



# The Caloosa Chronicles

Caloosa Riders Bicycle Club of Southwest Florida since 1988



Happy Holidays!

WWW.CALOOSARIDERS.ORG

November/December 2010

## Pro-cyclist to lead 'Everyone Rides!'

**By Thomas Pear  
Chronicles Editor**

Tom Danielson, winner of the 2005 Tour de Georgia and 2006 Tour de Austria will kick-off "Everyone Rides," Sunday, Dec. 12.

Currently he is a member of the Garmin Cervelo Professional Cycling team.

The pro is also no stranger to Southwest Florida after having cycled in Naples a year ago.

"(Tom) loved the area so much he wanted to return," said one of Everyone Rides' organizers Matt McCain. "When he heard about our charity event he wanted to

be involved."

Danielson will kick-off the ride by leading the century riders at 7:30 a.m. The metric century will start at 9 a.m. followed by the 30 milers who will start at 10 a.m. This year will also feature a 15 mile ride for those starting out in cycling or those recovering from an injury. The ride will start at Lehigh's [Buckingham Park](#)

Anyone wishing to sign up for the ride can register through Active.com for \$35. Ride day registration is \$40. The ride includes a lunch provided by Twilight Café that will start at 11:30 a.m.



Photo by Eric Keller

Tom Danielson, center, with Terry McLaughlin, left, and Matt McCain.

A pasta dinner will be served on Saturday, Dec. 11, at the [Crowne Plaza](#) in Fort Myers, near the Bell Tower Shops, which is also location of packet

pickup, which is also Saturday, Dec. 10, from 3 p.m. to 7 p.m. Danielson will be available for a question and answer session during the dinner.

Proceeds from

the event will be used to purchase bicycles and helmets for children of the Boys and Girls Club of Lee County. For more info visit:

[Everyonerides.org](#)



©Robert Pear

An ornament shot by Robert Pear reflects a holiday night scene at the old federal courthouse

## Holiday party and ride soon!

**By Thomas Pear  
Chronicles Editor**

This year's holiday party will be held at [Heritage Palm Lodge](#) Dec 4 and the Christmas night ride will be Dec 15 at The Edison in Fort Myers.

The holiday party will begin at 6 p.m. and continue until 9:30 p.m. It will feature a potluck buffet dinner and cash bar that includes two free

drinks per ticket. Attendees are asked to prepare a recipe for the party.

The party will feature a gift exchange. Attendees in the gift exchange are asked to spend no more than \$15 on a gift.

On Dec. 15 at 6 p.m. cyclists will don their bikes with Christmas lights and decorations at The Edison and ride

around the McGregor area

The riders will return to The Edison for dinner. Riders can choose from sandwiches to a full-course meal.

Because it will be dark riders must have front and rear lights.

Please RSVP to Bill Garrison 239-275-7615

# Ride Schedule HELMETS REQUIRED!!!!

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

## 2010/2011 Buckingham

Nov. 13	Airport special	Peter Ahlgren 239-481-5940
Nov. 20	Wheeler	Bill Garrison 239-275-7615
Nov. 27	Old Milwaukee	Steve Rodgers 239-839-7926
Dec. 4	Alva Special	Peter Ahlgren 239-481-5940
Dec. 11	I Like Ike	Bill Garrison 239-275-7615
<b>Dec. 12</b>	<b>Everyone Rides</b>	<b>Pro Cyclist Tom Danielson (Honorary Ride Leader of the Century Ride)</b>
Dec. 18	Greenbrier	Steve Rodgers 239-839-7926
Dec. 25	Christmas	No rides scheduled
Jan. 2	Airport special	Peter Ahlgren 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.

### Tuesday & Thursday winter-seasonal ride

Ride meets at the Winn Dixie at the corner of San Carlos and Summerlin at 8 a.m. and riders pedal approximately 50 miles to Captiva Island and back. The pace is about 20–22 mph.

### Wednesday ride

Rides starts at the Sweet Bay grocery store, located on the corner of Colonial Boulevard and Treeline Avenue. The ride varies from an 18 to 22 mph pace for 35 to 45 miles. The ride includes a stop at Panera Bread in the Coconut Point Mall.

