studies done at johns hopkins university show that 2 major factors positively affect the efficiency at which you ride:

1. higher bike chain tension
2. large sprocket size

Results show a bike's energy efficiency score as high as 98.6%, meaning that only about 2% of power was lost when energy was transferred from the front wheel to the back.

CONSERVE YOUR ENERGY

GAINESVILLE-DEPOT AVE TRAIL
Route from Shands Hospital to the Gainesville-Waldo Road Greenway.

GAINESVILLE-DOWNTOWN CONNECTOR
Connects to the Depot Ave Trail.

GAINESVILLE-HAWTHORNE TRAIL STATE PARK
Provides multiple access points to Paynes Prairie. Connects to the Depot Avenue Trail, the Waldo Road Greenway, and the Gainesville-Downtown Connector.

GAINESVILLE-WALDO ROAD GREENWAY
Route from Gainesville Regional Airport connecting to the south end of the Gainesville-Depot Ave Trail.

Gainesville is set up in geographic quadrants based off of the University Ave/Main St intersection.

University Avenue IS Newberry Road...it turns into Newberry further West.

Remember April: Avenues, Places, Roads, and Lanes run East & West, while all other streets run North & South (with few exceptions).

Get to know the streets of Gainesville and have no problem getting where you need to go...that’s right, even without a car!