



CALOOSA CHRONICLES

Caloosa Riders Bicycle Club of Southwest Florida
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CONTACTS

President

Dale Sterz
239-540-1260
Dsterz@hotmail.com

Vice President

Ron Cox
239-334-7580
rcox1@comcast.net

Secretary

Allen Byerly
239-437-1608

Treasurer

Dale Sterz
239-540-1260
Dsterz@hotmail.com

Ride Coordinator

JoAnne VanNetta
239-936-1058

Membership

Tracy Wells
239-282-2291
207-372-8868 (summer)
Wellsonwheels@comcast.net

Editor

Mike Swanson
239-772-2041
Newsletter@caloosariders.com

Publisher

Dave and Norma Colver
239-282-0380
store5028@theupsstore.com

Webmaster

Jeff Brim
Jeffbrim@yahoo.com

www.caloosariders.com

TWO GREAT DAYS TWO EPIC RIDES: Me in the Tour de France (In Boulder CO)

Larry Hickey

Donna and I are on a vacation in Boulder Colorado, land of long bike climbs and long descents. What more could a biker ask for, plus some great weather at that. We just happened to be here during the Tour de France. With the time difference, the tour would come on here at 6:30am, which is not bad considering that by the time we would get up, have breakfast and turn on the TV, there would only be 20-30 miles left for the day.

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BRAG 2008 (420 miles across Georgia) John Lovelock

The ride was attended by John Morrison, Bud Elder, Ron Cox, Bill Garrison and John Lovelock (that's me). I'm a friend and riding partner of John Morrison from New Jersey. I came to Fort Meyers to join the rest of the guys on the trip. This was my first organized bike trip since John got me into riding last summer.

(Continued on page 4)

BIKING ALASKA Mike Swanson

While touring Alaska in our motorhome this summer, I checked out biking opportunities. I brought along my hybrid, which turned out to be a good choice, as I occasionally got off the paved roads.

Summer Weather

June and July average over 20 daylight hours in Fairbanks. The average temperatures and rainfall vary widely by area. We encountered daytime temperatures in the 50 to 70 degree range. Nighttime temperatures ranged from the high 30s to low 50s.

Wildlife Hazards

Bears and moose (Alaska's half-ton road hazard) are the primary wildlife hazards. You might not want to ride near salmon spawning streams as you could encounter a bear unhappy about sharing his favorite fishing hole. A 15 year old cyclist was mauled by a grizzly this summer while participating in a 24 hour bicycle race in Anchorage.

(Continued on page 5)

MONTHLY MEETINGS 4th Thursday of the month Dinner Meetings:

September 25 Thursday 7:00 PM
October 23 Thursday 7:00 PM

Stevie Tomato's
11491 S Cleveland Ave
Fort Myers, FL

Ride Schedule

Saturday Rides: Buckingham Community Park on Buckingham Road East of SR 82 Start 8:00 a.m.

SEP /OCT 2008

Sep 6	I Like Ike	Mike Swanson 239-896-6938
Sep 13	Greenbrier	Jeff Brim 239-560-2746
Sep 20	Wheeler	Bill Garrison 239-275-7615
Sep 27	Old Milwaukee	Ron Cox 239-334-7580
Oct 4	Alva Special	JoAnne V. 239-936-1058
Oct 11	I Like Ike	Mike Swanson 239-896-6938
Oct 18	Greenbrier	Jeff Brim 239-560-2746
Oct 25	Wheeler	Bill Garrison 239-275-7615
Nov 1	Old Milwaukee	Ron Cox 239-334-7580

Tuesday & Thursday Rides

Cay West Parking Lot - Cape Coral Parkway west of Chiquita. 8:00 AM 30 miles
The group rides to Coral Oaks Golf course for a break and then returns. Some of the riders maintain a conversational pace (12 - 15 mph) while others ride much faster.

Tuesday Evening Ride 6:00 p.m.

From Publix at Burnt Store Rd and Pine Island Rd Cape Coral confirm with Soloane 826-6161 or Soloane@yahoo.com

Sunday Rides

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

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

Check the website for changes to the ride schedule and maps.
www.caloosariders.com

Breakfast After Rides

Tuesday/Thursday

Annie's
814 SW 47th St, Cape Coral

Saturday

Frankie's
3701 Fowler St, Fort Myers



HELMETS REQUIRED FOR ALL RIDES !!!!!

