

The Caloosa Chronicles

Caloosa Riders Bicycle Club of Southwest Florida since 1988

Livin tha dream!

WWW.CALOOSARIDERS.COM

September/October

Farewell old friend!

'Life is good!'

- Jim Reading

**By Thomas Pear
Chronicles Editor**

This year our winter riders will return with a gap in their ranks.

That is because Caloosa Rider James (Jim) Allen Reading succumbed to a rare blood cancer, chronic myelocytic leukemia, July 17 at age 66.

He is survived by his two daughter Jessica and Erica who stayed by his side throughout his intense illness.

Jim, who retired from General Motors, was an avid cyclist and member of the Caloosa riders remember him fondly.

"I picture him roaring by

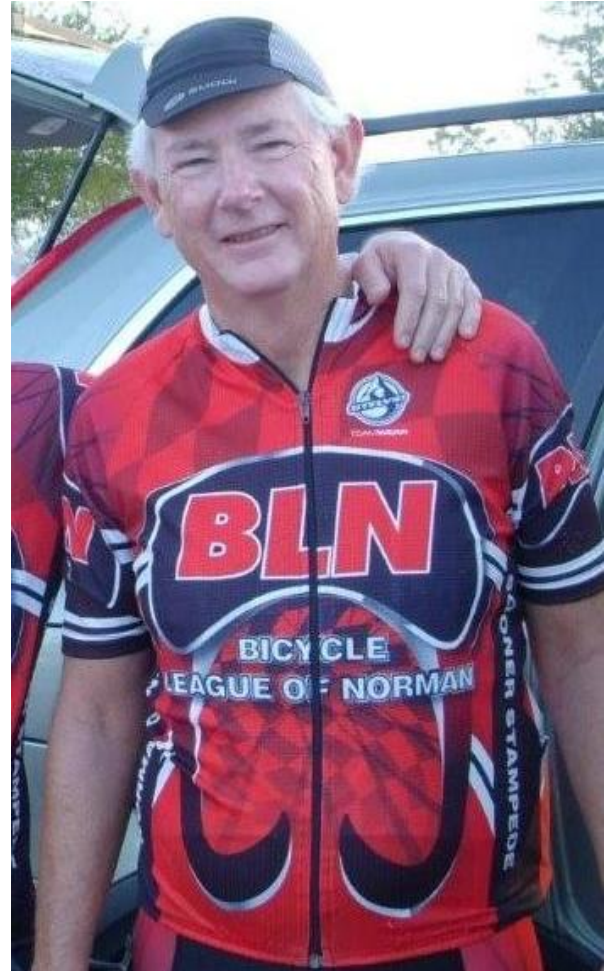
me on his Cervelo, with the wind blowing through his silver white hair, calling out to everyone he knew as he rode by," said fellow Caloosa Rider Jon Waller. To me he might say 'Hey Jon! Living tha Dream' - A great memory!"

In fact "Livin tha dream" and "Life is good" were two of his favorite adages.

Jim was also a member of the Norman Oklahoma Bicycle League and was as much of a competitive racer as he was a touring cyclist.

He was a frequent competitor in the Florida's state senior games that were held in December in Cape Coral the past few years. In December of 2008 he and Thom Pear relayed the Powerman Florida duathlon in St. Austin Florida.

Services were held July 21 at Southern Hills Baptist Church in Oklahoma City.



Caloosa riders are mourning Jim Reading, a father, cyclist and friend who passed away July 17.



Caloosa riders donned their biking gear and traveled nearly 1,500 miles to bicycle 442 miles across the state of Iowa during the Des Moines Register's Bike Ride Across Iowa. Please see the photo layout on Page 5

Chinese food slated for next meeting

Variety is the spice of life, and Chinese food has some of the best spices on the market.

So the **September 16 membership meeting** will be held at the Empire Buffet, at 3922 Del Prado Blvd. S, in Cape Coral. The restaurant offers an "all you can eat" Chinese buffet or you can order from the menu.

On Oct. 21 it is back to Perkins Restaurant, 12300 Cleveland Ave. in Fort Myers. Dinner will start at 6 p.m., and the meeting will start at 7 p.m. at both meetings.

Ride Schedule HELMETS REQUIRED!!!!

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

2010 Buckingham

Sept 17	I Like Ike	Bill Garrison 239-275-7615
Sept 25	Greenbrier	Steve Rodgers 239-839-7926
Oct 2	Airport Special	Peter Ahlgren 239-481-5940
Oct. 9	Wheeler	Bill Garrison 239-275-7615
Oct. 16	Old Milwaukee	Steve Rodgers 239-839-7926
Oct 23	Alva Special	Peter Ahlgren 239-481-5940
Oct. 30	I Like Ike	Bill Garrison 239-275-7615
Nov. 6	Greenbrier	Steve Rodgers 239-839-7926
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

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.

