

March
2005
April

Caloosa Chronicles

Bi-monthly publication of the Caloosa Riders Bicycle Club of Lee County, Florida
Web Site: www.caloosariders.com

President
Richard Bennett
464-0606
crpres05@earthlink.net

Vice President
Bill Garrison
275-7615
bjgarrison11007@aol.com

Secretary
Alan Bylerly
437-1608

Treasurer
Dale Sterz
540-1260
dstertz@hotmail.com

Ride Coordinator
JoAnne VanNetta
936-1058
jwvan@comcast.net

Membership
Tracy Wells
282-2291
wellsonwheels@aol.com

Editor
Jackie Kampfert
542-2382
jkampfert@swfla.rr.com

Publisher
Lorena Tonti
University QuickPrint
542-1020
Universityquickprint@swfla.rr.com

Distribution
Jason Patterson
482-3137

Bob Hale
772-9402
bhale3399@aol.com

Webmaster
Jeff Brim
www.caloosariders.com
jeff@brimnet.com

FLATS

By Tom Hauser

Recently I purchased a box of 100 inner tube patches from the bike shop. The last time I bought this many was 3 years ago, so this means I've had over 30 patch jobs per year. Mostly this is the result of riding on paved shoulders and especially this year in Charlotte County post hurricane damage and cleanup. All this brought to mind the various flats I've had on my travels and inspired the following:

Have you ever had a flat.....

1. on rollers - the tire just wore out.
2. in a bike box - while waiting for a bus to Pennsylvania. In Iowa I heard a hissing noise coming from within the box. First thing I did when I arrived was fix the flat.
3. on an overhead bike rack - driving up to north Wisconsin with 3 others with all the bikes on top of the car, we pulled into a gas station. I rolled down the window just in time to hear my tire losing air.
4. in the middle of the night in a hotel room in south Mexico - I sat straight up in bed, grabbed my flashlight, and prepared to do battle. But then I recognized the sound.
5. after a long downhill -
 - a. British Columbia. I applied the brakes as I neared the bottom because there were RR tracks. As I got it almost stopped, the tire blew. The brake shoes were rubbing on the sidewall.
 - b. in the Finger Lakes after numerous climbs and descents, I pulled into a rest area. I heard a ping like if something was fired at me, and my tire went flat. Upon a closer look I noticed the valve stem was completely gone. It just blew off. Both these incidents inspired a reality check and apprehension on future downhills.
6. in a rainstorm - I blew out a tube on a sidewall, but I didn't have a boot. So I looked in the ditch and found a piece of thin cardboard. A few days later in the rain, the boot disintegrated and the tire blew again.
7. in the dark with no flashlight - I really had to think what I was doing and where I put things.
8. in sub-zero temps - I took my gloves off at the last possible moment but still my hands went numb.
9. in a mosquito infested area - possibly the worst case unless you have repellent or long pants and a jacket. This is a bad time for Murphy's Law to show up. I ended up walking around while fixing the flat to minimize the agony.
10. with Goathead thorns - they're found in the SW USA and northern Mexico and they're very durable. They stick to your tire and then work their way in causing a small puncture hole. In my first experience, I found the hole, patched it, but then the tire went flat again. There were 2 more holes. By the time I got to Central Mexico, I had 11 patches on my front tire tube.
11. that completely sliced your tire - I couldn't find the offending object, but the tire was cut from bead to bead and the tube was almost cut in half. I inserted another tube, pumped in a little air, then duct taped around the tire and rim, then put in about 60 psi, opened the brakes and rode for home. At the first stop sign, I forgot, used both brakes and almost ripped the tape off. So then I completely disconnected the brakes. I've had lots of spontaneous flats, some of which happened while I was near the bike. There are, of course, phantom tires which just never stay up.

P.S. I just checked my tire pressure for tomorrow's ride and one is flat.

Ride Schedule and Meeting Dates

All Sunday rides will leave from Bell Tower in Ft. Myers, Buckingham Park on Buckingham Road, or Pelican Park in Cape Coral. All Saturday rides will leave from Buckingham Park on Buckingham-Road east of S.R. 82. Ride start is 8:00 a.m.

All Riders: Download ride maps before club rides. Maps to all rides can be found on the club's website: www.caloo-sariders.com. Only new riders will be given maps at the ride start. Rides leave at 8:00 a.m unless otherwise noted. All rides are between 30 and 40 miles unless otherwise noted.