### Cape Coral welcome ride

Rides will meet at the Shops at Surfside at the northwest corner of Surfside and Veterans, near the Paradise Deli and Starbucks. 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



### President

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David Colver

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### Secretary

Renee LaFehr

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Membership@caloosariders.org

### Webmaster

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### Newsletter Editor

Thom Pear

ThomasAPear@aol.com

### Meetings

Nov. 18 at Perkins Restaurant,

12300 Cleveland Avenue, Fort Myers. Dinner is at 6 p.m.; The meeting starts at 7 p.m. Meetings are held the third Thursday of each month

### **Caloosa Riders**

**PO Box 870**

**Fort Myers, 33902**

[www.Caloosriders.org](http://www.Caloosriders.org)



### 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.org](http://www.caloosariders.org) for additional ride information



**Mike Swanson**  
*Under the helmet*

## We need ride leaders ASAP!

You do not need to be fast!

We are looking to fill some additional ride leader positions. It does not require that you have to ride out in the front of the group and pull them all the way to the end. Basic ride leader duties at the start of the ride include:

1. Having non members sign a waiver form.
2. Introducing new members and guests.
3. Making announcements such as upcoming meetings or events.
4. Having route maps available for first time riders.
5. Assigning someone to make sure a first time rider is not dropped.
6. Starting the ride at the designated time.

During the ride the ride leader will carry an accident report form and fill it out if needed.

I have a limited number of one year membership vouchers to Adventure Cycling (<http://www.adventurecycling.org/>) including nine issues of Adventure Cyclist magazine. They will be offered to new ride leaders who agree to be a regular ride leader for one of our scheduled rides.

The regular price of the membership is \$40.

We are currently looking for ride leaders for Cay West Tuesday/Thursday and Pelican Park on Sundays. We are hoping to have at least two leaders for each ride so that a ride leader is only responsible for a ride every other week.

Contact our Ride Coordinator, Bill Garrison  
riderinfo@caloosariders.org or  
(239) 275-7615

### Membership renewal

It is getting to be renewal time again. Memberships run from Jan 1 to Dec 31. If you joined after October 1, 2010 your membership will not expire until Dec 31, 2011. Dues remain \$15 individual and \$20 family. There is a surcharge of \$5 to receive the newsletter by postal mail. Our insurance company would like new waiver forms signed each year. Please fill out the application/renewal form in this issue or our website

[www.caloosariders.org](http://www.caloosariders.org)

### Elections and nominations

The annual meeting and elections will be held on November 18 at Perkin's Restaurant. The nominating committee consisting of David Colver, Scott Tuttle and Linda LaFehr have recruited the following candidates: Vice President, Maura Granger-Bohl; Treasurer, Steve Rodgers; Secretary, Renee LaFehr.

The nominating committee is still looking for a President and Vice President of Rides. Contact [David Colver](mailto:David.Colver@caloosariders.org)

### Web address change

Our web address has changed from dot com to dot org. In other words, we are at [www.caloosariders.org](http://www.caloosariders.org)

## Upcoming rides

In addition to "Everyone Rides" (see front page) and the Tour de Cape (see page 4) a number of other worthy rides are available nearby and across the state.

### River Ride, Nov. 14

**Caloosahatchee Regional Park** - This year's river ride features 15, 30, 40 and 62 mile routes.

The ride will start at the Caloosahatchee Regional Park, 18500 North River Road, off of State Road 78, just west of Alva.

This year the ride organizer have their own online registration:

<http://crca.caloosahatchee.org/?do=river-ride>

The cost of the ride increased from \$25 to \$30 after Nov. 4.

### Pasta Bash Ride, Nov. 19 - 20

**Port Charlotte** - This ride features a metric century, a half-metric century, and a quarter metric century on Saturday Nov. 20.

But the fun begins on Friday, Nov. 19, with a packet pickup that features a social and pasta-bash dinner.

The rides begin at 8 a.m. with the metric century, with the metric half starting at 8:15

See "Upcoming rides" page 5



Bob Hale helped greet new riders on a recent Saturday welcome ride in Cape Coral.



# Turkey Leg Ride

By Thomas Pear  
Chronicles Editor

**Fort Myers** - How about a guilt-free Thanksgiving dinner? Eat all you want, and you won't gain a pound.

Of course, there is a catch—isn't there always? You simply have to bike 100 miles with the Caloosa Riders on their annual Turkey Leg Ride the Friday after Thanksgiving, Nov. 26.