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 each Saturday at 8 a.m.. Distance choices include a 15 miler with an option for more. 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

Meetings are held the third Thursday of each month. Please see the front page for September and October meetings. After October, the next meeting is November 18. The location will be announced at a later date.

Caloosa Riders

PO Box 870
Fort Myers, 33902
Caloosriders.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 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 for additional ride information



Mike Swanson
Under the helmet

Rodgers named to local advisory committee

Steve Rodgers has been appointed to the Bicycle Pedestrian Advisory Committee. Thanks to Steve for volunteering for this important position. It is important that our voices be heard in projects that benefit cyclists. Steve, along with the other committee members will act as a general advisory committee to the Board of Commissioners and emphasizes the importance of bicycle paths and sidewalks.

There are currently additional openings on the committee. If you would like to serve, contact Steve:

gatewaycyclist@yahoo.com

RPC Volunteers needed

Maura Granger-Bohl will chair the 2011 Royal Palm Classic Committee. Volunteers are currently needed for early planning and promotion of the event. Please contact Maura mauragranger@yahoo.com to volunteer.

Senior Games volunteers

The Florida State Senior games will again be held in Lee County in December of this year. This will be the last year they are held in our local area for a while. We will provide volunteers for the cycling events. Bill Garrison has again agreed to coordinate our volunteers. Thanks Bill.

We will need volunteers on December 7th and 9th. Volunteers get a t-shirt and lunch. Help is needed to assign timing

devices, crowd control and traffic control. If you would like to volunteer contact Bill at the following:

riderinfo@caloosariders.com
or call him at (239) 275-7615.

Still Time to qualify for Games

The State Senior Games are run by the Florida Sports Foundation. There is still time to qualify. Qualifying at a local senior game is required to compete in the state games. There are 5 local-level senior games remaining that include cycling. You can view the details at:

http://www.flasports.com/page_seniorgames.shtml The state games competition includes 5k and 10k time trials and 20k and 40k road races.

Nominating Committee

I will be appointing a nominating committee to find candidates for 2011 officers. Contact me if you are interested in serving on the committee. Contact President@caloosariders.com or 239-772-2041

Christmas Party

This year's annual Christmas Party will be held Saturday, Dec. 4 from 6 p.m. to 9:30 p.m. at Heritage Palm Lodge. The party includes a gift exchange.

Dues

The board voted to add a \$5 surcharge for those who prefer to have their newsletter mailed via US mail. We have not increased dues in many years, and the price of printing and postage has increased.

Upcoming rides

It is that time of the year, fall, the season when cyclists don their gear a large number of available rides not only in Southwest Florida but across the entire state!

So what is available? Lets start with nearby rides first and work our way out to other parts of the state.

Everyone Rides

Buckingham Park - This year the Seventyth Annual *Everyone Rides* will be is December 12 and it includes a professional "winning" cyclists.

So mark you calendars now!

Tom Danielson, Winner of the 2005 Tour de Georgia, 2006 Tour of Austria and hold holds the record for the fastest ascent of Mount Washington, will lead the century riders.

This year *Everyone Rides* will also feature a pasta dinner the Saturday evening before the ride.

There will be more on *Everyone Rides* in the next edition of the Caloosa Chronicles.

See "Upcoming rides" next page



All sorts of bikes were ridden at the RAG-BRAI

Upcoming rides (Continued)

Walk Wheel and Wobble, Sept 25.

Fort Myers - To start at the Holiday Inn Airport, which is off Alico Road.

The ride offers 30 and 62 mile routes and a 5K for walkers. The ride is a fundraiser for ATAXIA, a nervous system illness, research and awareness.

For more information call or email call or email Joe & Cindy (239)878-3092, csteever@msn.com.

Tour de North Port, Oct. 24

North Port - The October 24 ride starts at Dallas White Park on Greenwood Drive at 7 a.m. and offers a 15, 35, or 65-mile route.

The event includes a continental breakfast raffle entry and commemorative T-Shirt. The pre-registration fee is \$35 and race day registration is \$40. For more information call 941-426-9752.

Florida Greenways and Trails Months Bike Ride, Oct 9

Trenton, Fla. - Well you cannot beat the price on this one. It is free. But registration is a requirement.

Trenton, Fla., is about 25 miles west of Gainesville., and the ride begins at 9 a.m. at Old Train Depot, 419 North Main Street.

