

July
2006
August

Caloosa Chronicles

Bi-monthly publication of the Caloosa Riders Bicycle Club of
Lee County, Florida

Web Site: www.caloosariders.com

3rd Annual Key West Ride

by Tracy Wells

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As many of you may remember, the original 3rd Annual Ride was canceled last fall due to damage from Hurricane Wilma. The ride this spring had a slightly different itinerary from past years. We traveled between Ft. Myers and Key West on the Key West Express ferry and bicycled from Key West to Key Largo and back again. Another alteration was that this ride had a sag although many people were riding self-contained some of us took full advantage of having a support vehicle to carry our camping equipment and duffels.

On April 23rd we gathered at Fisherman's Wharf at Ft. Myers Beach at 6:45AM for the 8:00 boat. The Band of Merry Men (and woman) was comprised of Bill Garrison, Wayne Van Netta, Dale Van Netta, Ron Cox, Bud Elder, John Morrison, Bob Hale, Chad Folden, Craig Kreider, Jay Gray, D'Arcy Johnston and me. My husband, Chris, had volunteered to be the sag. Chris drove down the day before and visited friends on Key Largo before heading to Key West to meet up with our boat arrival the next day.

The weather was perfect and there were basically no seas. I was somewhat concerned as to how it would be when we got out into Florida Bay but it remained comfortable and somewhat reminiscent of a slow rocking hammock at about 32 knots. Many of us sat outside where it was shady with little wind underneath the deck above us. The coast was visible for 45 minutes then just the Bay. The entire trip was 3 ½ hours. The large cruise ships that were in port identified our destination from a distance. I heard that residents of Key West elected to not have any cruise ships visiting on Saturdays and that when they visit on other days that they have to leave in the afternoon so that residents can see an unencumbered sunset. You've got to love Key West!!

Chris met the boat and after unloading the bikes – some of which was interesting as the narrow gangway had a 90 degree turn and bikes with trailers were very long. The streets were busy with tourists and we found our way to Margaritaville – of course! No Jimmy Buffett sightings but a good lunch. I happened to have my cycling glasses on my head. The waitress noticed the mirror that was attached and asked me if I wore it so that I could see muggers. Oh well. We had our “dessert” at Fat Tuesdays- drinking wonderful fruit specialty drinks.

We finally found our way thru Key West and over to Stock Island, Mile Marker (MM) 5, where we checked in at Boyd's campground. We had sites on the waterfront and it was still a beautiful day. Chris and Chad were very much at home sitting in chairs under Chris' beach umbrella keeping an eye on the harbor and the occasional fighter jet that would careen overhead (the base is a stone's throw from where we were). We enjoyed the pool, the Tiki Hut and watched TV as cycling was on. Bud slept under the guise of reading.

Bill, Jay, Chad and D'Arcy decided to go back into town on the bus to see the sunset from Mallory Square and have dinner. The rest of us went up the street to the Hickory House, recommended by Boyd's. Good food and margaritas- supposedly the second best in Key West. According to Bill and Jay the bus ride back from town was very long – Jay had been given a flower by the bus driver and he in turn gave it to a lady on the bus who perhaps had seen better days and he said his name was John Morrison. Since all deeds must be repaid – John put a rubber snake in Jay's tent. Jay thought it was the same snake he'd seen in his garage the day before. Payback.

Monday – up early, those of us that were not self contained loaded up the van and got on the road. I had never been to the keys so I loved the scenery and changing water color. We crossed one bridge and I looked over and spotted a small nurse shark. The roads were pretty good – rarely did we share space with cars but had shoulders to ride on. We had breakfast at Sugar Loaf Lodge – Restaurant and Tiki Bar at MM17. We kept a lookout for D'Arcy and Chad

Ride Schedule & Meeting Dates

All Riders: Download ride maps before club rides. Maps to all rides can be found on the club's website: www.caloosariders.com. Most routes are marked. All rides are between 30 and 40 miles unless otherwise noted.

Saturday Rides

@ Buckingham Community Park on
Buckingham Road east of SR 82

July 2006		
Sat, 7/16	Greenbriar	Bill Garrison 275-7615
Sat, 7/08	Alva Special	JoAnne V. 936-1058
Sat, 7/15	Old Milwaukee	Jeff Brim, 560-2746
Sat, 07/22	Gateway Special	Bob Hale, 772-9402
Sat, 7/29	I Like Ike	Ron Cox, 334-7580
August 2006		
Sat, 08/05	Greenbriar	Bill Garrison 275-7615
Sat, 8/12	Alva Special	Dick Bennett 464-0606
Sat, 8/19	Old Milwaukee	Bill Garrison 275-7615
Sat, 8/26	Gateway Special	Jeff Brim, 560-2746
September 2006		
Sat, 9/02	I Like Ike	Ron Cox, 334-7580
Sat, 9/09	Greenbriar	Bill Garrison 275-7615

Club Meetings

Thursday, July 27

@ Lee Memorial Hospital Auditorium

Meetings start at 7:00 p.m.