Oct 5	Rails To Trails Bike Ride	Withlacoche State Trail www.railstotrailsonline.com/images/trails.pdf
Oct 19-20	Gainesville Cycling Festival	Gainsville Cycling Club http://www.gcfla.org/gcf/
Nov 2	Everyone Rides	http://www.everyonerides.org From Buckingham Park various length options
Nov 2	Gulf Coast Cycle Fest	Sarasota-Manatee Bicycle Club http://www.smbc.us

RIDES

Ron Cox and Tracy Wells

The following rides include one or more camping nights and sag support to haul your gear .

**Key West Adventure No. 5
November 16th--20th, 2008**

We will take the Key West Express to Key West. camp at Boyd's camp ground, Long Key and John Pennekamp State Parks.

Return to Key West and catch the Key West Express back to Ft. Myers.

The ride will be about 225 miles.

We will have a sag to carry your equipment.

Cost approximately \$205.00 per person (includes camping, sag and boat trip). Restaurants are at your expense. Sharing a tent will reduce the cost.

**Chokoloskee Island Ride No. 3
January 3rd & 4th, 2009**

We will ride from Immokalee to Chokoloskee Island along lightly traveled SR #29 on the west edge of the Everglades (We are checking an alternate route)

Camp in tents or rent a cabin.

The ride is about 48 miles each way.

We will have a sag to carry your equipment.

Cost approximately \$35.00 per person. Restau-

rants are at your expense. Sharing a tent will reduce the cost.

**Highlands Fling No. 2
February 7th & 8th, 2009**

We will ride from Arcadia to Highlands Hammock State Park along lightly traveled (most of the time) back roads.

The ride is about 48 miles each way.

We will have a sag to carry your equipment.

Cost approximately \$55.00 per person, including dinner & breakfast . Sharing a tent will reduce the cost.

All of the above rides are available to club members only.

We have reservations at all the camp grounds for only 20 tents.

If you intend to go on one or all of these rides, please sign up as soon as you can. There is no obligation on your part. Early sign up really helps us to reserve the camp sites and plan these rides.

E-mail or call.

Ron Cox

rcox1@comcast.net

239-334 7580

ROGG

by Patricia Huff

What is the River of Grass Greenway? It is a proposed multi-use pathway across the Everglades along the Tamiami Trail. Many times as you drive on US41 to Naples, you will see bicyclists carrying their groceries to their homes in the newly developed subdivisions or you may see touring cyclists who are traveling across the State on the only rural road going from coast to coast south of SR 80 (which connects Ft. Myers to Palm Beach). Bicyclists are not allowed on Alligator Alley, an interstate highway. My husband and I have biked over thousands of miles through 22 states and have found that more and more states are converting old railroad beds to multi-use paths and established greenways. The East Coast Greenway is in the process of linking Key West to the northern tip of Maine for bicyclists. Collier County has already approved of a multi-use path east of SR 951 when they widen US 41. On May 27, 2008, the County passed a resolution supporting the River of Grass Greenway. For more information or if you would like to volunteer to help this organization, visit

www.evergladesrogg.org

BRAG

(Continued from page 1)

The trip started out with an eight hour car ride on June 6th from Fort Meyers to St Simons Island, Georgia where we spent the first night in a motel.

The next morning we were up at daybreak. We loaded the bikes and bags on to a truck and then took a 420 mile bus ride to the Oxford College Campus in Oxford, Georgia. The idea is to now ride our bikes from Oxford back to St Simons Island in seven days, which is about 60 miles per day. Now 60 miles is not that difficult for a serious bike rider but there was a heat wave (100 degrees +) and the first three days of the ride was through the hills (and we are not exactly spring chickens). And did I mention that each one of us had his own tent? The intent is to pitch the tent each night, break it down each morning, pack it with the rest of your belongings and load it on a truck before you start the ride at first light each day. Does it sound like fun yet?

When we arrived at Oxford it was 100 degrees. We pitched the tents but spent the evening in an air conditioned building until it was time to hit the sack at 10 PM.

On Sunday morning June 6th we were all up by 5:15 and packing for the first days ride. John and I signed up for coffee and bagels each morning but Bill, Bud and Ron decided to find a McDonalds or Burger King to stop on the road and eat breakfast. For the entire 60 miles they did not find a single place to eat so they had to rely on whatever was being served at the rest stops. The stops are basically to refill your water and power aid bottles and grab some fruit and power bars to keep you going. Needless to say they ate pretty well at dinner.

