



## Hall to trek 300 miles through Washington

By Thomas Pear  
Chronicles Editor

Caloosa rider Danielle Hall is scheduled to ride 300 mountainous miles over five days for Rotarians.

The ride from Redmond, Wash., to Spokane is July 14 to 17.

This is Danielle's third time doing the ride that climbs through the Cascade Mountains where the elevation soars to more than 4,000 feet and rolls through canyons and wheat fields.

Besides enjoying the scenery, Danielle has another purpose for doing the ride—raising money for Rotary sponsored charities.

She is trying to beat last year's fund raising that totaled more than \$1,200. She is not too far behind. For this year's

ride, she has raised nearly \$1,300 so far.

"My goal is \$1,500, she said. "I would like to raise as much as possible."

Money raised from the ride will help provide food and housing to financially struggling families through Redmond Washington's Hopelink charity.

Danielle has already become a bit of a celebrity through the ride.

She was featured in the January 2010 edition of [Rotarian Magazine](#), and, last, she was featured in an article in the [North Fort Myers Neighbor](#). Her story was picked up again by the same paper ([click here](#))

Sponsor Danielle by [clicking here](#) to reach her fundraising website. For more ride information [click here](#)



Caloosa Rider Danielle Hall will ride 300 miles through Washington over five days to

### Happy July 4th!



## Crist signs House Bill 971

By Thomas Pear and  
Mike Swanson

Tallahassee — Governor Charlie Crist signed House Bill 971, which confines cyclists to bike lanes and allows some motorized vehicles in the same lanes.

Starting in September, riders may be ticketed for riding outside of the bike lane if a bike exists on the road where they are riding.

There are exceptions including hazard avoidance or passing other cyclists.

But officials from the Florida Bicycle Association (FBA) fear that incredulous motorists may escalate road rage incidents against

cyclists peddling outside the designated bike lanes, even when the cyclists are trying to avoid hazards inside bike paths.

"Yes, this is a defeat," said FBA Executive Director Laura Hallam. "But now we must rally together to plan our strategy for the 2011 Legislative Session."

Aggravating the situation even more is that the new law gives local authorities the ability to allow golf carts, mopeds, and motorized scooters in bike paths.

Also, FBA officials also noted that some bike lanes are unsafe because they place cyclists in the blind spots of motorists making right turns.

# Ride Schedule HELMETS REQUIRED!!!!

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

## 2010 Buckingham

July 3	Greenbrier	Steve Rodgers 239-839-7926
July 10	Airport Special	Peter Alhgren 239-481-5940
July 17	Wheeler	Bill Garrison 239-275-7615
July 24	Old Milwaukee	Steve Rodgers 239-839-7926
July 31	Alva Special	Peter Alhgren 239-481-5940
Aug. 7	I Like Ike	Bill Garrison 239-275-7615
Aug. 14	Greenbrier	Steve Rodgers 239-839-7926
Aug. 21	Airport Special	Peter Alhgren 239-481-5940
Aug. 28	Wheeler	Bill Garrison 239-275-7615
Sept. 4	Old Milwaukee	Steve Rodgers 239-839-7926
Sept. 11	Alva Special	Peter Alhgren 239-481-5940

## Other weekly rides

### *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.

### **Saturday: Cape Coral beginner's ride**

Rides will meet at the Shops at Surfside at the northwest corner of Surfside and Veterans, near the Paradise Deli and Starbucks at 8 a.m. Saturday mornings. Distance choices include a 15 miler with a ride leader and a 35 to 45 miler. The pace is 15 to 17 mph. No one will be dropped on any of the rides. Contact Dick Bennett at 239-464-0606 for questions



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### Meetings

#### **July 15:**

3629 S.E. 9th Place  
Cape Coral, FL

#### **August Meeting:**

To be announced

### **Caloosa Riders**

**PO Box 870**

**Fort Myers, 33902**

### **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 a.m. at Pelican Park on Pelican Blvd, north of Cape Coral Parkway. Pace 12 to 20 mph for 26 to 35 miles.

