



# The Caloosa Chronicles

Caloosa Riders Bicycle Club of Southwest Florida since 1988



Auld Lang Syne!

WWW.CALOOSARIDERS.ORG

January/February 2011

## Royal Palm Classic is March 6



The Royal Palm Classic offers something for everyone, including a 15-mile "no one left behind" route (A loop) for new or less experienced riders.

**By Thomas Pear  
Chronicles Editor**

The 13th Annual Royal Palm Classic is March 6, and starts at Buckingham Park, [9800 Buckingham Road](#), Fort Myers.

Riders can [download](#) an application, or they can visit [Active.com](#) to register online.

The bike tour features four rides, a 15-mile ride, a 30-mile ride, a 62-mile ride, and a 100-mile ride.

Registration before March 4 is \$30 and \$35 afterwards. It includes lunch and a Polar bicycling bottle and bag for the first 250 registrants.

Non-riders can pay \$5 for the lunch that includes hamburgers, Boca burgers,

desert and other BBQ goodies

Ride registration is \$35 on the day of the event. The ride will also feature rest stops and support (SAG) vehicles.

Children under 15 who are accompanied by an adult can ride for free, but cannot collect a water bottle and bag.

All riders are required to wear a [CPSC](#) approved bicycle helmets. Wearing earphones is prohibited by state law.

Also, the Caloosa Riders still need volunteers for the ride. Please contact [Maura Granger-Bohl](#) to volunteer. Visit the RPC [website](#) for more information

## Time to renew club membership!

**By Allen Thomas  
Caloosa Rider Writer**

It is that time of the year again

Time to renew your membership to the Caloosa Riders for 2011.

Membership allows a rider to participate in Caloosa Riders special events and enjoy discounts at local bike shops and one running store.

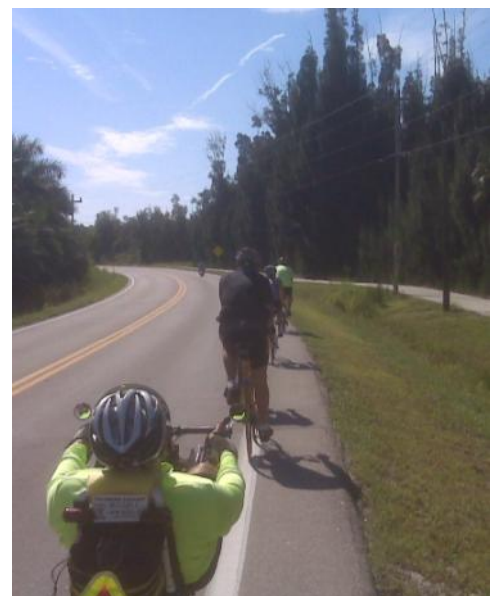
It also allows riders to participate in organized overnight rides that are restricted to club members.

The newsletter is another benefit of membership.

A strong membership also enhances the Caloosa Riders' credibility when voicing bicycling concern to local, state and federal officials.

This year individual can renew their memberships through [Active.com](#) for \$15. Those who want a paper newsletter mailed them can renew for \$20.

Because we need applicant signatures, family can renewals for \$20 via the paper application, which is included with this issue of *The Caloosa Chronicles*. Families desiring a postal mailed newsletter can renew for \$25.



Members can take advantage of Caloosa Riders club rides and overnight trips

# Ride Schedule HELMETS REQUIRED!!!!

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

## 2010 Buckingham

Jan. 8	Wheeler	Bill Garrison
Jan. 15	Old Milwaukee	Steve Rodgers 239-839-7926
Jan. 22	Alva Special	Peter Ahlgren 239-481-5940
Jan. 29	I Like Ike	Bill Garrison
Feb. 5	Greenbrier	Steve Rodgers 239-839-7926
Feb. 12	Airport Special	Peter Ahlgren 239-481-5940
Feb. 19	Wheeler	Bill Garrison 239-275-7615
Feb 26	Old Milwaukee	Steve Rodgers
March 5.	Alva Special	Peter Ahlgren 239-481-5940
<b>March 6</b>	<b>Royal Palm Classic</b>	<b>Maura Granger-Bohl</b>
March 12	I Like Ike	Bill Garrison