The ride will start at 8 a.m. the Royal Palm Square shopping center in Fort Myers in the outlet's [southwest parking lot](#), facing Royal Palm Boulevard.

Riders will then average about 18 mph and wind through Gordon's Pass, Fort Myers Beach before stopping for lunch on Fifth Avenue in Naples.

The ride is self contained; riders should bring money for lunch and two rest stops. Also bring spare tire-tubes.



Last year's Turkey Leg Ride featured more hams than turkey; nevertheless, everyone enjoyed themselves on the Fort Myers to Naples trek. This year's Turkey Leg ride is schedule for Friday November 26 at 8 a.m., so arrive at 7:45 a.m.



The tour de Cape is scheduled for Jan. 15 -16. Jan 15 will feature a 5K run and Jan. 16 is when the bicycling begins. The tour offers 100, 62, 30, and 15 mile rides that will wind through Cape Coral. All events will begin and end at Cape Harbour in Southwest Cape Coral. Registration will be made available at a later date through Active.com. Run/bike combo package are available

By Thomas Pear  
Chronicles Editor

After the first of the year, do not think that you can slow down because the holidays will be over. That is because the Tour de Cape is Jan. 14 - 16.

For the second time, the Tour de Cape will be started at Cape Harbour and its popular dinette, The Joint, and features a 5K race in addition to the bike tours.

The event begins with kick-off celebration January 14 that will include packet pick-up, music, food, and fun! The 5K that will be held Saturday Jan. 15.

The bike tour is Sunday Jan. 16. The bike event features 15, 30, 62, and 100 mile rides that will wind through the city of Cape Coral.

The race cost \$15 and the bike tour \$30. A combo run and bike package is available for \$35. All fees increase \$5 after Dec. 20.

Call 239-573-3123 for more information or visit [www.CapeParks.com](http://www.CapeParks.com)



## Upcoming rides

Continued from Page 3

a.m. and the metric quarter starting at 8:45 a.m.

Registration is \$35 for those not members of the Coastal Cruisers Bicycle Club. Registrations fees increase to \$5 after Nov. 10.

Online registration is available through [Active.com](http://Active.com), and for more information [click here](#).

### Horrible Hundred, Nov 21

**Clermont** - This year the famous Horrible Hundred features course options of 35, 70 and 100 miles.

The ride will tackle seven Central Florida mountains, including Sugarloaf Mountain. Sunday, Nov. 21, features the official Horrible Hundred rides. They will begin with a rolling start: The century will start at 8 a.m., with the 70 and 35 mile routes starting at

8:15 a.m. and 8:30 a.m. respectively.

Registration is \$35 up to Nov. 18 and is \$40 after Nov. 18. Participants can register online by [clicking here](#).

For more information visit [www.horriblehundred.com](http://www.horriblehundred.com)

### Naples Turkey Ride, Nov 28

**Naples** - The Sixth Annual Iron Joe Bonness Turkey ride will feature a 62 miler, a 30 miler, and 10 miler.

All rides will start and finish at North Collier Regional Park, 15000 Livingston Road. The rides are fully supported and Carrabbas Grill will provide lunch.

Registration is available through [Active.com](http://Active.com) and the fee is \$25. For more information [click here](#): [Naplespaths.org](http://Naplespaths.org).



### Cape Kids Festival

The Caloosa Riders recently donated two bicycles, above, to the Kiwanis annual Cape Coral Kids Festival that was held Oct. 30 at the city's Jaycee Park. The bikes were then given to a girl and boy, who posed with Mike Swanson, left, via a drawing.



### Senior Games Volunteers needed!

Last year Ray Putnam was one of our champions at the state level Senior games. This year the senior games will be in Lee County for the last time for a number of years, and the Caloosa Riders are providing volunteers for the games. If you would like to volunteer on either Dec. 7 or 9. Help is especially needed to assign timing devices, for crowd control, and for traffic control and please contact Bill Garrison at:239-275-7516. email:

### Volunteers needed for Royal Palm Classic!

Volunteers are currently needed for the early planning and promotion of the Royal Palm Classic.

Do we have any web designers out there?

This year we plan to have a website dedicated solely to the ride.

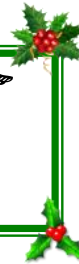
The Royal Palm Classic is scheduled for March 6 at Buckingham Park and features four ride-lengths. Early publicity is important.