Pot Luck. Bring a dish to share.

Summer Ride Start Times

Unless otherwise noted, all rides start at 7:30 a.m. during July and August

Tuesday/Thursday Rides

Cay West Parking Lot - Cape Coral Parkway west of Chiquita. The group rides various routes through Cape Coral. Mileages vary between 20 and 50 miles. Some of the riders maintain a conversational pace (12 - 15 mph) while others ride much faster. 8:00 start.

Sunday Rides

Bell Tower - Daniels and US 41. Meet at 7:30 a.m. Pace: 20 mph for 60 miles. Not for beginners.

Pelican/Cape Coral: Meet at Pelican Park on Pelican Blvd, north of Cape Coral Parkway. Pace: 12 to 20+ for 26 to 35 miles. Start time changes in June.

Special Sunday Rides to Sanibel Island

July 16 & August 20

Meet at the Publix parking lot across from Tanger Outlet Mall on Summerlin.

Plan for a breakfast stop on Sanibel

8:00 start

Breakfast after the rides

- Tues/Thurs at Annie's in CC
- Saturday at Franke's on Fowler, Ft. Myers

3rd Annual Key West Ride -continued from p. 1

so that they would see us. They were both pulling weighty Bob trailers. Chris kept an eye on us to some extent and always managed to spot the large clusters of bicycles when we would stop for refueling. Breakfast was very good and overlooked a small canal. Wayne regaled us with stories of a visit to this Lodge with JoAnne 20 years before. Once again, we had too much good food. Before we left we saw their mascot, Barry the 'Cuda, whom they regularly fed. Barry was hanging out by in the canal next to the restaurant and Barry looked to be eating very well.

We headed up the road running into bike paths along the way. Sometimes they would only stretch for a mile or so and might be on the other side of the road. Chris gave us a rest stop at Bahia Honda State Park. It was starting to get hot and the wind was out of the east so we head a slight headwind. While crossing Seven Mile Bridge, Bill had the first flat. It was a beautiful day and great to be looking out over the ocean from the bridge. A few boats were out fishing – I'm guessing for bonefish. I thought of the scene from the movie True Lies with Jamie Lee Curtis and Arnold Schwarzenegger.

We had lunch in Marathon at Annette's Lobster and Steak House – more great food. Stopping at restaurants together allowed everyone to regroup if we had gotten strung out. We had quite a few miles of bike path through this area and up to Grassy Key. The second noteworthy bridge, in terms of length, was just before Long Key (Long Key Historic Bridge and Fishing Pier). The elevation is not too steep on these bridges as they are long and the incline is gradual. Fully loaded recumbents moved a little more slowly than on the flat. Just before the park entrance a convertible car of young women in bathing suits went by laughing. As they passed our bikes they lowered the top of their bikinis. I think I saw a few of the bicycles wobble.... Although we had ridden many miles in the sun, my fellow cyclists had new found energy. We got to Long Key State Park at MM68. Chris had already checked us in and we found our campsites which were all together on the edge of the beach and not far from the showers. The tide was high and Bill was the first to venture out and relax in the water, many of us followed. It was really nice and the breezes kept the bugs and noseeums away. Hurricane damage was evident. The beach had erosion and there were marked new plants and trees in buffer zones. Craig and Bill went in the van and got a couple of coolers of beverages which we all enjoyed after a long very hot day. It was very much appreciated.

Dinner was at Little Italy just a mile down the road. A few of us hopped in the van rather than get back on the bikes. Another great meal. We found out that the restaurant was changing hands on Sunday and would probably be turned into condos. Sigh!! Back at the campground all the stars were out – Chris gave us an astronomy lesson – Dale impressed us with his knowledge of stars. We even saw a satellite passing overhead. Craig said that this trip was great fun and was like a scouting

adventure he'd never had.