## 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 50n mile to Captive Island or Naples.. 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 Saturday Welcome Ride**

The 8:00 AM ride meets at the Shops at Surfside at the northwest corner of Surfside and Veterans, near Starbucks. Distance choices include a 15 miler with a ride leader at 10-12 mph. There is a break half way through and we return to the start. No one is dropped. Those who wish a longer ride continue on for another 15 to 20 miles at a faster pace. Contact Dick Bennett at 239-464-0606 for questions

### President

Mike Swanson  
President@caloosariders.org

### Vice President

Maura Granger  
VP@caloosariders.org

### Secretary

**Renee LaFehr**  
Secretary@caloosariders.org

### Treasurer

Steve Rodgers  
Treasurer@caloosariders.org

### Ride Coordinator

Bill Garrison  
Riderinfo@caloosariders.org

### Membership

Joanna Swanson  
Membership@caloosariders.org

### Webmaster

Jeff Brim  
JeffBrim@yahoo.com

### Newsletter Editor

**Thom Pear**  
ThomasAPear@aol.com

### *Meetings*

Meetings are held the third Thursday of each month. The next two meetings will be Jan. 20 and Feb. 17 at Perkins12300 Cleveland Ave., Fort Myers.

### **Caloosa Riders**

**PO Box 870**  
**Fort Myers, 33902**  
**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*

# Thanks to our 2010 volunteers

As I reviewed the events and happenings of 2010, I was reminded of the tremendous number of volunteer hours that make our club what it is.

It is easy to think of the club as just providing our weekly rides. I would like to thank all of the volunteers who made 2010 a success and look forward to working with the volunteers who will keep us moving forward in 2011.

Here are some of the events and happenings of 2010 that would not have happened without our volunteers:

### **Tour de Cape**

CRBC volunteers painted routes and provided help at registration. Bill Garrison put together the painting crew and Michael Grussemeyer helped with routes and maps.



Steve Rodgers volunteered many hours to the Caloosa Riders, including the Royal Palm Classic and bicycle advocacy.



Volunteers were the backbone of 2010 Caloosa Riders. From left are volunteers Maura Granger-Bohl, Peter Olsen, and Dick Bennett

### **Royal Palm Classic**

Co-chairs Steve Rodgers and David Colver organized over 30 volunteers to produce another successful ride despite the cold morning. One of Thom Pear's students, Gabriela Gonzalez, produced our new RPC logo. Thom and Jeff Brim produced and posted the website.

### **Ride of Silence**

Steve Rodgers and Bill Garrison organized the Seventh Annual Ride of Silence in honor of those injured or killed in collisions with vehicles. There were over 75 riders with a strong Caloosa Riders presence.

### **Kids Fest**

Bill Garrison purchased and delivered two bicycles and helmets to the Kiwanis Kids Fest. The Bicycles were raffled off with the proceeds going to the Kiwanis.

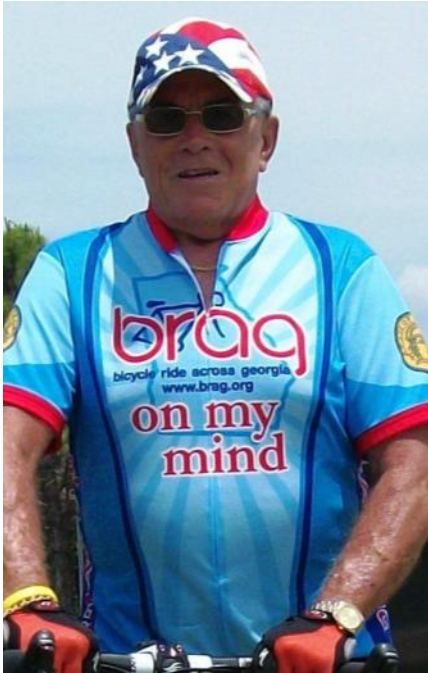
### **Overnight Rides**

Ron Cox led us on overnight rides to Chokoloskee Island and Highlands Hammock. Maura Granger-Bohl led the annual Key West ride.

