

May
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June

Caloosa Chronicles

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

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Bike Florida 2006

by Wayne Van Netta

The Caloosa Riders were well represented at Bike Florida. Attending were Dick Bennett, Ron Cox, Bud Elder, Chad Folden, Bill Garrison, Jay Gray, Bob Hale, Tom Hauser, John Morrison, Dale and Shirley Sterz, Chris and Tracy Wells, Charlie Leibold, Wayne and JoAnne Van Netta. It was easy to pick the C. R.s out. They often hung together, ate together and overall were a fun bunch.

The first day's rode started in Palatka and was a short 10 miles around town taking in the St. John's River and Ravine Gardens. Big John, Ron and I still managed to get lost.

Day two was a 47 mile ride to St. Augustine in nice spring weather. At the rest stop in Hastings we ran into our old buddy and former C. R. member, Tom Abdallah. Tom moved to St. Augustine when his wife's job was relocated. He looked fit as a fiddle and we coaxed him to divulge how:

- a. To have a very successful wife
- b. To quit work
- c. To ride your bike five or six days a week

The ride ended at Anastasia State Park, our campground for two nights. Chris and Tracy paid extra for a more exclusive area to pitch their tent. This may have been an urge to regress to childhood as they described the tenting area as one big sandbox

Day three was a 52 mile along the beaches. By circumstance, most of the C. R.s reached the rest stop at Ft. Matanzas National Monument within minutes of each other. This enabled all of us to pile on the ferry for a short boat ride to the fort, built in 1742. We dominated this group. With all of the picture taking, joking and yakking, we more resembled a bunch of teenagers on an outing than gracefully aging bicyclists.

Day four was a 72 mile ride back to Palatka via Green Cove Springs The weather forecast was certain in warning of heavy winds and rain. This prompted a C. R. meeting. In the tradition of Short Cut Bob Hale, a decision was made to retrace our route to Palatka, which would save 25 miles and hopefully beat the rain. By Golly, it worked.

As there would be no sag, a tacit agreement to stay together was reached, quite a sacrifice for faster riders as the delay could result in a wet butt. We slowpokes felt honored, especially JoAnne. When the winds really picked up, Prez Dick Bennett quietly edged his bike in front of her and shielded her for

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

May 2006 - 8:00 start		
Sat, 5/06	Old Milwaukee	Jeff, 560-2746
Sat, 5/13	Gateway Special	Dick Bennett 941-505-2661
Sat, 05/20	I Like Ike	Dick Bennett, 941-505-2661
Sat, 05/27	Greenbriar	Bob Hale, 772-9402
June 2006 - 7:30 start		
Sat, 06/03	Alva Special	Bill Garrison 275-7615
Sat, 6/10	Old Milwaukee	Dale Sterz 540-1260
Sat, 6/17	Gateway Special	Rosemarie, 303-0476
Sat, 6/24	I Like Ike	Ron Cox, 334-7580
July 2006 - 7:30 start		
Sat, 7/01	Greenbriar	Bill Garrison 275-7615
Sat, 7/08	Alva Special	JoAnne V. 936-1058
Sat, 7/15	Old Milwaukee	Jeff Brim, 560-2746

Club Meetings

Thursday, May 25

Thursday, June 29

Thursday, July 27

@ Lee Memorial Hospital Auditorium

Summer Ride Start Times

Unless otherwise noted, all rides start at 7:30 a.m. during June, 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. Start time changes in June.

Wednesday Ride

Summerlin and Colonial in Ft. Myers 8:00 a.m. The ride follows the Summerlin Bike Path. This is a fairly intense ride with average speeds being far above a conversational pace.

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.

Breakfast after the rides

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

For Your Information

1. If you change your address, give that information to Tracy Wells, wellsonwheels@comcast.net.
2. Welcome our new members: Dan & Cathi Dillon, Cathleen Prorise, Phil & Lisa Roland, Deanna McPhail, James Youngblood & Dianne Looney, Bill Horowitz, Mike Swanson, Ned Bowman, Mindy Collins, James Martinez, Gerardo & Marivic Gamez, Jim Reading, Douglas Orchison & Carol Stadnyk, Joyce Mix, Richard Parker, Tore Nordel, Sammy Cottrell, Craig Rotondo, Jamie Page, Dennis Howard, Ronald Fetters, Michael O'Connor, W. Scott Cain.
3. There are some club jerseys remaining. Contact Shirley or Dale Sterz, 540-1260. \$55.00.

4. Projected Caloosa Riders event plans:

- May: Memorial Day Picnic & Club Ride
- June: Hibiscus Ride (details to follow)
- July: Need Idea and Ride Leader
- August: Need Idea and Ride Leader
- September: Need Idea and Ride Leader
- October: Zolfo Springs Ride
- November: Turkey Leg Century to Naples
- December: Club Christmas Party and the Christmas Lights Night Ride

5. **Meeting Dates for 2006:** Thursday, May 25, Thursday, June 29, Thursday, July 27, Thursday, August 24, Thursday, September 28, Thursday, October 26 at Lee

Memorial Day Picnic at Cape Coral Yacht Club

Monday, May 29 at 8:00 a.m.