Wednesday – 7:30 departure from Long Key. We decided that since we only had 38 miles to go that we would ride halfway or so and find a place for breakfast. Actually we gave Chris the job of finding it. He asked for recommendations when he stopped for gas at the world's slowest gas pump. The man pumping gas on the other side of him had been there a half hour. The lady said it took the pumps a little time to warm up and get going. She turned on some music for them to listen to while they waited- Chris said she thought it might make the gas flow faster. Anyway, she gave him a breakfast tip and he left in search of it ever fearful that we might pass him. He went to two restaurants that were closed, never found the one she recommended but did find the Islamorada Restaurant and Bakery home of "Bob's Sticky Bunz" MM 81.5. There were lots of jokes about Bob Hale and Bob's Bunz. It was a terrific little place with an entire display case of baked goods right as you walk in the door. Ron couldn't resist the banana turnovers and some people had the famous sticky buns and crab cake eggs benedict. The food was really delicious and one of the waitresses took pictures for us when we got back outside.

We had a nice bike path in Islamorada that was off the road and had mangroves and trees on both sides. This path and most of the others are part of the Florida Keys Overseas Heritage Trail. The DEP wants to build this trail / bike path from Key Largo to Key West. Chris gave us a rest stop with Gatorade 10 miles later. Got to John Pennekamp State Park MM 102.5 at 11:30am. This is a very busy park with concessionaires selling snorkel and diving trips. Day trippers could enjoy the beach and launch their boats at the marina. Our sites were between 2 "lakes" (12 ft. wide fresh water swamps). D'Arcy, John, and I among others went swimming. The "beach" was crushed coral rock which extended into the water. You needed to wear shoes. The water wasn't clear but it felt good after the heat of riding. Some of us grabbed a bite to eat for lunch at the store. Jay decided to go out on the snorkeling boat. He returned later with a story about a woman getting stung by a Portuguese Man of War. Chris showed Dale and Chad the Outward Bound pulling boats that he works with in Maine since 2 of them had just finished the school's last winter course in the keys and were at the Pennekamp Marina. They had nice rest rooms for campers but we all got a kick out of the signs in the toilet stalls that said that recycled water is used to flush the johns and that we shouldn't drink it. After showers and chit chat we went across the street to Rib Daddy's for dinner. They even had a table that accommodated all 13 of us. The special was AYCE ribs and chicken platter. Wayne jumped on that as did a few others. Beer came in pitchers and the food was plentiful and good. Every time I passed a truck Weigh Station on the road I wondered if we had all gotten on a scale (as a bunch) in Key West before the ride and then repeated it at the end of the ride – what would it say.

3rd Annual Key West Ride - continued from p. 3

John got a to go box for some ribs and threatened to put a few of the bones under some of the tents – for the raccoons!!

Back at the campsite we were chatting when a five foot iguana came up the bank and into the camping area. He checked us out – we all took photos and he ambled over to some green leaves and munched away. A hawk also landed on a branch fairly close to us. When it got dark raccoons were running around the site. We had been told to not have food around and what we had was in the van. We had another lesson on the stars and hit the hay.

Since we all enjoyed the restaurant in Islamorada we decided to return for breakfast. After a cup of coffee in Key Largo we headed back down the keys at 7:30. Chris found a nice church parking lot for a rest stop for us along the way. Had another great breakfast in Islamorada – the waitresses asked when we would be back. Perhaps next year. We were greeted at Long Key with open arms – the rangers were very happy to see us again and greeted Chris by name. Some of us went in the water. Afterwards a few of us went down the road to scout out the convenience stores. We made reservations for dinner at Little Italy for 5:30. We all had another great meal the cracked conch looked terrific as did the conch chowder.

Since our last day was a long ride and we wanted to be in Key West around 1:30 to check in for the Key West Express,

we decided to leave at 6:30. Chad and D'Arcy decided to use the sag to lighten their load. We stopped and got coffee just down the road and found breakfast at a Burger King an hour or so later. . It was starting to get really hot. Chris met up with us again about 20 miles further at a bridge / park turn off – he said we looked like a long train as we came around the bend. We rested had Gatorade, water, Fig Newtons and pretzels. Our next stop would be Boyd's. Along the way, Ron crossed over to a path and had 2 flats at the same time.

Got into Boyd's for a shower and a little R and R. Chris left us and headed back to Ft. Myers. We bicycled into Key West and had another refreshing drink at Fat Tuesdays and grabbed some lunch / dinner to go at a nearby restaurant before heading down to the dock to board. The ride back was terrific. It was a nice sunset and flat seas. We were on their new Key West Express boat – an immaculate, comfortable and larger version of the other boat. The bikes got wet from the jet spray as they were on the back deck of the lowest seating level but nothing a hose and a good cleaning wouldn't fix.

