

The Caloosa Chronicles

Caloosa Riders Bicycle Club of Southwest Florida since 1988

Please! share the road!

WWW.CALOOSARIDERS.ORG

May/June 2011

A winter season of cycling!



Caloosa Riders in January peddled along the levy surrounding Lake Okeechobee. The “Big O” ride was one of several club rides.

**By Thomas Pear
Chronicles Editor**

Gone Cycling!

If we had a country store, that is what the wooden slat hung in the quarterly divided window of the upper door half would say or, at

least should say.

“Gone cycling” is exactly what the Caloosa riders have been up to this season. It began with Chokoloskee the second week of January and then continued with the Tour de Cape.

Then there was the “Big O” later in January which involved riding the north and south sides of Lake Okeechobee.

Next will be our Annual Memorial Day ride May 30. Riders will meet at Camelot Park in

Cape Coral for two rides throughout the city that depart at 8 a.m.. (Please see p. 9 for more details)

Soon Caloosa Riders will depart to other parts of the country for additional rides.



Photo by Maria Segura

The Immokalee Run and Ride for Literacy raised funds to improve literacy of children of Immokalee families.

**By Thomas Pear
Chronicles Editor**

Caloosa Riders helped to organize Immokalee Runs and Bikes for Literacy - the cycling part.

Riders busily painted markers and registered cyclists in an effort to raise money for Immokalee’s “Jump Start” Program.

Jump Start is a program that enhances literacy skills among children of Immokalee families.

Caloosa riders also registered entrants. Provided support vehicles for riders and launched the ride.

“It is just amazing to

see that a lot of people care, said Maria Segura, one of the organizers of the ride who works with the Jump Start program.

“I rejoice with pride because the kids are mine” Segura is also a student at Southwest Florida College who benefited from the Jump Start program.

The April bicycle event featured a metric century, a 30 mile ride and a 15 miler.

The metric century wound through Ave Maria University, while the 30 and 15 mile rides also featured a scenic routes.

Ride Schedule HELMETS REQUIRED!!!!

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

2011 Buckingham

May 14	Airport Special	Peter Ahlgren 239-481-5940
May 21	Wheeler	Bill Garrison 239-275-7615
May 28	Old Milwaukee	Steve Rodgers 239-839-7926
June 4	Alva Special	Peter Ahlgren 239-481-5940
June 11	I Like Ike	Bill Garrison 239-839-7615
June 18	Greenbrier	Steve Rodgers 239-839-7926
June 25	Airport Special	Peter Ahlgren 239-481-5940
July 2	Wheeler	Bill Garrison 239-275-7615
July 9	Old Milwaukee	Steve Rodgers 239-839-7926
July 16	Alva Special	Peter Ahlgren 239-481-5940
July 23	I Like Ike	Bill Garrison 239-839-7615

Other weekly rides

Tuesday & Thursday rides (location change)

The Tuesday and Thursday rides now start at Harbour, 5848 Cape Harbour Drive, in the parking lot across from Rum Runners restaurant. Riders used to meet at Cay West Parking Lot. The ride still starts at 8:00 AM and is approximately 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 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

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Meetings

Meetings are typically held the third Thursday of each month. The next two meetings will be May 19 and June 16 at Perkins 12300 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 for additional ride information



Mike Swanson

Under the helmet

Royal Palm Classic successful

Royal Palm Classic

Thank you to Ride Director, Maura Granger Bohl and all of the volunteers that made the Thirteenth Annual Royal Palm Classic a success.

Volunteers Needed

Our club can only function with the many hours our volunteers put in to make our events a success.

Typically we organize three to four overnight rides each year. Planning needs to start early, as campground reservations fill up well in advance.

We need volunteers to organize one or more overnight rides for next season. If we are having a Key West ride, reservations will need to be made soon.

Newsletter Assistant Editor

Thom Pear needs an assistant editor because of his new work schedule, and he is taking additional graduate courses.

Please contact Thom Pear at 239-357-4663 if you can volunteer and want to learn page layout and design.

Contact me if you are willing to volunteer for any of the above positions.

Cycling Savvy

While two people were recently killed in Lee County bicycle versus motor vehicle accidents, we have also had an unusual number of accidents by our members on club rides and other rides. Cyclists now have

an opportunity to improve their skills by attending the Cycling Savvy Course, taught by Dan Moser. The courses will be held throughout May and June. There will be 4 hours of classroom instruction per session.