Visit our website: [www.caloosariders.com](http://www.caloosariders.com) for additional ride information



**Mike Swanson**  
*Under the helmet*

## Ride of silence is a big success

Thanks to Steve Rodgers and Bill Garrison for organizing the Seventh Annual Ride of Silence to honor those injured or killed in collisions with vehicles. The ride was held on May 19th at Centennial Park in Fort Myers. There were over 75 riders with a strong Caloosa Riders presence.

### Memorial Day picnic

More than 50 member attended the Memorial Day ride and picnic. Jeff Brim led the 35 mile ride and yours truly led the more modestly paced 25 mile ride. Bob Hale, Dutch and Dick Bennett cooked burgers and hotdogs. Thanks to Bill Garrison for organizing the ride and picnic.

### Ride with an Olympian

On June 20 Skip Cutting, a member of the 1964 and 1968 Olympic cycling teams joined us for a ride from the Art of the Olympians Museum in Fort Myers.

Skip is now an artist and his works will be on display at the Museum until August 12.

For more information on Skip's art [click here](http://www.artoftheolympians.org/skip-cutting.php), or you can type <http://www.artoftheolympians.org/skip-cutting.php> into your web browser. Thanks to members Steve Rodgers, Peter Alhgren, Bill Garrison and Dan Moser for organizing the ride.

### June Meeting Presentation

Scott Tuttle, Operations Manager, for Lee County EMS pre-

sented tips on what to do after a serious bike accident when waiting for EMS to arrive, and he spoke on heat-related illness.

### July Meeting

On July 15 the meeting will include a potluck dinner and a swap meet. It will be held at 3629 SE 9<sup>th</sup> PL, in Cape Coral. Dinner will start at 6 p.m., and the meeting starts at 7 p.m.

#### Directions:

From Veterans Parkway: South on Country Club Blvd to left on SE 36<sup>th</sup> St then right on SE 9<sup>th</sup> Place to a pink duplex on the left. From Cape Coral Parkway: North on Palm Tree Boulevard, it becomes Wildwood Parkway, left on Country Club Blvd, right on 36<sup>th</sup> St, then right on SE 9<sup>th</sup> Place to a pink duplex on the left.

Please bring a hot dish, salad, or desert to share. Utensils will be provided. Tables will be set outside a garage, and members are urged to bring bike parts, equipment, or clothing that can be sold, swapped, or given away.

Please RSVP by calling 239-896-6938 or emailing [president@caloosariders.com](mailto:president@caloosariders.com)

### August Meeting

The location of the August meeting will be announced in the August emailed newsletter.

### Active.com

New registration and membership renewals are now available at [www.active.com](http://www.active.com). Currently, only single memberships are available via Active.com

## Upcoming rides

### Wheels and Wings

**Punta Gorda**— The Peace River Riders and Beef O'Bradys have schedule the Wheels and Wings ride for July 10.

Wheels and Wings offers four rides: 15 miles, 32 miles, 50 miles and a gentleman's 10 mile race within the 50-mile ride.

Pre-registration includes the ride, a dozen wings, two drinks, a T-shirt and an afternoon in air-conditioned comfort at Beef O'Bradys Family Grill watching a big screen tuned to the Tour de France for your viewing pleasure.

There will be prizes for race winners. Registration is \$30 the day of the ride.

The ride will start at 1105 Taylor Road. in Punta Gorda, and check-in time is 8 a.m.

For more information contact Court Nederveld at [adakeep@yahoo.com](mailto:adakeep@yahoo.com), 941-626-3285.

Directions from I-75: Take exit 164 to Punta Gorda. Turn left on Taylor Road, 1 mile Beef O'Bradys on right. [Click here](#) for more information

See "Upcoming rides" next page



Jeff Brim donned his patriotic bike Jersey for the recent Memorial Day ride in Cape Coral

# Riders urged to attend bicycle-pedestrian workshop

## Club and bike news

**Fort Myers** -The Lee County MPO and RWA will hold a Bicycle-Pedestrian workshop at the Harborside Convention Center, 1735 Monroe St., July 19 from 5 to 8 p.m.

The workshop is being held in conjunction with a Lee County long-range transportation workshop, and doors will open at 5 p.m. so attendees can view exhibits demonstrating long range proposed transportation plan and projects. At 6 p.m. an interactive bicycle/pedestrian workshop will begin.

The purpose of the workshop is to receive public input regarding existing bicycling and pedestrian needs.