When we got to Griffin Georgia High School at the end of the first days ride it was **100** degrees. The truck that carries everyone's bags and tents arrives at each day's destination and unloads the truck into a field. You have to find your bags and carry them to wherever you decided to pitch your tent. Did I mention that there were 1400 people on this bike trip (all looking for their bags). Actually people arrive at different times so there may only be 400 or 500 people looking at one time. The

thought of pitching a tent and sleeping in that heat was enough to make me want to call a cab to take me home, but John Morrison somehow convinced the school custodian to give us a big air conditioned class room to sleep in. I thought it would be a good idea to turn the thermostat down so we would all be nice and cool for the night. When we got up the next morning, it was so cold that John Morrison's sun block was so thick that he couldn't get it out of the bottle.

Monday June 9th — We were all up at 5-AM and on the road by 6:15. Bill, Bud and Ron finally found their McDonalds. The days ride was nothing but extreme heat and hills. When we reached Macon at the end of the days ride it was 1 PM and 106 degrees. Needless to say we didn't pitch any tents. We slept in the air conditioned school gym with a few hundred other riders.

Tuesday June 10th — Once again we were on the road by 6:15. It was a little cooler today (95 degrees). When we reached the finish today at Dublin High School the guys outdid themselves. There were two 40 foot double wide trailers on the campus and they were able to get the five of us in to one of them for the next two nights. Of course I was forbidden to touch any of the thermostats. It rained on Tuesday night and cooled things off a bit. It was only 90 degrees.

Wed. June 11th — This-day we had an option to ride or rest. Of course we decided to ride. We got to stay in the first class accommodations for another night.

Thurs. June 12th — It was a shame to leave our wonderful accommodations but it was a nice day and we looked forward to a good ride. Bill Garrison mapped out an alternate route in order to avoid a rough section of the scheduled ride which is called shake and bake. The road is so rough that when you talk it sounds like your sitting on a vibrator. The alternate ride was a much smoother road but the hills looked like a roller coaster. When we got to Hazlehurst at the end of the days ride we were able to get accommodations in the music room of the high school. We watched a movie in the school and hit the sack at 10 PM.

(Continued from page 4)

Friday June 13th — Everyone was on the road by 6:30 A few hours into the ride two dogs came running out on the road at John and me. John did a good job of keeping them away by squirting his water bottle in their faces but another rider sprayed pepper spray at the dog as he was passing by. It didn't affect the dogs but John and I got a face full of pepper spray. We finished the days ride by noon and had lunch under a big tent at the Wayne County High School in Jesup. The weather had been beautiful for the last couple of days compared to the way it was for the first four days.

Saturday June 14th — The last days ride will go from Jesup to St. Simons Island It was sad to think that this was the last day. After riding every day for seven days, you feel like you can ride across the country. Not that any of us was suggesting such a thing.

I suggest that if you are crazy enough to ever think of doing anything like this that you go with people who are experienced (and crazy) just like John, Bud, Bill and Ron. They always seemed to find the best places to sleep, eat and whatever. I really enjoyed spending the week with all of them and I look forward to doing another trip with them in the future.

BRAG 2009 will be held June 6-13. For more information www.brag.org

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ALASKA

(Continued from page 1)

Anchorage

There are 120 miles of paved bike paths in Anchorage. The Tony Knowles Coastal Trail is 12 miles along Knick Arm and Cook Inlet with water and mountain views. It passes by Earthquake Park and under the flight path for the Anchorage airport. The Coastal Trail connects to other trails. For a description of the trail system go to <http://www.trailsofanchorage.com/>

Bikeless in Anchorage?? You can rent a bike at Downtown Bicycle Rental. <http://www.alaska-bike-rentals.com/>

Homer

Paved bike paths around town including one along the 4.5 mile Homer Spit. The Spit is a narrow strip of land projecting into Kachemak Bay on the Kenai Peninsula.

Seward

Paved bike path from downtown along Resurrection Bay runs 5 miles out of town. You can continue on the wide paved shoulder. You can rent a bike at the Seward Bike Shop <http://sewardbikeshop.com> located in a group of old rail cars called the Train Wreck Plaza. The Plaza includes a restaurant and you can rent a room in one of the cars with a view of the boat harbor.