Ride, swim and eat - not necessarily in that order. The club has reserved the pavilion on the beach for the day and is providing the hotdogs, hamburgers, buns. The rest is pot-luck. Bring a picnic dish to share. Bring your swim suits and water toys, and plan to spend the day in luxurious decadence. If you are so inclined, you can even fish. To get to the CC Yacht Club, turn south on Coronado. Stay on Coronado until it becomes Driftwood. Follow that road to the end. If you go into the water, you have gone too far. Call Bill Garrison, 275-7615 for more information

Fort Myers 2nd Annual Ride of Silence – Wednesday, May 17, 2006

Gather at Centennial Park, downtown Fort Myers. Ride starts at 7:00 p.m. Join cyclists worldwide in a silent slow-paced ride to honor those injured or killed while cycling on public roadways. No registration, no fee – open to one and all. Helmets are required. www.rideofsilence.org

Bicycle Trivia from www.bikewebsite.com

If you lined up all the mountain bikes in America, tire-to-tire, and then rode a bike along that line, it would take you 36 weeks, (riding 40 hours per week, 15 miles per hour) to get to the end of the line.

The longest tandem or “bicycle built for two” ever made was actually for thirty-five. It is almost 67 feet long and weighs about as much as a Volkswagen.

Next time you are waiting at a red light, you may want to begin practicing a technique called the track stand. As you come to a stop, but before putting a foot on the ground, turn your front wheel about 70 or 80 degrees to the right or left facing uphill. If your bike is not facing uphill, turn the front wheel facing uphill. This means that your wheel will probably be turned to the left, since most often, the road curves uphill toward the centerline, so that rainwater will run off. Keep steady pressure on one of the pedals, but balance the tendency to roll backward, downhill. With practice, you will find that you can come to a stop and never have to put a foot on the ground. You will be able to rock slightly back and forth, balancing between rolling back and pushing forward. This trick is used extensively by road and track racers who want their toe clips so tight that removing a foot would be difficult. For the mountain biker, it helps develop fine control of the bike at slow

speeds, such as when riding along a narrow cliff. Variations include pushing the front tire backward with a hand or foot, or stopping forward roll and springing backward by hard applications of the front brake to maintain balance while on flat or downhill surfaces, and performing a track stand with one or no hands.

Half of all the parts of a typical bicycle are in the chain.

The longest bicycle skid on level ground: 374 feet. The tire went flat 20' before the end of the skid. The bike was equipped with 27" tires containing 110 pounds pressure. The technique was simply a long start to get up to full speed, then the rider leaned way over the front of the bike, reducing the weight on the back wheel to almost nothing. The feat was accomplished by the author of this file, who could have gone slightly further, but he was laughing so hard that he fell off the bike. Don't try this trick at home unless you have a really long living room.

The most efficient animal on earth in terms of weight transported over distance for energy expended is a human on a bicycle. The most efficient machine on earth in terms of weight transported over distance for energy expended is a human on a bicycle.

-www.bikewebsite.com

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miles. Of course we wouldn't be the C. R. without machos. Bill Garrison and Bud Elder rode the 72 miles, got wet and slogged against the wind. "No big Deal," said Bill. Bud had to top this off by being the only C. R. to ride the 100 mile option the next day. He is N.S.C. (no spring chicken).

Day 6 was an optional 50 mile ride around Gainesville. Big Dale's do everything cell phone showed an ominous weather front rapidly approaching. It was decided Big Dale and Shirley, Chris and Tracy, Short Cut Bob, JoAnne and Wayne would forego the ride. We would walk one block to the bus stop, than catch a ride to the Florida Museum of Natural History. Somehow we missed the bus stop and walked--and walked to finally reach the bus stop where no buses stopped. Gallant Chris offered to call a taxi. Looking just like an expectant father, he went in a nearby midwife maternity home to use the phone. A pity nobody gave him a cigar. When we got to the museum, our main C.R. group who had ridden 50 miles was already there. They barely got sprinkled.

In St. Augustine, JoAnne and I enjoyed a good Creole restaurant (Harry's) where we dined al fresco in a tropical setting with flowering trees, etc. Serendipity found another Harry's in Gainesville. At dinner there, we were joined by Big Dale, Shirley and Tom Hauser. Tom only does part of a Bike Florida Ride but often gets more miles than we riders as he pedals from Ft. Myers and back. Tom collects, restores and rides vintage bikes. How many does he have? He has never told.

Bike Racks for Sale

Trunk mounted bike rack. Lovingly used. Call Millie, 549-1366. \$20.00

Yakima Trunk mounted bike rack. Good condition. Call George, 542-0288. \$40.00

His vintage touring bike must be very vintage, enough to give him a certain aura. One night he crawled into his tent and left his shoes outside. In the morning he found a ten dollar bill in one shoe and a pack of cigarettes in the other. Ho boy, too bad the unknown Samaritan didn't know that our King of the Road neither smokes nor drinks.

Charlie Leibold, JoAnne and I are the only regular riders to do all 13 Bike Florida events. We feel especially close to Linda Crider as she is the originator, plus heart and soul of Bike Florida.

Yes, Linda, we love you honey, but why do you have to be so chintzy about rest stop food? Charlie complained about it 12 years ago, and it was the cause celebre with the Caloosa Riders this year. Deja vu ad infinitum. An idea; at next year's pre-ride meeting, we will march around the gym with placards proclaiming "MAN CAN NOT BIKE BY BREAD ALONE, HE MUST HAVE PEANUT BUTTER".

Our last day found us riding back to Palatka with a rest stop in Melrose. Melrose nestles along the shore of Lake Santa Fe, a large lake with a shoreline similar to the famed Cypress Gardens. This is where Brother Dale and I spent our summers at our parent's cabin. We grew up playing and fishing along its shores and doing what kids do. Three of our uncles also had places. Bike Florida riders never saw the lake.

Back to Palatka where Big Dale jumped my dead battery, then on to Fort Myers listening to JoAnne saying she really, really enjoyed Bike Florida this year.



Caloosa Riders beauties model the new shirts which were the hit of the ride.



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

