

March  
2006  
April

# Caloosa Chronicles

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

Web Site: [www.caloosariders.com](http://www.caloosariders.com)

## Need an Energy Fix? Read This!

**S**hort of taking a banned substance, what will give you a real energy kick? Try one of the energy drinks that are flooding the market. A little taurine, some ginseng, carnitine, caffeine, B-12, B-6, and all kinds of other stuff supposedly fit for human consumption are all touted to provide an energy boost that will turn recreational riders into racing machines. The website, *RoadBikeRider.com*, published the two following articles dealing with energy drinks.

### *Energy in a Can*

By Ed Pavelka

*When you're on a long ride, convenience stores are an oasis for lots of things. Food, water, a restroom and cooling AC on a sultry summer day. Village groceries are even better, at least here in Vermont, because there are always home-baked cookies and cleats don't slip on old wooden floors. Lately there's something else these establishments are good for: a dose of drugs to renew energy and keep spirits high. Whether I stop at the Mobile station in South Royalton or the Chelsea General Store farther north, the drink cooler offers energy in a can. I'm not talking about Coke or Mountain Dew, the caffeinated beverages that many a cyclist has relied on for a mid-ride boost. Nowadays, even backcountry stores stock stuff that's much more potent. They're called energy drinks. Some come in 16-ounce cans and have nearly four times the caffeine found in a Coke. Plus there are other stimulants or "energy aids" such as guarana, ginseng, taurine, carnitine, creatine, milk thistle -- you name it, and if it can give you a buzz without a prescription, it'll be found among the dozens of brands. Around 30 grams of sugars and 240 calories are common in the tall cans, too, for energy of a different sort.*

*That's No Bull Red Bull is the PowerBar of energy drinks. It's given credit for jump-starting the category. Now even The Coca-Cola Company is a player with its Full Throttle, which comes in 16-ounce cans that are twice the size of Red Bull's. The label says that's two servings, but how are you going to store half a carbonated beverage in an open can? You're not. You're going to drink the whole 16 ounces -- and get twice the lift. For lots of people, the buzz is what these beverages are all about. I found a website dedicated to reviews and drinker feedback. The thing that amazed me, next to how many different brands there now are, is that people are using them like recreational drugs. They're looking for a cheap way (about \$2 per can) to get up and stay up. The most powerful and longest-lasting elixirs get the strongest user support. Many of them have a citrus flavor that apparently mixes well with vodka. The idea is that you can get plastered and still party all night. I'm not a vodka guy so I can't relate to that. But I've learned that if I down an energy drink as late as 3 p.m., I'm not likely to feel sleepy before midnight. That could be a good thing on a double century or long brevet. I didn't find any comments from cyclists on that website. But I'll bet that a good number have already discovered these energy drinks. Especially for someone (like me) who doesn't use caffeine in other forms, they restore more life to legs and morale and than any soft drink or cup of coffee ever did. My favorite? Rock Star, which comes in a cola flavor the equal of Coke itself. Besides, I always wanted to be one.*

### *Fear This*

By Ed Pavelka

*After my ride last Saturday, I'm even more impressed by the power of the new energy drinks I wrote about several weeks ago (Energy in a Can). Here's what happened. On Friday night I got only four hours of sleep but I decided to go ahead with plans for a longish ride. The weather*

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# 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](http://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

March 2006		
Sat, 3/04	Gateway Special	Dick Bennett 941-505-2661
Sun, 03/05	Royal Palm Classic	Bill Garrison, 275-7615
Sat, 03/11	I Like Ike	Dick Bennett, 941-505-2661
Sat, 03/18	Greenbriar	Bob Hale, 772-9402
Sat, 03/25	Alva Special	Bill Garrison 275-7615
April 2006		
Sat, 4/01	Old Milwaukee	Dale Sterz 540-1260
Sat, 4/08	Gateway Special	Rosemarie, 303-0476
Sat, 4/15	I Like Ike	Ron Cox, 334-7580
Sat, 4/22	Greenbriar	Bill Garrison 275-7615
Sat, 4/29	Alva Special	JoAnne V. 936- 1058
May 2006		
Sat, 5/06	Old Milwaukee	Jeff Brim, 560- 2746

## Club Meetings

Thursday, March 23

Thursday, April 27

@ Lee Memorial Hospital Auditorium

Meetings start at 7:00 p.m.

Pot Luck. Bring a dish to share.

## 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 a.m.

## 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 8:00 a.m. Pace: 20 mph for 60 miles. Not for beginners.

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

**Breakfast after the rides**  
 • Tues/Thurs at Annie's in CC  
 • Saturday at Franke's on Fowler, Ft. Myers

## Meeting Dates for 2006

Thursday, March 23

Thursday, April 27

Thursday, May 25

Thursday, June 29

Thursday, July 27

Thursday, August 24

Thursday, September 28

Thursday, October 26

**Lee Memorial Hospital  
Auditorium**

# 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.
3. The new club jerseys are here. Contact Shirley or Dale Sterz, 540-1260. All sizes are available. \$55.00.

4. **Projected Caloosa Riders event plans:**  
March: 8th Annual Royal Palm Classic  
April: Pedal & Paddle and 2006 Key West Ride  
May: Memorial Day Picnic & Club Ride  
June: Withlacoochee Weekend Ride  
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 and 2006 Bike Florida

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## Club Events

**Royal Palm Classic** - Sunday, March 5. Support your club. Register and Ride. 100, 62, 31 or 15 mile routes. Buckingham Community Park. SAG's and fully stocked rest stops. Lunch is included in the registration fee. \$25.00. Bring your friends and register early.