March 2005		
Sat, 3/05	Alva Special	Wayne, 936-1058
Sun, 3/06	ROYAL PALM CLASSIC	Rich Beck, 481-6999
Sat, 3/12	Greenbriar	Ron Cox, 334-7580
Sat, 3/19	Alva Speical	Dale S., 540-1260
Sat, 3/26	Golfview	JoAnne, 936-1058
April 2005		
Sat, 4/02	Greenbriar	Ron Cox, 334-7580
Sat, 4/09	Gateway Special	Tom H., 997-7603
Sat, 4/16	Venema Ride	Gerry V., 694-6757
Sat, 4/23	I Like Ike	Dale V., 768-0574
Sat, 4/30	Alva Special	Dave B., 466-8860
May 2005		
Sat, May7	I Like Ike	Wayne, 936-1058

Short and Sweet 15 Mile Ride

A 15 mile ride is offered each Saturday for those riders who don't want to attempt the regular rides. The pace is slower and the distance is 15 miles.



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.

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: Racers meet at 7:30 a.m. This ride is for expert riders interested in racing.

Buckingham/Lehigh: 8:00 a.m. Lehigh area. Pace: 17-18 mph, distance 25 -35 miles, no stops. Contact Gerry Venema -694-6757. (A shortened version is done by 9:30)

Pelican/Cape Coral: 8:00 at Pelican Park on Pelican Blvd, north of Cape Coral Parkway. Pace:12 to 20+ for 26 to 35 miles.

Club Meetings

March 22 - Tuesday, Rotary Park in CC

April 26 - Tuesday, Rotary Park in CC

May 25, Wednesday @ Lee Memorial Hospital Auditorium

June 30 - Thursday @ Lee Memorial Hospital Auditorium

Meetings start at 7:00 p.m.

Pot Luck. Bring a dish to share.

Breakfast after the rides

Tues/Thurs at Annie's in CC

Saturday at Franke's on Fowler in Ft. Myers

Special Club Events...

Pedal and Paddle, Sunday, April 17

The tides are right, the road is smooth. The Caloosa Yakkers invite you to meet at Pelican Park, 8:00 a.m. Cycle to Coral Oaks and back. After the ride, drive to Matlacha Community Park by 10:30 for a nourishing picnic including sandwiches and beverages. Then either launch your craft or rent a kayak at Gulf Coast Kayaks (283-1125) for a couple of hours paddling around Matlacha Pass with the 'Yakkers. (The Caloosa Yakkers are a disorganized group of club members who kayak together whenever the mood strikes.) The half day rental rates for the kayaks are \$ 30.00 for a single and \$45.00 for a double. It is a good idea to make a reservation and a strong possibility of getting a club discount. Call Jackie (542-2382) or Tracy (282-2291) for more information.

There is a launch ramp at the park for those who have their own kayaks or canoes.



Enthusiastic Yakkers, Dale and Shirley Sterz invite you to participate in the Pedal and Paddle Outing.

Upcoming events.....

Memorial Day Ride & Picnic, Monday, May 30

Mystery Ride in August

Zolfo Springs Ride in October

Turkey Leg Century in November

Christmas Party in December

*Watch for more
information about
these events in the
next newsletter or
on the website.*

It has come to our attention that several members are first time Bike Florida Riders and shockingly, do not know about basic tour necessities such as chafe protection. So in the interest of helping these Greenies have a good ride, we have included the following article.

Incidentally, Bag Balm can be purchased at Walgreen as well as other drug stores. It isn't necessary

Udder Bliss

Written by Carol DeMent for the Capital Bicycling Club News, Olympia, WA

There I was, smack dab in the wilds of Montana, Day 2 of a 6-day ride. I was in so much burning pain from a saddle sore that I couldn't stay in one position on the saddle for more than 5 or 6 pedal strokes. After suffering through the day, I dragged into camp and begged the ride organizers for help, explaining that I'd forgotten my chamois cream at home.

A short trip to the local feed store brought instant relief in the form of Bag Balm. I admit I was reluctant to grease up with the same ointment I used to smear on my horse's hoofs to keep them supple. Nor was the happy-faced cow on the green tin a reassuring sight. But, slather I did, finishing the ride in fine, albeit goopy, style.

