

Daytona Beach Bicycle Club

September 3, 2009

Meeting called to order at 7:00pm

Old business

- Treasury report. Checking balance at (hidden).
- Membership at 54 paid members. There were a hundred and eight members on last year's roster.
- Minutes were handed out and a motion was made to approve minutes. Seconded and no one opposed.
- Cynthia's Monday morning ride at the convenience store on SR100 at 8:15 and go to Mantanzas and return, 34 miles round trip, is going well and will continue.

New business

- Sad news-Bernie Copeland's girlfriend has passed away. His address and phone number is: 11807 NW 112th Avenue, Alachua, FL 32615 and his cell is 423-6553 (old Daytona number with 386 area code if needed).
- Note that bike helmets need to be replaced if they are hit. They need to be replaced even if there are no signs of cracks. The integrity of the foam, once damaged, does not do it's job and your skull will have to take the punishment. Bell helmets (and probably other companies) have programs to replace helmet. Please contact the manufacturer to see about their policies. If you have blood spots to remove, 532 spot remover is great.
- Away rides-September 6, New Smyrna Beach with the Harris and his Mosquito Lagoon riders, 7:30am start at 200 Canal St (Utilities parking lot). Rides include 30,42 and 48 with A, B and C groups. Breakfast at 30 miles. Good practice for upcoming September 13th, Watermelon ride in St. Augustine. Also note, Oct 9-11 is the Mt. Dora Bikefest.
- Victor Ride will be December 6.
- Jack at Ormond Bike shop is offering 10% discount storewide to DBBC members. Thank you Jack.
- Remember the 10% discount at PC Bike and special order bikes (not ones in stock) are discounted 15% for club members.
- Motion on the floor to join the Florida Bike Association for a \$100.00 club membership. Seconded and approved by all.
- Motion to reimburse President Bill for \$100.00 for expenses related to party at his house. Seconded and approved by all.
- Motion to approve \$25.00 donation to Volusia County Law Enforcement Police Unity Ride DC memorial fund to help defray local officer's travel expenses. Seconded and approved by all.
- Florida Freewheelers want everyone to know about the recent thefts of bike racks in the Orlando area. They are stolen even with locks and without damage to the cars.
- Dick Loesch is out of the hospital and here with us tonight. Dick spoke about all the kindness he has received from club members. He really appreciates all the visits, cards, phone calls (all the way from Vermont!) He says we are not just a bike club but a true group of friends and THANK YOU.

-Club discussion on future speakers and future away rides.

-Introduction of tonight's speaker, Pam Geise. She gave a wonderful slide presentation concerning nutrition as it relates to riding. She is a health and wellness professional and her websites are www.lifestylere restoration.com or www.pamgiese.com. She was very informative about the ways we should eat, drink and workout - fat, carbs, calories, good foods, bad foods, sports drinks etc. Thank you Pam for a very informative and appropriate discussion.

-Eric offered samples of coconut water and reiterated the health benefits over sports drinks.

-Next meeting is October 1st at Houligan's. 6pm dinner, 7 pm meeting.

Meeting adjourned 8:29pm

Submitted by Minna Hardesty, Club Secretary