This ride feature the smoothly paved Nature Coast State Trail and organizers are offering a wide range of rides, from a few miles to 64 miles.

For more information call (352) 535-5181.

Cystic Fibrosis Cycle for Life, October 24

Tampa— The CF Cycle for Life offers a 25 mile, 55 mile and 85 mile ride starting at the Longleaf Town Center, 3104 Town Ave., New Port Richie. The ride continue. to through Starkey Park and on to Suncoast Trail and loops at Anderson Smith Park before returning to New Port Richie.

“It is a well marked trail,” said Pat Warbritton of the CF Foundation.

The ride also features six rest stops, SAG wagons, and ride marshals. At the finish, riders will be treated to with food, beer, and live entertainment from a local band. Massages will also be available.

Registration is is \$35 until September 30 and increases to \$45 in October. There will be onsite registration. The organization is also asking riders to raise \$200. For more information l 1-800-fightcf or click [here](#) to visit the Tampa Cystic Fibrosis website. You can also Google Search cystic fibrosis + Tampa + cycleforlife



Key West Ride

There are still a couple spots available for the annual Key West bike trip. The ride is scheduled Nov. 12 - 15. The approximate cost is \$245. Riders will depart at 6:45 a.m. aboard the Key West Express (left) at Fort Myers Beach. Once they arrive at Key West, they will cycle to Boyd's Key West Campground and enjoy a weekend of cycling and camping throughout the Keys. For more information contact Maura Granger at 239-986-1641 or email her:

mauragranger@yahoo.com
You must be a Caloosa Riders member to participate.

Biking Iowa!

By Thomas Pear
Chronicles Editor

Several Caloosa riders cycled 442 miles in seven days during the Register's Annual Great Bike Ride Across Iowa (RAGBRAI).

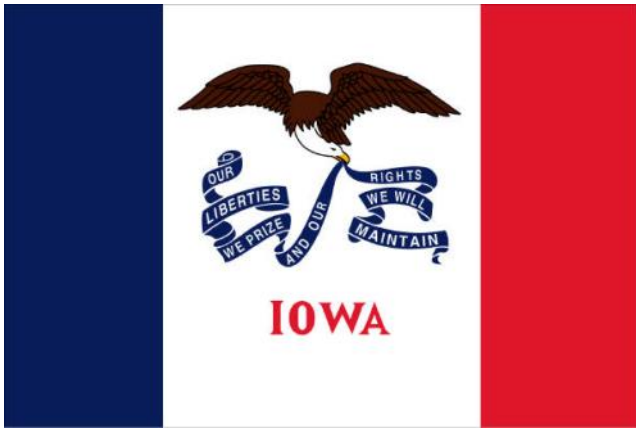
The ride went from Sioux City, near the Nebraska border to Dubuque, near the Illinois border.

They averaged 68

miles per day during the seven-day ride, which is sponsored by the Des Moines Register (newspaper) the last week in July. The ride is the oldest and longest bike tour in the world, and has about 10,000 seven day participants plus another 1,500 day-long participants. The 39th annual ride also included 14,527 feet of climb.



Some of the riders towed a passenger or two. This confirms that not all members of the Caloosa Riders are housebroken!



Sure, what happens in Las Vegas stays in Las Vegas. But not Iowa, and especially not during the RAGBRAI. Nevertheless, it was nice to see a few witty moments squeezed between nearly 450 miles of hard Midwest bike riding



City of Angeles embraces cycling

By Thomas Pear
Chronicles Editor

Los Angeles - While Florida lawmaker recently passed a new law that could restrict cyclists to bike lanes and allow some motorized vehicles in the same lanes, Los Angeles is becoming cycling friendly.

The June 3, 2010 edition of Bloomberg Businessweek reported that the city plans to spend \$230 million on 1,700 miles of bike paths. The paths will include changing rooms, showers and bike storage areas to be operated by the city and private partners of the city.

The project should be completed by 2015 and is part of an initiative to reduce carbon emission and relieve automobile overcrowding, Bloomberg Businessweek reported.

Also, LA hosted an August 16 Bike Summit, after Mayor Antonio Villaraigosa was hospitalized and suffered a broken elbow for a bicycling accident. He was cycling on a city bike path and tossed over his handlebar after having to brake suddenly for a taxi that pulled in front of him.

"I had to put on the brakes and hit my head first and then my elbow," the mayor told radio personality Ryan Seacrest. "I've got a hard head and luckily I had a helmet."

On August 24, the city launched a public cycling safety campaign that included installing "Give me 3" posters on the city's most congested roadways, according to the Los Angeles Daily News. The poster shows a cyclist next to a car with a three-foot clearance.



