

# CALOOSA CHRONICLES

BI-MONTHLY PUBLICATION OF THE CALOOSA RIDERS BICYCLE CLUB  
OF LEE COUNTY, FL

SEPTEMBER-OCTOBER  
2007

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## **Shift Easy**

By Mike Cushionbury from Bicycling Magazine  
www.bicycling.com

A little know-how and a gentle touch will let  
you change gears more efficiently.

Once a new rider figures out which lever motion shifts to a harder gear and which makes pedaling easier, he or she knows how to shift, right? Perhaps. But to avoid being the mis-shifter whose grinding bike can't find the right gear takes practice and timing, says 1996 mountain bike Olympian Andreas Hestler, a seven-time Canadian national cross-country champion who also races on the road. Know what you're doing, he says, and you'll ride faster and extend the life of your drivetrain. Here are his best tips.

### **THE CROSS-CHAIN DILEMMA**

The conventional wisdom is that cross-chaining--riding in a combination of the big chainring and big cog, or the small ring/small cog--is bad, but all racers set their bikes up to handle it, Hestler says. The reality is that it can at times provide the ideal gear, though it can lead to clumsy shifts. If you're on the inner chainring in the front and the small cog in the back, chances are if you shift into the big ring the chain will fall off. Conversely, shifting from the big/big is often slow.

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## **Accident Follow-up**

By Linda Leeds, Event Director, Highlands Bike Fest

Alan Horning was killed on December 10, 2006, the last day of the Highlands Bike Fest. The driver made a turn in front of the cyclist, striking him. Alan bounced off the hood and windshield, suffering massive internal injuries. He was declared dead at the hospital.

The driver, Fidel Battista, was arrested and jailed at that time. He was charged with "driving with a suspended license." Because the investigating officers felt that the sun being in the driver's eyes was a factor in the accident, they did not pursue a charge of "reckless driving." I arrived at the scene shortly after the collision, and walked and drove the route the driver was taking. I agree that the sun most likely was in the driver's eyes. The officers considered that a mitigating factor. I would say that a mitigating factor against the driver was that he was heading south on a road where perhaps 200 riders were heading north. Alan had left late and was at the

*Accident - Page 3*

# CALOOSA CHRONICLES

## RIDE SCHEDULE AND MEETING DATES

**All Riders:** Download ride maps from our website before the ride. [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  
of Buckingham Road east of SR 82.  
Start 8:00

September		
Saturday, 9/1	Old Milwaukee	Bill Garrison 239 275-7615
Saturday, 9/8	Alva Special	Ron Cox 239 334-7580
Saturday, 9/15	I Like Ike	JoAnne V 239 936-1058
Saturday, 9/22	Greenbriar	Dick Bennett 239 464-0606
Saturday, 9/29	Wheeler	Jeff Brim 239 560-2746
October		
Saturday, 10/6	Old Milwaukee	Bill Garrison 239 275-7615
Saturday, 10/13	Alva Special	Ron Cox 239 334-7580
Saturday, 10/20	I Like Ike	JoAnne V 239 936-1058
Saturday, 10/27	Greenbriar	Dick Bennett 239 464-0606
November		
Saturday, 11/3	Wheeler	Jeff Brim 239 560-2746
Saturday, 11/10	Old Milwaukee	Bill Garrison 239 275-7615

**BREAKFAST AFTER RIDES - JOIN US**  
**<TUESDAY/THURSDAY AT ANNIE'S**

814 Southeast 47th St Cape Coral, FL 33904

**<SATURDAY AT FRANKIE'S**

3701 Fowler Street Ft. Myers, FL 33901

## TUESDAY AND THURSDAY RIDES

Cay West parking Lot— 1708 Cape Coral Parkway  
West of Chiquita. The group rides various routes through  
Cape Coral. 20 & 40 miles. Speeds between  
conversational (12-15 mph) to fast (21+mph).  
8:00 Start

## WEDNESDAY RIDES

**They are starting again!! Interim rides are being organized!!**  
Call Bill Garrison for details  
239 275-7615

## SUNDAY RIDES

### **Bell Tower/Ft. Myers-**

NEC Daniels & US 41. Speed 20+ mph for 30 to 60 miles. Not  
for beginners! 7:30 Start

### **Pelican Park/Cape Coral-**

Meet at Pelican Park on Pelican Blvd north of Cape Coral  
Parkway  
Speeds between 12 to 21+ mph 8:00 Start

**FUTURE RIDES: See our Website for details**

**Withlacooche Trail - Oct. 26, 27, 28, 2007**  
**Suwannee Fat Tire Festival - October 26**  
**5<sup>th</sup> Annual FUNdrive - October 28**  
**Everyone Rides Event - November 4**

## NEXT CLUB MEETING DATES:

### **THURSDAY, SEPTEMBER 27**

**Go to Auditorium < Pot Luck Supper**

### **THURSDAY, OCTOBER 18 (A WEEK EARLY)**

**Go to Auditorium < Pot Luck Supper**

### **THURSDAY, NOV. 15 (A WEEK EARLY)**

**Back to Auditorium < Pot Luck Supper**

**WHERE: LEE MEMORIAL HOSPITAL AUDITORIUM AT 7:00PM**

## *Accident - Page 1*

very back end of the group. How could the driver have not noticed all those cyclists out on the road and taken more care in making his turn?