It was a great bike ride and a wonderful trip. I hope that in the future more women will join the ride – the pace was comfortable and the company was very enjoyable. Everyone looked out for everybody else and it was a real club ride.

Capital City Century Ride Sunday, September 10

The Springfield Bicycle Club is having it's 34th annual Capital City Century ride on Sunday September 10, 2006. The ride begins at the beach house in Springfield, Illinois. There are ride distances of 25, 40, 62, and 100 miles. The route is fully supported with homemade baked goodies and lunch at the beach house after the ride. Cathy Yeaman is chairing the ride this year and would love to see some of her Caloosa Rider buddies. For more information contact Cathy at cycycle@msn.com or the club website www.spfldcyling.org.

Cathy is chairing this ride and would love to see some Caloosa Riders there. -ed.

For Your Information

1. If you change your address, give that information to Tracy Wells, wellsonwheels@comcast.net.
2. **Welcome our new members:** Linda and Mike McVey, Frank Avey, Roy and Mildred Dalrymple, Phil and Paige LeBoutillier, Nora Aleman, Patrick Hosty, Shelly Erion, Scott Deane, Jeff Deane
3. **Projected Caloosa Riders event plans:**
 - August: Need Idea and Ride Leader
 - September: Need Idea and Ride Leader
 - October: Withlacoochee Weekend ride
 - November: Turkey Leg Century to Naples
 - December: Club Christmas Party and the Christmas Lights Night Ride

5. Meeting Dates for 2006:

Thursday, July 27,
Thursday, August 24,
Thursday, September 28,
Thursday, October 2
at Lee Memorial Hospital Auditorium.

Job Opportunity

Caloosa Chronicles newsletter editor. Fantastic salary and benefits. Great working conditions. Contact Jackie - jkampfert@mac.com

Bike and Barge Holland

by Cathy Yeaman



the day. Each group had a Dutch guide who led us through the countryside and cities. We had several stops each day to tour through a village, visit a museum, have a coffee, or shop the markets.

Some of the highlights of the trip were:
Bulb fields- Large fields of blooming tulips, hyacinths, and daffodils
Keukenhof Gardens- A large formal garden of tulips and other bulbs
Kinderdijk Windmills- An area with eighteen windmills working to keep the polder (land reclaimed from the sea) dry
Museums- Van Gogh, Rijksmuseum (Rembrandt), Fran Hals, and a bakery and paper making museum
Anne Frank House
North Sea Beaches and Dunes
Scenic views we encountered riding along the dikes, windmills, sheep, swans, and those little European cars.

Exploring Gouda, Delft, Leiden, The Hague, Rotterdam, Texel Island, Marken, and Amsterdam

We biked 400 miles, ate well, slept well, and met some wonderful people from across the country and the world.

Many of you may remember that Mary Lou and I headed North early this Spring so we could prepare to head on a bike and barge trip to Holland. We wanted to be there when the tulips were in bloom. What a great way to see and explore the country. It was a fourteen day trip that began in Amsterdam. We met up with the barge, "Angeline", on the Amstel River. The barge had fourteen bedrooms below and a dining room, lounge/bar, and outdoor observation area on the main deck. Our captain's wife was our cook. All meals were included with our tour as well as our bikes. Our typical day was breakfast at 8 AM. Items for lunch were provided during breakfast for preparation and packing for later. We left the barge at 9 AM for either a long (40 to 45 miles) or short (25 to 30 miles) bike ride. While we explored an area of Holland the barge moved to a new location which we biked to by 4 PM to 5 PM. Dinner was at 6:30 PM followed by an evening walking tour of the city where we were docked for the night.

Our bikes were Peugeot 21 speed touring bikes with waterproof panniers. We were able to pack extra clothes, our lunch, and any purchases we made during



Viagra a Banned Substance?

Will Viagra be a banned drug? The anti-impotence medication has been found to increase high-altitude cycling performance by as much as 45% according to a report in the Journal of Applied Physiology. But there's a catch. The study's senior researcher says Viagra did not improve the performance of all cyclists. It helped "level the playing field" for those most affected by altitude. For them, the improvement was equal to covering a stretch of

road in 39 minutes that would normally take an hour. Viagra works because it's a blood vessel dilator, relieving constriction and allowing blood to flow more freely through some organs. The study used 10 male cyclists riding indoors while breathing air low in oxygen. More tests are planned, including riders in real-world mountain conditions and to see if women will also benefit.
-roadbikerider.com

You Know You're a Real Bicyclist When....