**Pedal & Paddle** - Sunday, April 2. Regular Sunday ride from Pelican Park. Club sponsored picnic at Matlacha Park. Paddle from Matlacha on the new Blueway Kayak Trail. Kayak launch at the park - kayak rental across Pine Island Road at Gulf Coast Kayaks (283-1125). RSVP so we know how much food to buy. Jackie, 542-2382. Members and guests only. Hope for good weather this time.

**3rd Annual Key West Adventure** - Wednesday, April 19 - 23, 2006. Self-contained ride of approximately 225 miles. The group will take the Key West Ferry on 4/19 to Key West. Camping at Boyd's Campground. Thursday the group will ride to and camp at Long Key State Park. Friday's destination is Pennekamp State Park in Key Largo. The group will return to Long Key on Saturday and Key West on Sunday and then take the ferry back to Ft. Myers Beach. Cost estimate is \$150.00 which includes the ferry trip and campground. Final costs will be determined when the number of riders is determined. Contact Ron Cox, 334-7580 or Tracy Wells,

## Out-State Rides

### 3rd Annual A1A Ocean Shore Scenic Highway Century

-Sunday, May 21. Flagler Beach, FL. Ride options include 100/60/56/24 mile routes along the beautiful A1A Scenic Highway and picturesque rural roads of Flagler County. The start is at Flagler Palm Coast High School. Take I-95 to Highway 100 exit (30 minutes north of Daytona Beach), then go west on Highway 100, 1/2 mile to high school on right. Registration begins at 6 a.m. with a mass start at 8 a.m. Registration: \$25.00. Those registering in advance will receive a free t-shirt. Limited shirts will be available day of event for \$10.00. Coffee and bagels at the ride start and plenty of goodies at the sag stops along the route. Contact the Rotary Club of Flagler Beach, P.O. Box 2005, Flagler Beach, FL 321366. Call (386)439-0134 or e-mail Leastokes@preferredmanagementservices.net or see our Website RotaryFlagler.org for details and application form.



## Energy Fix - continued from p. 1

*promised to be unseasonably warm for January, and with my wife away I could spend a few guiltless hours on the bike. Only one problem: I was dragging. Even an early-morning nap didn't make me confident that I'd have the suds for riding four or five hours. So I decided to try something I'd never done before a ride: I downed a can of SoBe No Fear energy drink. I'd stashed it in the fridge for an emergency. This seemed to be one. I won't bore you with the ride details, just the final numbers: 140 miles, 7,224 feet of climbing, 8:34 riding time. I finished in the dark at 6:50 p.m. and still felt so good that I considered continuing. But I realized my mental state was probably well ahead of my physical capacity. A 140-miler might be the peak ride for an entire season, and yet it happened in midwinter. I'd hoped to reach 90 miles and found an extra 50 to be no problem. No way without No Fear. It was in my system for 10 hours by the end of the ride, and I still had enough life after my shower to go grocery shopping, make dinner, and stay up late reading. So the stuff is amazing. A 16-ounce can contains 260 calories along with "power components" such as taurine, creatine, arginine, L-carnitine, ginseng, guarana and, of course, caffeine. It tastes better than it sounds. The SoBe flavor is sort of like a carbonated Hawaiian Punch, more agreeable to me than the citrus attempts of, say, Red Bull. I'm a bit worried about two things, though. First, addiction. After such a positive experience, why not do a can before every long ride? Or, why not chug one at a convenience store at the first sign of a long ride becoming difficult? Unlike nutritional products that promise*

*performance benefits you must search to feel, SoBe No Fear hits you with its sleeves rolled up. Second concern: Can this stuff be good for you? I'm not thinking only of its chemistry set of ingredients but their effect on the central nervous system. They could make a rider do unnatural things. I just proved that. Might there be a toll in the long run? It's easy to imagine physical and mental risks of frequent use. SoBe No Fear is way beyond drinking a Coke or Mountain Dew for a caffeine lift. I just had a great ride on it, and I thoroughly enjoyed the whole day. I admit to stashing another can on the back shelf for the next time I think I need some help. I wonder how long it'll stay there.*

What is this stuff? According to the book, Prescription for Natural Healing by Phyllis A. Balch and James F. Balch, taurine is a building block for amino acids and is found in the heart muscle, white blood cells, muscles and nervous system and has a protective effect on the brain. Arginine, another amino acid, enhances the immune system and is important for muscle metabolism. L-carnitine is similar to amino acids and its main function is to increase the use of fat as an energy source. It has the ability to lower blood triglyceride levels, aid in weight loss and improve muscle strength. Ginseng is an herb that can provide over-all body strengthening. Guarana is an herb that acts as a general tonic, stimulant, increases stamina and reduces fatigue. Caffeine is a stimulant and as such can increase alertness and heart rate.

Drink these products and you will find an increase in energy, alertness and stamina. The short description sounds like the drinks are the answer to everyone's prayers, but they can have negative effects on individuals who have various health problems. You be the judge. Read the labels, do research on the ingredients and decide if the beverages are right for you.

## 8th Annual Royal Palm Classic

Support your club



Register and Ride

Sunday, March 5 at Buckingham Park

# 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, FM  
239-481-3376

## **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

## **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