### **Welcome Ride**

Dick Bennett and Peter Olsen started our Welcome Ride in Cape Coral on Saturdays.

### Under the helmet (Continued)



Volunteer of the Year Bill Garrison

#### MS 150—Miami to Key Largo

The Caloosa Riders MS Bike team led by Andy Hernandez raised over \$5600 for the fight against multiple sclerosis. The 25<sup>th</sup> Anniversary Zimmerman MS Bike Ride will be held May 14 and 15, 2011.

#### Memorial Day ride and picnic

Bill Garrison organized another great picnic for over 50 members and guests. Jeff Brim and myself led the 25 and 35 mile rides before we returned to indulge in potluck and



Andy Hernandez led the Caloosa Riders team, which raised money to fight multiple sclerosis

goodies off the grill by chefs Bob Hale, Dutch VanDerKuyp and Dick Bennett.

#### Ride With an Olympian

Steve Rodgers, Bill Garrison, Peter Ahlgren, and Dan Moser organized this ride for Art of The Olympian-

ans. Skip Cutting who was a member of the 1964 and 1968 Olympic bicycling teams joined us and later gave an inspirational presentation on his experiences as a bicycle racer and artist.

#### Turkey Leg Century

Jeff Brim again led us on a 100 mile ride to Naples and back to help work off Thanksgiving dinner.

#### Everyone Rides

CRBC contributed paint, portable toilet rental, and volunteers for painting and rest stops. Nearly \$30,000 was raised to purchase bicycles for



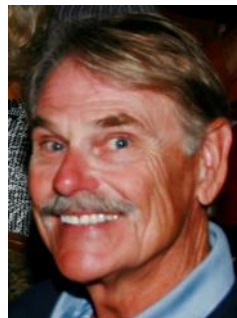
Dutch Van-DerKuyp helped with many CRBC functions

children of the Lee County Boys and Girls Club.

#### Florida Senior Games

Bill Garrison organized our volunteers for registration, traffic control, and issuing timing devices. Several club members also competed in the state-level games .

Webmaster and Turkey Ride coordinator Jeff Brim



#### Holiday Party

Bill Garrison and a host of volunteers put on a potluck feast attended by 85 members and guests.

You will notice that Bill Garrison's name keeps repeating in the afore-



2010 Ride Leader Ron Cox

mentioned events. For his outstanding contributions the board unanimously decided to honor him as the Volunteer of the Year.

I would also like to thank the other officers: David Colver, Vice President, Steve Rodgers, Treasurer, and Renee LaFehr, Secretary. Thom Pear, Newsletter Editor and Jeff Brim, Webmaster kept the communications going. Joanna Swanson, Membership Coordinator kept our membership lists in order.

A special thanks also goes to Scott Tuttle, who writes a health column for our newsletter.

#### Advocacy

Members who have made significant contributions of time and resources for bicycle advo-



Club secretary Renee LaFehr worked hard in 2010

cacy include Darla Letourneau, Steve Rodgers, Peter Ahlgren, Diana Durante, Jeff Brim and Keith Kibbey.

#### Volunteer Opportunities

We are always looking for volunteers. Current opportunities include ride leaders, rest stop volunteers. Contact me if you are interested in volunteering.

President@caloosariders.org

# Tour de Cape is just around the corner

By Thomas Pear  
Caloosa Rider Writer

Did you add a couple pounds over the holidays? Maybe more than a couple?

Oh, okay, did you, like me - confession being good for the soul and all, gain an awful lot of pounds over the holidays?

Don't worry about it because you have a chance to lose them Jan. 14 - 16 at the Tour de Cape! First you can run a 5K, and then you can bike 100 miles for a mere \$35.