Fairbanks

I biked to the North Pole. Paved bike paths around town including North Pole, which despite high school geography lessons, is located just south of Fairbanks. Downtown Fairbanks has a pedestrian-bike path bridge over the Chena River.

Touring Opportunities

We saw many fully loaded touring bikes in our travels around Alaska and Canada. On the Alaska Highway I talked to a couple of guys from Germany, riding from Anchorage to Vancouver, BC. The ride was a little tougher than they expected. There are many 7-10% grades and the weather can be miserable. This summer set records for rainfall in many areas of Alaska. I was surprised that most of the touring cyclists were not wearing bright clothing making them difficult to see especially when it was raining.

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Caloosa Riders YahooGroup
We now have a group on Yahoo that will replace the message board on the website. To subscribe send a blank email to:
caloosariders-subscribe@yahoogroups.com
You will receive an email with instructions on joining.

EPIC RIDE

(continued from page 1)

On Thursday, I was up for a climb from Boulder up to Ward. A ride of nearly 25 miles, all climb, with about 4200 feet of climb. Donna had a short ride so I was going it alone. I have been having lower back problems so can climb for only short periods of time until I have to get off the bike to stretch the back. As I left the condo at 7:30, the sun was out, not a cloud in the sky, just another beautiful day. What more could a biker want? As I was making the climb, I could imagine myself in the Tour, just another day in the mountains, maybe tomorrow will be a flat ride and I can sprint. Today, I am a climber. With a 25 mile climb and only averaging about 8, it is going to take a long time, plus all the stops to stretch the back, hopefully I can get to the top by 11:30.

I was making much better time and had about only 5 miles to go when I had another stop for a back stretch. As I walked around the bike, I heard a nice clap of thunder in the distance and saw a very dark cloud up ahead. I watched for a few minutes and could tell the cloud was going from right to left, should be well out of the way in a few minutes. The weather forecast was for thunder storms late in the afternoon, I had left early so no problem. A short time later, another stop. A biker went around me very slow, I shouted to ask how much further as I actually did not know. He said about two miles and all hard climb. By this time the climb was very severe, it was clouding up, and I was feeling very light rain. With 2 more stops very quickly, the rider that had passed was on his way down, nice rain jacket on, he slowed and told me the top and grocery was just at the orange sign, just ahead.

I got back on the bike, stood up and gave it my best imitation of a climber on the tour. At the orange sign, I was totally spent, only problem the store was about 100 yards further up. Four bikers were on the porch looking in my direction, I could not get off to walk. Maybe fall over but not walk. I made it and fortunately the four got on their bikes and headed down, all with nice jackets on. I was glad that they only waved, if they had spoken I would have proba-

bly choked trying to speak.

Reward time, into the store for some much needed Gatorade. My two bottles were completely empty. One large bottle would refill both water bottles with a good amount available to drink while setting on the front porch of this what looked to be an early 1900 grocery store. After buying the Gatorade, I noticed the biggest best looking chocolate chip cookie I have ever seen, so naturally a real reward was necessary. Taking the goodies out on the front porch, I noticed it was starting to rain just a bit more. Some concern now. I sat down to enjoy my cookie when all of a sudden it felt as if someone had just turned on the air conditioner. The rain was now getting worse and a truck coming up the mountain was soaked and the wipers were going super fast.

Time to retreat, the cookie would have to wait. Immediately on the bike and headed back down, after about 200 yards, I was soaked, the wind was freezing and so was I. I was shivering so bad, I could not control the bike as my speed was already 25 mph. I had to stop to regroup. I rubbed my arms, beat my hands together and off again, up to 30 this time in about 100 yards and I was already freezing, I was again shaking so bad I could not control the bike. Stop again and same routine as before. This continued to happen for the next 5 miles. At each stop, I would ask myself how I could be so stupid. How many times have you heard stories about how cruel the mountains could be? I was finding out first hand. After getting out of the rain, the wind was not so cold so I was able to go about ¼ mile without having to stop. At about the 8 mile mark, the sun was out, the wind was warm and I could go down, but slow. I was still so cold it hurt. My feet felt as if they were frozen. I was completely soaked but happy to be in the warm sun. This 8 miles straight down a hill had taken an hour, with my average speed being probably 20mph. I spent much time trying to get warm. An hour that seemed like an eternity.