Scott Tuttle
Health Tips



Wounds must be treated quickly!

There are basically two types of riders; those that have fallen and those that will. The lucky ones will escape with no major injuries and ride away with some scrapes, cuts, or at worst, a bruised ego.

Open wounds if not properly cared for, can lead to serious infection. The first thing to know is your tetanus status. If it has been more than 5 years since your last tetanus booster, you need to get a booster shot.

A few things to consider when assessing soft tissue injuries are the surface area, depth, and location of the injury.

If fat or other underlying structures can be seen, seek medical attention. If you cannot control the bleeding, close the edges of the wound, or clean all the dirt from a wound, seek medical attention.

Due to the possibility of scarring or loss of function, medical attention should be sought for injuries to the hands, face, feet and genitals. Also, abrasions covering large surface areas or that are deep can be difficult to treat and may need skin grafts.

Every single bit of dirt and gravel has to be removed from the injury. Some of us will reach for our water bottle to irrigate the injury only to inject bacterium that has been growing on the spout. Try to find some soap and water instead.

I carry a supply of Preparation H hemorrhoid wipes in my tail bag.

No not because my seat doesn't fit me, but because they are great for cleaning the debris from the wounds. The pads are soaked in witch hazel which shrinks blood vessels and helps control bleeding.

At home a thorough cleaning of the wound is necessary. Avoid reaching for hydrogen peroxide, which can cause further tissue damage.

If that's all you have, dilute it by 50% with sterile water. A better choice is povidone-iodine solution. Once clean and free of debris, you will need to bandage the wound. Simple lacerations can be cared for with adhesive bandages or sterile pads and gauze.

Road rash needs a different approach. I prefer semi-permeable bandages such as Tegaderm. It's simply a thin, clear membrane that allows the wound to breathe while keeping it moist. This allows fresh skin to grow in quickly without scabbing. A small amount of an anti bacterial ointment can be beneficial in preventing infection in lacerations and abrasions.

No special care is needed for bruises but treating with ice can speed the healing process. Apply a cold pack for 20 minutes then remove for 20 minutes.

Avoid taking aspirin as it can prevent blood from clotting a slow the healing process.

Scott Tuttle is a local paramedic

A bicycle helmet saved my life!

By **Darla Letourneau**
Caloosa Writer

If you ever doubted the importance of wearing a helmet at all times while biking, believe me, it can save your life.

After being off my bike for 2 weeks due to foot surgery, so I was thrilled to be peddling on a leisurely Sunday ride.

I biked around Sanibel Island and then over the Sanibel bridges.

Back on the island had a nasty crash.

When I came around the curve on Periwinkle, right before a crosswalk, I saw a car quickly approaching, full throttle, so I slammed on my brake-flip over my handlebars, head

first, landing with full force on the back of my head.

If I had not have had my helmet on, I would have had a serious head injury - maybe even brain trauma.

I did managed to lacerate my calf with my bike pedal and bang up my elbow. In true Sanibel fashion, the police - two officers - came and took a report.

Then four EMS paramedics arrived, and with a fire truck arrived with additional rescue workers.

It was a scene! Even a friend came by to make sure I was okay.

They wanted to take me to the emergency room in the ambu-

lance, but I insisted on having Joe take me (I had called him to come over).

After Joe had taken me to the Health Park (hospital) emergency room, they did a CAT scan on my head & determined that I didn't have any head damage.

They x-rayed my elbow to make sure nothing was broken, and then they put stitches in my calf, wrapped my leg and my elbow in yards of white gauze, gave me antibiotics, and instructions for laceration care.

So, once again, I've got stitches and am off my bike for another week! Yes, even on Sanibel wearing a helmet can save your life! I am one lucky woman.

Riding for Jim

Team in training rider Steven Schlegel has named Jim Reading as his "honored hero" in the fight against Leukemia and Lymphoma. Team in Training is an organization that affiliates with endurance athletes to raise money to fight cancer. You can sponsor Schlegel through his [website](http://pages.teamintraining.org/ntxok/nattri10/jimreading) : <http://pages.teamintraining.org/ntxok/nattri10/jimreading>





We love new members! Visit www.Caloosariders.com/2010memberapp.pdf for an application!

Caloosa Riders Bicycle Club
PO BOX 870
Fort Myers FL 33902

WELCOME NEW MEMBERS

Joseph Bologna
Chris Griffiths
Judy and Cody Gunn
Michael and Diane Holm
Dee Dee Lopes
Ted and Linda Hanson
John Johns
Kathy Johnson
Robert Mason
Scott McCatherin
Mary Lou Kelley
Donna Rousseau

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