### Royal Palm Classic Coordinator needed

**Buckingham**—The Caloosa Riders need a volunteer to step forward to run the 2011 Royal Palm Classic.

The club has a strong contingent of experienced volunteers to help the job run smoothly. Buckingham Park has been secured for March 6,

2011. Ride distances vary from 15 miles to 100 miles, run throughout East Lee County and are already mapped out.

If you are interested, Contact Mike Swanson at [President@caloosariders.com](mailto:President@caloosariders.com)

### South Florida Bike Expo

**Fort Lauderdale**— South Florida Bike Expo will be held July 17 -18 at the War Memorial Auditorium, 800 NE 8th Street in Fort Lauderdale.

The 20,000 square foot facility will have thousands of bikes and accessories on display and for sale. Special events are planned that include an outdoor BMX demo and an indoor cycling clothing fashion show and a spinning demo. There will be a bike giveaway drawing every two hours that the doors are open. Anyone that attends the Expo can be entered into the drawings.

Also, a giant screen at the expo will feature live coverage of the Tour de France.

For directions to the expo from Fort Myers you can [click here](#) if you are accessing The Caloosa Chronicles via computer.

## Upcoming rides (continued)

### Key West ride

**Key West**—The club has planned its annual Key West ride for November 12 -14.

Eleven spots are still available for the ride that is tentatively scheduled to begin at 6:45 a.m. on a Friday with a Fort Myers departure aboard the Key West Express and bike ride to Boyd's Key West Campground.

The excursion also includes a 50-mile ride to Curry Hammock State Park and a 20 mile ride to Bahia Honda State Park.

For information please contact Maura Granger: [mauragranger@yahoo.com](mailto:mauragranger@yahoo.com) or 239-986-1641.

### Tour de Cape

The Cape Coral Parks Department has announced the 2011 Tour De Cape will be held January 17, 2011. It will again be held at Cape Harbour with lunch from one or more of the restaurants there.

### RAGBRAI

A dozen CRBC members will be headed for the 38<sup>th</sup> Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI).

You have to be a little crazy to ride across Iowa in last week of July, but it sells out every year with a

limit of 8,500 for the week-long ride. This year's course from Sioux City on the Missouri River to Dubuque on the Mississippi River is 442 miles with over 14,000 feet of climbing. Hopefully one of the riders will pen an article for a future issue.



Rider Dave Wheaton completed a bike ride from South Portland Maine to Washington D.C. in May. The Muddy Angels, who are organizers, created the ride as a way to memorialize and celebrate emergency management Workers. Dave works for Lee County EMS.



Several riders, above, participated in Bike Safari that was held in April.



Bill Garrison assists another rider don a red ribbon for the Ride of Silence.

## Caloosa Riding!

Throughout the spring and summer months our riders have participated in rides in different parts of the state, country - even world - and represented the club well.

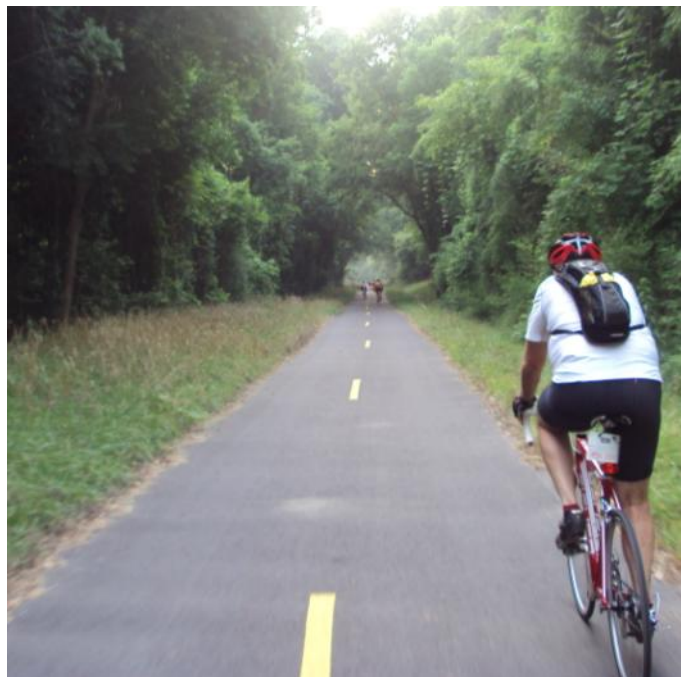
As Danielle Hall prepared for a 300 mile trek in The State of Washington, David Wheaton concluded a ride from Maine to Washington DC.