The rest of the trip back to the condo was rather uneventful. Donna was already back, showered and ready for lunch. I got into the hot shower to see if I could get feeling back into my feet. Amazing how cold they still were. As we got into the truck and headed to the restaurant the temp gage on the mirror read 102. Wow, I could hardly believe that only

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MEMBERSHIP INFORMATION



Benefits of membership:

- ◆ Newsletter ◆ Discounts ◆ Club Meetings ◆ Rides ◆ Free Classifieds ◆ Website

Membership Applications are available:

On our web site www.caloosariders.com

At many local bike shops

Questions? Membership Coordinator:

Tracy Wells
 239-282-229 or 1 207-372-8868 (summer)
Wellsonwheels@comcast.net

Single Membership	\$15
Family Membership	\$20

an hour before I was as cold as I have ever been in my life. A great lesson for me and if you ever head to the mountains, hopefully you will remember this story.

The next day, Friday was stage 7 of the tour. When we turned on the TV, the tour guys were on a long hard climb. I tried to imagine myself in the middle of them, but a little hard to do. Even my imagination is not that good. Ha. Soon there after they were on a very technical severe 6 mile down hill. They were slipping and sliding but not falling. I had also noticed that at the top, they were all grabbing newspaper to stuff in the front of their jersey, I can assure you I would have been more than happy to have paid a lot of money for some old paper the day before. What a great idea. One to remember.

Donna and I decided to go out for about an hour and only ride easy. We were planning a long ride on Sat so this would be a sight seeing day. As we headed down a slight incline with a super tail wind, I was pulling and felt like I was pulling the whole peleton in the tour. I was probably dropping some of them as I was really flying. Down a couple of good hills, I could see myself going down the same technical hills as the tour. I would look back and I could see Lance (really Donna) right on my wheel. As we neared the bottom of the hill I set up to enjoy the past few minutes. Then the reality sat in, we were climbing so I let (ha, yeah, let) Donna pass me and get in the front. Fortunately it was a short hill and I was not far behind. So Lance was now the only one in front of me. She had on her best yellow jersey so it felt real. I had on a red polka dot jersey, appropriate as I am the true climber. Ha.

As we headed home, I let her stay in front as we had a bad head wind and a slight incline. I did not want to make her feel bad by taking the lead. When we

were about a block from the condo, I took the lead and sprinted home. I won easily as she could not respond to the attack. I rode up the side walk slowly, on to the front porch, unclipped right, hit the porch and fell left, into the shrubs. On my right leg I have 4 puncture holes and one gash about an inch long. On my left leg, I have proof that there are shrubs near the front door of our condo. At least I had won the day's race. I guess I may have to wait until next year to see if I could ride on one of the teams. I will be ok if they help me off the bike after a hard ride, just like on TV, you do not see those boys getting off by them self. Ride carefully and have some fun. Life is short.

Larry and Donna Hickey

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DID YOU RECEIVE THIS NEWSLETTER IN THE MAIL?

You can receive it by email instead.

ADVANTAGES:

- You receive it sooner
- Save the club printing and mailing expenses
- If you read it on your computer you save space in your recycle bin.

Contact Tracy Wells

Wellsonwheels@comcast.net

to convert your mailed subscription to email.

CLASSIFIEDS

Shimano Ultegra Wheels. 700C Brand new w/quick release skewers. \$350.
 contact Gerry Venema 239-694-6757



Caloosa Riders Bicycle Club
PO BOX 870
Fort Myers FL 33902

WELCOME NEW MEMBERS

Peter Blitzer
Roxann Franklin

BE FAMOUS — GET PUBLISHED

Did you go on an interesting ride this summer or even last summer? I am always looking for newsletter articles.

Mike
Newsletter@caloosariders.com

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.

A.J. Barnes Bicycle Emporium
15248 S. Tamiami Trail,
Fort Myers
239-437-0373

The BikeRoute
8595 College Parkway
Fort Myers
239-481-3376

Ft. Myers Schwinn
3630 Cleveland
Fort Myers
239-939-2899

Wooley's Bikeland
4391 Colonial Blvd
Fort Myers
239-939-0511

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

Naples Cyclery
813 Vanderbilt Beach Rd. Naples
239-566-0600

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

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

Engel's Bicycles
27310 Old 41 Rd.
Bonita Springs, FL 34135
239-498-9913

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

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

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

Trek Bicycle Store of Naples
9051 Tamiami Trl
Naples
239-591-8735

Bicycle Center
3795 Tamiami Trail So
Port Charlotte
941-627-6600