Contact Maura Granger-Bohl to volunteer:

[Mauragranger@yahoo.com](mailto:Mauragranger@yahoo.com)



## Scott Tuttle *Health Tips*



# CPR minus mouth-to-mouth!

When I took my first CPR class almost 30 years ago, you practiced on a mannequin that produced a print out of the compressions, ventilations, and how they were timed. You were scored on the effectiveness of the breaths and compressions provided. If you weren't perfect with the timing, depth, and rate, you got to do it again and again until you were.

Would you be surprised if I told you in the three decades since then, I have never performed mouth to mouth breathing outside of practice?

Recent changes from the American Heart Association (AHA) now allow the lay rescuers to forgo the mouth to mouth portion and just perform chest compressions. In extensive studies performed over the last five years, AHA found that many victims of sudden cardiac death were not receiving any form of CPR due to bystanders being concerned over performing the sequence correctly or being squeamish about mouth to mouth.

These studies also taught us that the single most important thing anyone can do for an adult victim of sudden cardiac

death is chest compressions. The odds of survival double when prompt and continuous chest compressions are performed.

AHA still recommends that everyone take a CPR. But even without a formal CPR class we can all be prepared to help save a life should someone collapse in front of us. Hands only CPR is reserved for adults who have suddenly collapsed in front of you. It consists of two simple steps: 1. Call 9-1-1. 2. Push hard and fast in the center of the chest

You should continue to push hard and fast at a rate of at least 100 compressions per minute. If you have trouble remembering, just sing the Bee Gee's song Stain' Alive. The tempo of the song is just about perfect. Continue until help arrives. I know of at least one club member whose life was saved through the quick actions of two other club members and their willingness to perform CPR. Way to go Caloosa Riders!

I have included a link below to the AHA hands only CPR website that provides more information and video demonstrations of the hands only CPR technique.

<http://handsonlycpr.org/>

Bike Florida names Grussemeyer member of the month and Caloosa Riders Club of the month

By Thomas Pear  
Chronicles Editor

Michael Grussemeyer was named the member of the month by Bike Florida and The Caloosa Riders were named the club of the month.

Michael was named as member of the month in part because of his lifetime of volunteerism.

He has served the Boy Scouts, The Red Cross, and veterans.

He has lived in Southwest Florida since 1984 and enjoys sailing, canoeing, boating and camping in addition to cycling.

Michael is also a certified Scuba trainer and water safety trainer, and a league cycling instructor for the League of American Bicyclists.

He has been cycling for 57 years and started as boy when he used to ride his bike out to the strip mines of Northern Illinois to fish and camp, according to a Bike Florida's October [Share the Road](#) newsletter.

A long distance cyclist, Grussemeyer is also a member of the Randonneurs USA, was their south central brevet administrator and coordinated 21 long distance rides for the organization.

Grussemeyer noted that he is a member of seven different bicycling organizations in Florida and volunteers for bicycle event sponsored by The Caloosa Riders, the Florida Freewheelers, and the Gainesville Cycling Club.

At Michael's recommendation The Caloosa Riders were named as Club of the Month by Bike Florida

The Caloosa Riders were recognized for recognized for sponsoring bicycling events such as the Royal Palm Classic, and bicycle advocacy at local, state and national levels.



# Welcome Ride!



Photos courtesy of Dick Bennett



Caloosa riders officially roll out the red carpet each Saturday morning with their new welcome ride.

The ride starts at 8 a.m. in Cape Coral on Saturdays near the corner of Surfside and Veterans, near the Paradise Deli and Starbucks





# MEMBERSHIP APPLICATION OR RENEWAL

## *Caloosa Riders Bicycle Club*

Please Print Clearly and Read Completely

Name \_\_\_\_\_ DOB \_\_\_\_\_

Spouse or Significant other \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Primary phone \_\_\_\_\_ Alternate phone \_\_\_\_\_

Email \_\_\_\_\_

- Deliver my newsletter via  E-mail  Postal mail (US addresses only add \$5.00)  New Member
- \$20 Family/Household Membership  \$15 Single Membership  Renewing Member

**Check website for dues rate if joining after September 2011.**

**Membership is for the calendar year. Membership applications dated through September remain in effect until the end of the year. Applications dated October thru 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. **This agreement remains in effect for all future renewals.***