Some of our riders participated in Bike

Safari while others have competed in triathlons and duathlons around the State of Florida.

In May, many Caloosa riders participated in the Ride of Silence to commemorate cyclists that have been killed or injured by automobiles while cycling .

Rider Jim Baxter did the Bike Ride Across Georgia (BRAG).



Rider Jim Baxter did the Bike Ride Across Georgia





## Scott Tuttle

### Health Tips



# Call 911 for sun stroke and treat other heat problems quickly !

Lately outside temperatures have soared into the 90s and triple digits, and this can be dangerous to cyclists, triathletes, runners or anyone who works or recreates outdoors.

All are vulnerable to heat related illnesses.

Heat related illnesses occur when you produce more heat than your body can dissipate.

This can lead to heat exhaustion, cramps or even heat stroke.

Heat exhaustion is characterized by heavy sweating, rapid heart rate, dizziness, headache or nausea.

If left untreated, heat exhaustion can quickly progress to sunstroke.

Heat stroke victims have lost their ability to regulate heat. Their body temperatures can soar over 104 degrees.

Untreated, heat stroke can cause brain injury or stroke. Heat stroke is a serious emergency, so call 911 immediately!

During heat stroke, the body no longer has the ability to sweat and the victim will be hot and dry. Victims may also be confused or unconscious.

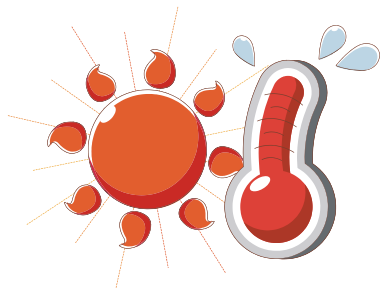
The key to recovery is to stop

physical activities and start cooling the victim immediately.

Move the victim to shade or air conditioning. Place water on his or her skin. Fan and remove constricting clothing and administer fluids if the victim is able to swallow.

But never give anything by mouth to a person who cannot swallow.

Heat cramps can occur during or sometimes hours after vigorous activity. Causes can be insufficient fluid replacement not containing a balance of salts and other minerals.



Sports drinks are useful for preventing the painful spasms of heat cramps.

The key to avoiding heat related illnesses is awareness and preparedness. Be aware of the weather conditions.

Avoid the heat of the day. Drink plenty of fluids the night before a ride. Remain hydrated throughout the ride and after you finish.

You also want to avoid alcohol and caffeine. These act as diuretics and can worsen your condition.

Some medications for heart or high blood pressure conditions may make you more susceptible to heat related illnesses.

*Scott Tuttle is the operations manager of Lee County EMS.*

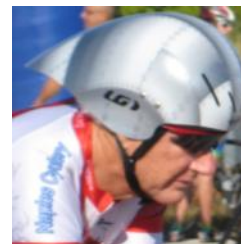
## Jim Reading battles cancer gallantly

By Thomas Pear  
Chronicles Editor

**Oklahoma City**—Caloosa rider Jim Reading has experienced an outpouring of well-wishes and prayers.

Jim was diagnosed with a rare form of Leukemia June 29 after he was hospitalized in Oklahoma for advanced flu-like symptoms June 19.

Though Jim is too ill to accept visitors presently, his daughters Jessica and Erica have asked for continued prayers. Many of Jim's friends from dif-



ferent parts of the country have showed their support via an online jour-

nal of Jim's recovery ([click here to view](#)).

Those reading a hard copy of The Caloosa Chronicles can manually type <http://www.caringbridge.org/visit/jimreading> into their web browsers.

Anyone visiting the website can also sign a guestbook and leave his or her own inspiring message for Jim. So far some of the entries have been sentimental and touching and others have been humorous.

"It's so fun for us to see all the great experiences he has had over the last few years," said Jessica and Erica in a journal posting. "The stories are bringing laughter to an otherwise stoic hospital room."

Please continue praying for Jim's recovery and strength for Jessica, and Erica.