Since then, I have experimented with several other cycling products that deal with saddle sores (which by the way, are no laughing matter. Professional cyclists have been forced to withdraw from prestigious races because of saddle sores). Other well-known products for prevention of chafing in one's nether regions include Chamois Butt'r and Chamois Creme. Here's how they compare with regard to ease of use, staying power and general aesthetics:

Bag Balm - very viscous, hence its longer duration staying power. Slightly sticky when cold so it's best to apply

a little early and let your body temperature soften it up. Yellow and goopy, mildly icky odor, but very slight. Available in cute, small sized tin perfect for taking along on the bike, but the man at the feed store rolled his eyes and refused to sell it to me, telling me to save money on the large size and use a film canister for portability (and he was right). Seems to help heal existing sores as well as prevent new ones.

Chamois Creme - thick cold-cream consistency; also has a cooling menthol effect which some users will like and others will find an irritant. Tends to wear off more quickly and needs frequent reapplication. Easy enough to carry along in a film canister. Maybe best for shorter rides on hot days.

Chamois Butt'r - heavy lotion consistency with a very slick, slippery feel. Comes in a large tube or small plastic packets for easy portability. Though this lotion is the thinnest in consistency, the slippery silicon base seems to give it better staying power than Chamois Creme. Odorless. If you carry the plastic packets, also carry a clip or tape to reseal them as one packet can last for more than one ride.

Bottom line? These or similar products can prevent skin irritation and drastically improve your cycling stamina and enjoyment.



What To Do at the Scene of an Accident

Written by Liz Sands for the Johnson County Bicycle Club Newsletter, www.jcikeclub.org
We hope that you will never need to use this information but things can happen on rides, including chasing dogs, inattentive motorists, or cyclists' errors. When an accident happens, here are some things you can do:

1. Take charge, unless someone more qualified has already done so.
2. Secure the scene to minimize risk.
3. Appoint individuals to: administer first aid, and seek medical help if necessary (i.e. dialing 911)
4. Do not move the victim unless they are in imminent danger.
5. Gather as much information as possible for an accident report.
6. Pass along the information you collected to the ride leader. If they happen to have been riding in front of where the accident happened, contact them after the ride.



Adventure Cycling Association
www.adventurecycling.org

Stu Hodes Awarded Lifetime Membership

Stu Hodes, one of the founding members of the Caloosa Riders, was awarded a lifetime membership at the January meeting. Stu held nearly every office in the club and was the newsletter editor for years. Without his support though the early years, the Caloosa Riders would not exist. The club has changed considerably since those early days. The following is Stu's response when he learned of this action:

Thank you, and the members of the club for this signal honor.

Although no longer riding with the club, my interest in both riding and the club hasn't waned. I stopped attending meetings because the club went off in a different direction from what the founders had in mind eighteen years ago. All associations change over the years as new members take over from the old and Caloosa Riders is subject to the policies of its members, changing with the times and membership. Originally, Caloosa Rider members were strong advocates, lobbyists for access to all bridges and causeways, bike paths, larger curb lanes, bicycle education in the public schools, bike racks on buses, and we did more than our share of cleaning up the trash along Lee County roads. One thing we were not, was expert cyclists; we were all beginners in various stages of learning the techniques of more advanced cycling; we didn't know Schrader from Presta back then. During group rides, every flat tire became a tire-changing seminar wherever it happened and each of us learned and acquired the skills of the experienced cyclist from each other and the occasional visitor. Our members became part of the Lee County Bicycle/Pedestrian Advisory Committee, and counterpart committees as they were formed in the cities of the county. We were instrumental in the origin of the Tour de Cape and other community bicycle activities involving child safety and security, and some of our members helped organize other bike clubs in Sanibel and Lehigh for people more interested in group riding through the neighborhoods at a more leisurely pace. Some had attempted to ride with us but we had become a fast group, oblivious of our roots, so beginner riders lost interest.

Of course, that was a different time!

Thanks.

Stu



Summer Ride Announcements

GRABAAWR[®]XX - JUNE 25 - JULY 2

From Eagle River in Northern Wisconsin to ZPrairie du Chien in the southwest - you will ride 490 miles through beautiful Wisconsin. 900 rider limit. Information: 888-575-3640. E-mail: wisbike@mhtc.net. Internet:www.bikewisconsin.org.