Primary Member's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Spouse or additional member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Required for family membership only)

### **Attach minor release form for children to be included with membership.**

Family members under the age of 18 require a minor release form signed by a parent/guardian. Contact membership for form or download from [www.caloosariders.com](http://www.caloosariders.com)

Mail application with check to: Caloosa Riders, P.O. Box 870, Fort Myers, FL 33902

# THE THIRTEENTH ANNUAL ROYAL PALM CLASSIC - MARCH 6, 2011

Buckingham Park - 9800 Buckingham Rd (North of SR 82)



**REGISTRATION FEE:** \$30.00 if received before March 4, 2011, \$35.00 after March 4.

A Polar insulated water bottle and reusable tote bag are included as part of the full registration (only guaranteed for the first 250 registered). Children under 15 years accompanied by an adult receive lunch and ride FREE (no water bottle). Non-riders may purchase a meal ticket for \$5.00 each.

**MARCH 6th REGISTRATION: 7:00 a.m. to 9:30 a.m.**

**SAFETY REQUIREMENTS:** All riders must wear a CPSC approved helmet. There will be no exceptions! It is illegal to wear headphones while biking. Please follow the rules of the road. Stay to the right.

**RIDE STARTS:** 7:30 a.m. - 100 mile start 8:00a.m. - 62 mile start 9:00 a.m. - 30 mile start

9:30 a.m. - 15 mile start. Ride leader will meet with riders prior to the ride start.

**QUESTIONS:** For more information [www.royalpalmclassic.org](http://www.royalpalmclassic.org) or email: [royalpalmclassic@gmail.com](mailto:royalpalmclassic@gmail.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone ( ) \_\_\_\_\_ Age \_\_\_\_\_

Evening Phone ( ) \_\_\_\_\_

Email address \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone ( ) \_\_\_\_\_

Bicycle Club Affiliation \_\_\_\_\_

How did you hear about the ride?  Bike shop  Internet search  Active.com  Newspaper Article

Friend  Mail  Bike Club  Newsletter  Other \_\_\_\_\_

### CHECK ONE

15 miles  30 Miles  62 miles  100 miles

Water bottle and tote bag only guaranteed for the first 250 to register.

Pre-registration \$30.00

Day of event \$35.00

Extra Polar water bottle \$10.00

Extra Meal tickets \$5.00 each

*SORRY, NO REFUNDS RAIN OR SHINE*

### WAIVER/ASSUMPTION OF RISK

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 hazard 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 BODY 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.

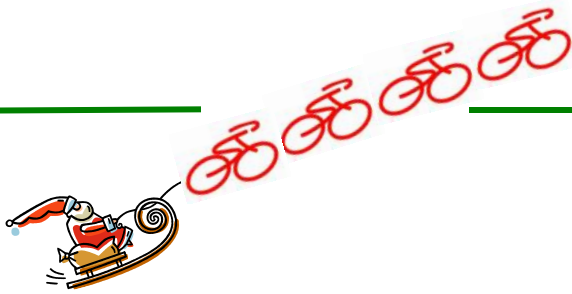
I HAVE READ THIS AGREEMENT, FULLY UNDERSTANDING ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT 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.

Date \_\_\_\_\_ Signature \_\_\_\_\_ Parents Signature \_\_\_\_\_

(if under 18 years of age)

Make checks payable to:

Caloosa Riders (Royal Palm Classic) Mail to: Caloosa Riders, 7963 Gabion Court, Bokeelia, FL 33922



Visit [www.Caloosariders.org/](http://www.Caloosariders.org/) for a membership application!

Caloosa Riders Bicycle Club  
PO BOX 870  
Fort Myers FL 33902

**WELCOME NEW MEMBERS**

Richard Bowen & Susan Hanna  
Earl Drumheiser  
Paul Eaton  
Lorna Felde  
Chris Griffiths  
David Hernley  
Marcia Hollett  
Mark & Susan Leyendecker  
Sandro Martinez  
Charles Nothdurft  
Raul Pedraja  
John Resnick  
John Steers  
Steven Winters & Sharon DeGaramo  
Bill Wolff

**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**

(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  
239-258-3400

**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

**EA Bicycles**

15630 McGregor Blvd.; Fort Myers  
239-415-6600