Feeling a little less ambitious? Don't worry! The cycling tour also offers 15, 31, and 62 mile routes that include a post-ride lunch.

There are even packages that allow bikers to ride without running for \$30 or, Heaven forbid, run without



cycling for \$15. Merely sign up through [Active.com](http://Active.com).

Online registration closes January 13, but the event also features on-site registration for an extra \$5. Cycling registrations include a Sunday lunch.

Both events will start at Cape Harbour Marina swanky little restaurant, The Joint, [5828 Cape Harbor Drive](http://5828 Cape Harbor Drive), with a packet pickup on Friday Jan. 14.

Participants can pickup packets, maps and T-shirts. Then stay a while at the Cape Harbour and enjoy some good music and socializing.

The 5K race is Jan. 15 and winds through the Tarpon Point area of Cape Coral.

On-site registration for the bike tour starts Jan. 16 at 6:30 a.m. The hundred milers will depart at 7:30 a.m., the 62 mile ride will start at 8 a.m., the 30 mile ride starts at 8:30 a.m., and 15 mile ride will start at 9 a.m.

The bike course winds through western Cape Coral and northern Cape Coral.

Besides lunch, event amenities include: a T-shirt, a continental breakfast, rest stations every 15 miles For more information call 239-573-3125 or visit

[www.capeparks.com](http://www.capeparks.com)

## Plenty of rides are available this cycling season !

### The Big "O," Jan. 22-23

**Lake Okeechobee** - Two day "club ride" around Lake Okeechobee levee.

The cost is \$35.

Riders will stay at the South Bay RV Park, which has facilities, Friday and Saturday night. Friday night riders will enjoy a meal of hamburgers and hot-dog.

The first ride will be Saturday morning, heading one direction around Lake Okeechobee. Lunch and dinner are at the riders expense

The second ride will be on Sunday, heading the opposite direction after a club provided

continental breakfast.

After Sunday's ride, riders will pack up and head home. There will be a lunch stop.

Contact Dick Bennett at [rlb4017@embarqmail.com](mailto:rlb4017@embarqmail.com) for more information

### Suwannee Sweetheart Cycling Weekend, Feb. 12-13

**White Springs** - Editorial note: You do not need a sweetheart to do this ride, but the ride offers a sweetheart of a trail.

Saturday features a 12, 23, or 38 mile ride. Sunday features a 25, 52, 62 or 100 mile ride. The cost of the ride is \$20. T-shirt cost extra. There

is a Saturday only option for \$5.

Registration is through [Active.com](http://Active.com) For more information contact [biknjeanne@aol.com](mailto:biknjeanne@aol.com)

### Pedal for PAL, Feb 27

**West Palm Beach** - The Fourth Annual PAL Cycling Tour features 34, 62, and 100 mile routes.

Registration starts at 6:30 a.m. at the Dreyfoos School of the Arts, 501 S. Sapodilla Ave. Riders will see some of the nicest homes in the country as well as the Atlantic Ocean as they cruise along A1A high-

**See upcoming rides p.9**

# The weather outside was frightful!

## Photos by Robert Pear

### Gift-giving takes a humorous twist

Caloosa riders enjoyed their annual Christmas party Dec. 4.

The Party included plenty of food from which to choose, cocktails and Christmas carols.

There was even a post-party get together at Bill Garrison's home.

One of the highlights of the party was a "dirty Santa" gift exchange where recipients could choose a wrapped gift from under the Christmas tree,

or they could "steal" someone else's gift.

Hilariously, Mike Holm, who owns the Fort Myers Schwinn shop and retails the latest bicycle gear, continuously unwrapped bicycle equipment with each trip he made to the Christmas tree after several of his gifts were taken. He ended up having to settle with a gift certificate from a competing bike shop. Go figure!

The poor guy just can't win!



Bike store owner, and good sport, Mike Holm, above, continuously unwrapped bike gear during a dirty Santa gift exchange. Below, the gift exchange featured some pretty interesting items and a lot of fun!