SAGBRAW[™] XXVIII - August 7 - 13

The ride starts in Antigo somewhere in the middle of Wisconsin and ends 310 miles later in Hartford in the southeastern part of the state. 1200 rider limit. Information: 888-575-3640. E-mail: wisbike@mhtc.net. Website: www.bikewisconsin.org.

West Shoreline Tour - July 30 - August 6 or 7.

329-569 miles. 500 rider limit. The route starts in Pentwater, Michigan and ends at Mackinaw City on the Straits of Mackinaw. Optional Day 8 takes the riders to Mackinaw Island. Information: 517-334-9100. Website: www.LMB.org.

WOW!!

State-of-the-Club Message from President Dick Bennett

We are almost finished with the first quarter of 2005, filing our tax returns is just around the corner and the Caloosa Riders Bicycle Club is off to a fast start! I hope you joined us for the Royal Palm Classic!

We are enjoying a crowd increasing to almost 40 riders on the Tuesday and Thursday rides. All the skill and speed groups are represented. Obviously, new riders are always welcome and many are taking the initiative to ride with us!

The Sunday rides are also increasing to 20 or more riders for a slightly slower pace but plenty of time to socialize at the Coral Oaks Golf Course rest stop.

The Saturday group remains strong both in the number of riders and the various levels of riders are always represented. If weekends are your only days to catch a ride - join us at Buckingham Park.

As you know, the special theme rides have started. You must check the website more often to learn about these rides and the details for them. Check elsewhere in this newsletter for the

outline of special rides for 2005. The February Shark Valley Ride was a great example. Bob Hale did a great job organizing this auto/bike ride. About 20 gathered to car pool to the Shark Valley National Park that is between Everglades City and Homestead. The paved path is 15 miles long and offers a variety of photo opportunities. Dozens of alligators, both large and small, near or on the path, plus plenty of turtles, unique plants and numerous birds were waiting for us. It was almost a cloudless sky and that encouraged lots of photos. The entire group went to Everglades City after the bike ride and enjoyed a late lunch at the Seafood Depot before driving home.

Spread the excitement! Ask a friend to join the Club whether they are here year-round or just here for a short time. Support our efforts to make bicycling a fun and easy form of exercise. If you want to join the Club, an application is part of the newsletter! If you have an idea for a special theme ride, email one of the officers! If you want to know what the latest news is from the Club get on our website!

Wow!
We are moving out!!

Members ... For Your Information

- 1. The officers for 2005 are President Richard Bennett, Veep Bill Garrison, Treasurer Dale Sterz and Secretary Alan Byerly. Membership will be handled by Tracy Wells, and all the others remain the same.
- 2. If you change your address, phone number or e-mail address, give that information to Tracy Wells at wellsonwheels@aol.com or 282-2291
- 3. Make note of the meeting changes. March and April meetings will be at Rotary Park on Pelican (s. of Cape Coral Pkwy) and El Dorado. May and June meetings move back to Lee Memorial Hospital Auditorium.
- 4. Welcome our newest members: David Boncher, Paul Cox, Carla Crusius, Larry Gies, Chuck and Sherry Granner, John Gruen, John Hoel, Jim Mango, Peter and Joane Nervo, Patrick and Gay OKeefe, Robert Spee, Donald Utter, William Vanderlinde, Jon Waller
- 5. Download the maps for all of our rides from Caloosariders.com.
- 6. Support your club. Ride in the Royal Palm Classic on March 6.
- 7. Check the website frequently (www.caloosariders.com) for the latest club updates including special rides and activities.

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) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the 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 NEGLIGENT 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

14530 US 41 South
Ft. Myers
239-481-3376

Ft. Myers Schwinn

3630 Cleveland
Ft. Myers
239-939-2899

Wooley's Bikeland

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

Cape Coral Bicycles

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

Trikes & Bikes

3451 Fowler St.
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

Shophe of Naples

8789 Tamiami Trail N.
(Marketplace at Pelican Bay)
Naples
239-566-9620

Mother Earth Natural Foods

Cape Coral
Ft. Myers

University QuickPrint

4425 Del Prado Blvd.
Cape Coral, FL 33904
239-542-1020

Acme Bicycle Shop

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

Paradise Bicycles

1712 Del Prado
Cape Coral
239-772-2453

Hearing Aid Services

MGregor Point Shopping Center
239-433-2060
Bonita Springs
947-2222



P.O. Box 870

Ft. Myers, FL 33902