The case finally went before a judge on August 22, 2007. The driver pled guilty as charged, "driving with a suspended license." He was judged guilty in a negotiated settlement with the state. I spoke with the state attorney, and he told me this was done because the officers felt that this was truly an accident, with no negligence on the driver's part. The death was not a part of the court case. In fact, Battista would not have even been arrested except for the fact that he was driving with a suspended license.

The sentence is one year in prison and five years probation. Once his current license suspension is over, he's free to drive again. If he commits any traffic infractions, they'll be considered a violation of his probation and he'll go to prison for the duration of that five years.

Alan's family was advised of their right to pursue a civil case against the driver. The fact that he pled guilty would be in their favor. Registered letters to the family were all returned to the state attorney. They learned that his mother is not available and his sister is out of the country.

## *Shift - Page 1*

### **DON'T GET CAUGHT**

"The key to proper shifting is thinking ahead," says Hestler. "Anticipate what gear you need, and anticipate when to accelerate." Shifting after the terrain changes slows you down and robs you of energy. The same idea holds true when approaching traffic on the road or a sand or water crossing while mountain biking. Look ahead and be in the right gear before you get there.

### **THINK ON YOUR FEET**

When you want to get a jump on someone in a group ride or race, don't telegraph your attack with noisy shifts, Hestler says. Instead, use your feet to unload the drivetrain, so you can "butter up or down into the gear you need," he says. Done correctly, this decreases your wattage for just a moment, so you can quietly shift into your attacking gear and pounce.

### **REMEMBER THE CHAIN**

If your chain is shot, shifting suffers. "Change the chain more frequently, and you won't have to replace your cogs and rings as often," Hestler says. He often changes his chain after spring training camps or after he's been riding in wet weather because, he says, constant wet-dry riding can weaken the chain. If your chain is in good condition, and a cable adjustment doesn't fix your shifting issues, inspect your chainrings and cassette for burrs and nicks.

### **BE KIND**

When he does a crit and can walk back to the car if something breaks, Hestler slams shifts and stands on the gears hard. On long rides that take him away from civilization, though, such as the TransRockies Challenge, a weeklong epic, Hestler is a bit more gentle. "I don't want to break something and throw away a good finish, or worse," he says. "If you love your bike it'll love you--shift lightly and carefully."

# CALOOSA CHRONICLES

**THE ARTS: As we approach the Fall season, this is something to think about if you are from just about any place north of Florida. I hope you enjoy.**

## October Warm

I cannot turn  
down the road  
to the house  
where dinner waits

The morning's frost  
into October warm evaporated  
and the road stretches through red and gold  
to a sky as blue as the black of space

The rhythm of heart and lungs  
of legs and cranks  
the whisper of chain and gears  
of tires on pavement  
form a mantra that chants

There is no past  
no future  
there only  
is.

by Michael Blotzer  
[www.bicyclinglife.com](http://www.bicyclinglife.com)

**(Feel free to submit any poems that relate to bicycling.)**



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## MEMBERSHIP APPLICATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_

E-Mail \_\_\_\_\_  
\_\_\_\_\_ New Member or \_\_\_\_\_ Renewing Member or  
\_\_\_\_\_ 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: \_\_\_\_\_

Make checks payable to: *Caloosa Riders*      Mail to: **Caloosa Riders**  
P.O. Box 870  
Ft. Myers, FL 33902

**Benefits of membership: •Newsletter•Discounts•Club Meetings•Marked routes•Free Classifieds**

# Caloosa Riders

Fort Myers - Florida

Caloosa Riders Bicycle Club  
 P.O. Box 870  
 Fort Myers, FL 33902

**NEW MEMBERS:**

SIMEON ALICANTE  
 SARAH CHADHA  
 JOHN RIPPERT  
 BRUCE , DIANE, AARON AND  
 ANNEMARIE PATZW AHL

CALOOSA RIDERS BICYCLE CLUB President: 239 282-2291  
 Editor Email: crpres05@earthlink.net



Mother Earth Natural Foods  
 Cape Coral & Ft. Myers  
 239 454-8009

Acme Bicycle Shop  
 615 Cross St (US 41 S), Ft. Gorda  
 941 639-3029

Paradise Bicycles  
 1712 Del Prado S, CC  
 239 772-2453

Hearing Aid Services  
 MacGregor Pt SC, B.Spr  
 947-2222

Trek Bicycle Store of Estero  
 8001 Plaza Del Lago, Ste 101, Estero  
 239 390-9909

Trikes & Bikes  
 3451 Fowler St, FM  
 239 936-1851

The Naples Cyclery  
 813 Vanderbilt Rd, Naples  
 239 566-0600

The Naples Cyclery  
 27820 S. Tamiami Tr, B.Spr  
 239 949-0026

Clint's Bicycle Shoppe of Naples  
 8789 Tamiami Tr N  
 (Marketplace at Pelican Bay)  
 239 566-3646

Majestic Graphics &  
 Print Imaging  
 239 574-1185

A.J. Barnes Bicycle Emporium  
 15248 S. Tamiami Trail, FM  
 239437-0373

The Bike Route (new location)  
 8595 College Parkway at Winkler  
 FM 239 481-3376

Ft. Myers Schwinn  
 3630 Cleveland, FM  
 239 939-2899

Woolley's Bikeand  
 Colonial Parkway, FM  
 239 939-0511

Cape Coral Bicycles  
 8 Del Prado Blvd S, CC  
 239 343-2453

**CLUB MEMBER DISCOUNTS AVAILABLE AT THESE FINE STORES:**  
 These businesses offer members a 10% discount on non-sale items. Bicycles Excluded.  
 Present your membership Card.