# But the party was so delightful



From the top, clockwise, Peter Olsen won lots of kisses, but they came from Hershey, Pennsylvania, and were placed in a water bottle. Top right, riders chose from a well-stocked pot luck buffet. Right, everyone sang Christmas carols, ate, and enjoyed.



## Scott Tuttle

### *Health Tips*



# Load those carbs correctly for your next ride!

For years our moms have told us that breakfast is the most important meal of the day.

But of what that breakfast consists depends on what we will be doing for the day. I consume a low carbohydrate diet, at least when my wife is around!

On mornings I am not going to ride, a boiled egg and piece of cheese is filling and helps me lose weight by controlling my carbohydrate intake.

However, if I consume low or no carbohydrates prior to a ride, I would be hitting the wall pretty quickly!

You see, our bodies need carbohydrates to fuel our muscles during exercise. When consumed, carbohydrates are converted to glucose and then stored in our muscles as glycogen.

When we exercise, the muscles burn the available glucose, then convert glycogen to glucose to continue to fuel us during our workouts.

For a ride lasting 90 minutes or less, the body's natural levels of glucose and glycogen will probably get you through to the end of the ride. But if you practice a low carbohydrate diet, you may start the ride with your tank half empty and be hitting the wall in 30 to 45 minutes.

If the ride is particularly fast then you will be using the energy stores even faster.

To keep adequate levels of glucose available, the night before a



Vegetables are a good source of complex (slowly digestible) carbohydrates.

ride, I will allow myself some extra complex carbohydrates, which are slowly digestible carbohydrates such as beans, vegetables, and whole grains.

In the morning I will consume my same low carbohydrate breakfast but supplement it within the first 15 to 20 minutes of the ride with an energy gel or chew. These provide the simple carbohydrates the body needs to continue to fuel the muscles for maximum output.

Depending on ride pace, I may consume another energy gel every 30-45 minutes after that. This technique helps prevent over eating post ride.

Why not just consume all carbohydrates all the time?

Your body will top off all of the glycogen stores and then begin to fill up the long term energy storage tank: Fat!

When this happens, your body may not utilize the good fats properly leading to other problems. Fats are essential for cholesterol transport, vitamin absorption, and blood clotting.

Before your next ride, top off the carbohydrates dependant on the level of excretion and reload as needed during longer workouts. You will feel better, perform better and not eat as much post ride.

## Upcoming Rides (Continued)

way.

Early registration is \$40 while ride day registration is \$50. Riders can register through [Active.com](http://Active.com).

The ride includes several rest stops, a well-marked route, and SAG.

Those who register before Feb. 20 receive a T-shirt. For more information call 561-644-9278.

### **Bike Sebring 12/24 hours, Feb 18 - 20**

**Sebring** - This is a 12 hour and 24 hour Ultra Cycling RAM qualifier that will be held at Sebring's International Raceway.

Participants cycle as many miles as they can in 12 or 24 hours.

Register through [Active.com](http://Active.com). For more information contact Mark Andrews at



Caloosa Riders help to organize and participated in "Everyone Rides." The event featured different routes between 15 and 100 miles and raised nearly \$30,000 to purchase bicycles and helmets for children of the Boys and Girls Lee County.

863-385-3936.  
**Flagler Estates Country Cruise, Feb. 19**  
**Flagler Estates** - Ride through the quiet Flagler Estates and St.

John's County in Northeast Florida.  
 The event features a 45-mile and a 15-mile ride. There is also a 5-mile ride for families.

For more information visit <http://www.feciafl.com>  
 Money raised will be used to purchase school supplies.



### **Tour de Orlando**

The [Tour de Orlando](http://Tour de Orlando) is Jan. 23 and features two timed rides—a century and a metric century (62.1 miles). There is also a 30-mile ride (48.3 kilometers). Transponders will measure three different zones of hills of various distances and grades. Championship Jerseys will go to the top male and female riders. [Click here](#) to register online. Onsite registration is also available. The event starts at [Gold's Gym](http://Gold's Gym) in Clermont with a 6 a.m. onsite registration and a 7:15 a.m. pre-ride meeting



Mike Swanson set a recumbent cycling record at the state level of the Senior Games while Ray Putnam, top left of page, took second in the 5k time trials and qualified for nationals!