# Bicycle helmets are more important now than ever!

By Thomas Pear

Chronicles Editor

Honestly, I thought this article on helmets would be a humor piece.

I had a lot of puns planned about noggins and bumps on the head.

Then I had a bike wreck on Memorial Day.

The other rider and I were okay. We did what they told us to do after landing hard on asphalt - take a personal inventory before moving around to prevent aggravating any injuries.

Both of us were a little shaken. But kind and encouraging words from fellow riders such as Sloan quickly got us calmed and on our bikes again.

After the ride, I noticed it. My new Trek helmet had taken a good dent in the side - the side that protects the temple area of the brain and skull. I did not even know I hit my head on the pavement.

Whenever I see a child riding a bike without wearing a helmet, I cringe.

The Caloosa Riders has a "no helmet, no ride policy" - with helmet being the clause's noun and ride the verb.

And now the helmet policy is more important than ever because a new law may increase road rage accidents against cyclists.

Our legislature and governor recently passed House Bill 971, which requires cyclists to stay in bike lanes unless there is a hazard in the lane.

Cyclists are able to recognize potential bike hazards that motorists cannot. This means incredulous, road raging, drivers may try to run us off the street if they perceive us to be unjustly outside the biking lanes, even if we are riding



Helmets may be needed now more than ever due to the passing of HB 971

outside the bike lanes to avoid a hazard as the law allows.

By the way, there will likely be new hazards. Each municipality in the state can now allow mopeds, golf carts and other motorized vehicles in bike lanes.

The bottom line is you need a helmet that is in full working order. This means you need a helmet that is Consumer Product Safety Certified (CPSC) or Snell certi-

***The helmet policy is more important than ever.***

***A new law may increase the amount of road rage accidents against cyclists.***

fied. CPSC, a division of the federal government, took over the certification of bicycle in the 1990s. Snell is a private organization that mainly certifies motorcycle helmets.

Your helmet should not have been involved in prior accidents because the ability of a helmet to protect a rider's head has been compromised once the helmet has made contact with another object in a biking accident

One other important point: Keeping a spare helmet in your car in case you forget your main helmet is a bad idea. Helmets should not be exposed to more than 110 degrees of heat. Heat damages the hard, outside, plastic shell of the helmet and leaves your head vulnerable to injury. Manufacturers often advise riders not to leave their helmets in hot cars on their product.

If you do have an accident with your helmet, contact the manufacturer of the helmet. Trek replaced my helmet for free because I had an accident within two years of purchase. In some cases manufacturers may give partial rebates and credits for older helmets. Manufacturers often study helmets that have continued product improvement.



We love new members! Visit [www.Caloosariders.com/2010memberapp.pdf](http://www.Caloosariders.com/2010memberapp.pdf) for an application!

Caloosa Riders Bicycle Club  
PO BOX 870  
Fort Myers FL 33902

**WELCOME NEW MEMBERS**

Joe Beck  
Bob Biasotti  
Cheryl Gloudemans  
Aldo Reti



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

**The BikeRoute**  
(Discount only on selected items)  
8595 College Pkwy; Fort Myers  
239-481-3376

**Ft. Myers Schwinn**  
3630 Cleveland Ave.; Fort Myers  
239-939-2899

**Paradise Bicycles**  
9377 Six Mile Cypress Pkwy.;  
Fort Myers  
239-938-9966

**The Run Shoppe**  
3512 Del Prado Blvd. S.; Cape Coral  
239-540-9529

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

**Cape Coral Bicycles**  
2481 Del Prado Blvd N.; Suite 114  
Cape Coral  
239-242-2453

**Engel's Bicycles**  
27310 Old 41 Rd.; Bonita Springs  
239-498-9913

**Billy's Bike Shop**  
1509 Periwinkle Way; Sanibel  
239-472-3620

**Acme Bike Shop**  
1700 Tamiami Trail; Port Charlotte  
941-258-3400

**Tri Authority**  
17699 Summerlin Road  
Fort Myers, FL. 33907  
239-281-6778

**Acme Bicycle Shop**  
615 Cross Street (US 41)  
Punta Gorda  
941-258-3400

**Paradise Bicycles**  
1712 Del Prado Blvd S.; Cape Coral  
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