to supporting the latest research, advancements and clinical trials, Miles For Hope also offers patients and their families much needed support by providing a free mild hyperbaric chamber, monthly support meetings, and a reference library.

To continue supporting cutting-edge brain tumor research, Miles For Hope hosts Moving Towards A Cure® 5K Run/Walk events across the country, to promote awareness and raise funds to fight against this devastating disease. To learn more about supporting this important cause or to make a donation online, please visit www.MilesForHope.org To find events in your area, visit www.BrainTumorEvents.org



Moving Toward a Cure

Best Way to See the Pinellas Gulf Coast

By: Mike Tomlinson FCM

There was anticipation in the air as we assembled for the start at Coachman Park in Clearwater. This is the only true century event in the Tampa, St. Pete, Clearwater area and the first in recent history. We were treated to the first and tallest of many bridges less than two miles from the start. That got the legs loosened up and sorted out the pack into several groups.

We headed south down Gulf Boulevard toward Pass-A-Grille. Traffic was light, wind was pretty calm and the pace was good. I don't get to spend as much time as I would like at the beaches and it was very interesting seeing places I have lived close to but only visit once a year on my birthday. There could be no better way to see them than rolling along with friends and other fellow cyclists.

Groups formed and divided as we moved south until we come upon and drawbridge in the up position. That allowed us to catch up to and join the lead group. The pace picked up after the bridge and before we knew it we were looking at the beautiful Gulf waters across Pass-A-Grille Beach.

The group made the turn, saluted the venerable Wharf Restaurant and was headed north. The wind picked up a little and I was thankful to have some strong riders in the group to share the work. Thanks to Mike Hickey, Chris Chrisman, Janell Cory, Jim Taylor and the others who worked so well in our group and made the ride so much fun.

The event was flawlessly organized with plentiful well stocked rest stops. The weather and scenery was beautiful and there was plenty to eat, drink and see when we returned to Coachman Park. If you couldn't make this ride this year don't miss out next year. There is no better way to see the Gulf Coast or more worthy cause to help.