1. You think that working on your bike is almost as much fun as riding it
2. At some point you caught yourself wondering if your bike might look good if you added fenders
3. You would recognize that threaded washer from a Presta valve stem anywhere
4. You KNOW what a Presta valve is
5. You make decisions about car purchases based on which one more easily accepts a rooftop bicycle rack
6. You own any kind of purple anodized bicycle accessory
7. Your bicycle(s) are worth more than your automobile
8. You know what the difference is between Ultrasensor, Core-Tech, and Microfiber jersey materials
9. "Once you try bibs, baby, you'll never go back!"
10. The first thing you ask when you regain consciousness is "How's my bike?"
11. You take a perverse pride in your mid-thigh and mid-bicep tan lines.
12. Most of the tools you own are made by Park or Blackburn
13. Someone in a car asks for directions and you give them a route that bypasses freeways and busy surface streets

Worthy Bike Quotes

"The bicycle is just as good as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community." - Ann Strong, "Borrowed" from the website of Intown Bicycles.

"Bicycle riding as little as three miles a day will improve your sex life." - Dr. Franco Antonini

For city bicycling to catch on we need a revolution in our society's infrastructure. Right now a city rider needs to be a road warrior, and the bike needs to be cheap and ugly so

it won't get stolen. That's not a bike friendly culture." - Gary Fisher, founder and CEO of Fisher Bicycles Riding

"City riding is a continual lesson in feminine principles, in particular the art of being vulnerable. A confrontational, macho aesthetic spells calamity. You must learn to yield, to dodge, to seek harmony. You are obliged to mind the web of interrelations, that complicated mesh of interestes, conflicts, and intentions." - Chip Brown, essayist, and author of "A Bike and a Prayer"

Membership Application

Please Print Clearly and Read Completely

Name: _____

Address: _____

City _____ State: _____ Zip _____

Phone: Home: _____ Work: _____

E-Mail _____

_____ New Member

_____ Renewing Member

_____ Family Membership: \$20

Spouse's Name: _____

_____ Single Membership: \$15

Membership is for the calendar year. Membership applications dated through October remain in effect until the end of the year. Applications dated November and December remain in effect through the following year.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Caloosa Riders (Club) sponsored Bicycling Activities (Activity) I myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISK AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (RISKS); (b) Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE RELEASEES NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the League of American Bicyclists, their respective administrators, directors, agents, officers, volunteers, and employees, and other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the releasees herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY NEGLIGENCE OF THE releasees OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTANDING ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Member's Signature _____

If Family Membership, Spouse's Signature: _____

Date: _____

Mail to: **Caloosa Riders**
P.O. Box 870
Fort Myers, FL 33902

Make checks payable to Caloosa Riders

Benefits of membership... • Newsletter • Discounts • Club Meetings • Free Classifieds

Club Member Discounts

These Businesses will give members a 10% discount on non-sale items. Bicycles excluded.
Present your membership card.

A.J.Barnes Bicycle Emporium

15248 S. Tamiami Trail
239-437-0373

The Bike Route

8595 College Pkwy at Winkler
FM 33912
239-481-3376

*New
Location*

Ft. Myers Schwinn

3630 Cleveland, FM
239-939-2899

Wooley's Bikeland

1025 Tamiami Trail
N. Ft. Myers
239-997-3111

Cape Coral Bicycles

8 Del Prado Blvd. S., CC
239-242-2453

Trikes & Bikes

3451 Fowler St., FM
239-936-1851

The Naples Cyclery

813 Vanderbilt Road
Naples 34108
239-566-0600

The Naples Cyclery

27820 S. Tamiami Trail
Bonita Springs, 34134
239-949-0026

Clint's Bicycle Shoppe of Naples

8789 Tamiami Trail N.
(Marketplace at Pelican Bay)
239-566-3646

University QuickPrint

4519 S.E. 16th PL #102
Cape Coral, FL 33904
239-542-1020

Mother Earth Natural Foods

Cape Coral
Ft. Myers
239-454-8009

Acme Bicycle Shop

615 Cross Street
Punta Gorda, FL 33950
941-639-3029

Paradise Bicycles

1712 Del Prado, CC
239-772-2453

Hearing Aid

Services

MGregor Point Shopping Center

239-433-2060
Bonita Springs
947-2222

Ft. Myers, FL 33902

P.O. Box 870