## Club excels at Senior Games

**By Anony Mouse  
Caloosa Rider Writer**

The cycling events of the Florida Senior Games State Championships were held in Cape Coral on December 7th and 9th. The Caloosa Riders again provided volunteers for registration, distributing transponders, traffic control and starting.

The first day of the cycling events was devoted to time trials. Transponders are attached to the riders. Timing equipment records the start and finish times. It is a standing start and the rider has the option of having his bike held while he is clipped in to the pedals. The starter (our

own Dutch) counts down to the starting time as well as an electronic display. Riders are started in one minute intervals. You can pass another rider, but you cannot draft. There is a u-turn half way thru the course.

First the 5k (3.1 mile) event takes place followed by an awards ceremony and then the 10k (6.2 mile) time trial. The starting order is by age and gender. The 50-54 year old men start first.

The women started after the men and then the recumbent categories start by age and gender. Winners are determined for each age and gender category.

See Senior Games next page

# Senior Games Continued

Caloosa Riders competing in the 2010 games:

**Cycling 5K time trial**

**55-59 years old:**

Eighth Place, Murray Richman, Fort Myers, 9:16.337

**70-74 years old:**

Fifth place, Gerald Lamb, Fort Myers, 8:31.313

**80-84 years old:**

**Second place**, Raymond Putnam, Fort Myers, 9:37.854 Ray qualified to compete in the National Senior Games in Houston, June, 2011

**Recumbent Cycling 5k time trial**

**60-64 years old:**

First place, Michael Swanson, Cape Coral, 9:02.824 (New record for age group)

**Cycling 10k time trial**

**55-59 years old:**

**Sixth place**, Murray Richman, Fort Myers, 18:21.728

**70-74 years old:**

Fifth place, Gerald Lamb, Fort Myers, 16:58.947

**80-84 years old:**

Third place, Raymond Putnam, Ft Myers, 19:49.565\



Mike Holm, above, was one of our Caloosa Rider volunteers at the Senior Games

**Recumbent Cycling 10K time trial**

**60-64 years old:**

First place: Michael Swanson, Cape Coral, 19:24.074

**ROAD RACES, Dec 9.**

Thursday started as a dark and stormy morning. Rain, wind and cold were the order of the day. 20k (12.4 mile) and 40k (24.9 mile) road races were sched-

uled. CRBC volunteers bundled up to help with the races, but no Caloosa Rider finished the road races. President, Mike Swanson, started the 20k, but decided "...it was just not fun."

The 2011 Senior Games State Championships will be held in December in Polk County.

Competitors must pre-qualify at one of the local senior games.

A schedule of the local games can be found online at [www.flasports.com/page\\_seniorgames\\_localgames.shtml](http://www.flasports.com/page_seniorgames_localgames.shtml)

There will be a set of local games in Naples Feb.5, 15000 Livingston Road.



A fully-faired Bluevelo trike, left was disqualified because using fairlings are against game rules. Right, Steve Rodger looks on as Dutch VanDerKuyp helps Mike Swanson start his recumbent race





Caloosa Riders Bicycle Club  
PO BOX 870  
Fort Myers FL 33902

Have you renewed your membership yet?

**WELCOME NEW  
MEMBERS**

Linda Adams  
Stephan Canzano  
John W. Cook  
Ralph Dinizo  
Scot and Suzy Goldberg  
John Grebenc  
Amanda Johnson  
Anthony Morris  
Marco Piedrahita  
Robin Samuel  
Bert and Rachel Schaeffer  
John Trojan  
Ronald Wright

**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  
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

**EA Bicycles**  
15630 McGregor Blvd; Fort Myers  
229-415-6600