Classes include training in Traffic negotiating techniques, May 10; parking lot skills, May 14; group riding in unusual condition (The class will ride in this lesson), May 22 and a June 4 urban tour of Southwest Florida (Also a riding lesson).

Cyclists are required to have attended the May 10 and May 14

classes before they participate in the May 14 and May 22 tours.

The cost is \$30 per class or riders can get discount packages for \$75 that include the on-street riding tour of Southwest Florida and the June Urban Tour.

Contact Dan Moser for more information at

dan@floridabicycle.org

Memorial Day Ride and Picnic

Ernie and Linda LeFehr have volunteered to organize the ride and picnic. Please see Page 9 for more information.

Ride Safely out there!



Soloane Jams: Sloane Jackson, left, enjoyed some live music at the Peddle and Play ride in Punta Gorda in March. The ride was a tribute to Jim Reading who died last year.

Caloosa riders battle MS again!

By Allen Thomas
Caloosa Rider Writer

This years two groups of Caloosa riders will peddle round trip from Miami to Key Largo May 14 - 15 to raise money to fight Multiple Sclerosis!

[Maura Granger-Bohl](#), [Jeff Bohl](#), [Rene LaFehr](#), [Andy Hernandez](#), and [Ken Vega](#) have joined the Bacardi team. [Thom Pear](#) was tapped to organize a team from Southwest Florida College. His team includes Caloosa Riders [Amy Pease](#), [Amanda Johnson](#), [Karl Ross](#) and [Erin Ross](#).

Each rider must raise at least \$400 to participate in for the 150 mile event that starts at the Homestead (NASCAR) Speedway and continues to the John Penne-

kamp in Key Largo. May 14 and then return to the Homestead Speedway May 15.

The Caloosa Bacardi riders have been cycling along Treeline Avenue and to Sanibel to prepare for the two-day ride

Thom Pear's team has cycled with the Caloosa Riders Saturday Cape Coral ride and has done their own rides on Sundays.

The name of the Southwest Florida College team is Green Eggs and Ham. Each rider will wear a jersey that with pictures from the popular Dr. Seuss children's book by the same name.

Rider Thom Pear shaved his head after his students raise \$2,000 in March, \$7,500 overall.



Last year's MS team posed at the John Pennekamp

Both teams will stay overnight in Key Largo and cycle back to Homestead the next day.

The Southwest Florida College team trained under Dick Bennett and other Caloosa Riders through the welcome ride. Many have now joined the Caloosa Rid-

ers, and are now avid cyclists.

Donations to MS can be made by clicking on an underlined rider's name that appears in this article. This will be the third year the club has been involved in the MS ride. Both teams have done the club proud.



The Ride of Silence is May 18 and comes shortly after two local cyclists were killed

Ride of Silence is May 18

By Thomas Pear
Caloosa Rider writer

This year's Ride of Silence has a disturbing new intensity after two women were killed in separate cycling versus motor vehicle accidents May 7 here in Lee County.

A 46-year-old Fort Myers woman who was cycling with her husband was struck and killed by a truck on the Sanibel Causeway May 7 around 11 a.m.

A spokesman for the Florida Highway Patrol said the truck drifted into the cou-

ple's lane missing the husband and hitting the wife.

The woman was thrown off the causeway and into the water.

A nearby boater pulled the cyclists from the water and unsuccessfully attempted to revive her with CPR.

Then, in another incident, a 52-year-old Bonita Springs woman was killed around 9 p.m. that evening.

The Fort Myers News-Press reported that the Bo-

Story continue on Page 9

Jerseys aid fight against breast cancer

By Barb Thomas
Guest Writer

In June 2007, a few months after completing radiation therapy for early-stage breast cancer, I decided to combine my love of cycling with some means of increasing breast cancer awareness.

I searched cycling apparel catalogs and websites for a "pink ribbon" jersey, and although many company reps. thought it was a great idea, they didn't yet have one. But then I talked to Ken O'Rourke at Louis Garneau, and Ken suggested a custom order. The only trouble was, I wanted one jersey, and I'd need to order twelve.

My husband Dave and I are Gainesville Cycling Club members, so we sent out an email to all mem-



bers to see what the response would be to the idea; it was overwhelming.

So with the donated talents of GCC member and graphic artist Matt Staras, we came up with a design and submitted it to Louis Garneau's art department. It worked!

By August we had orders from over 40 individuals, totaling 78 jerseys, for both women and men. My pink ribbon jersey made its debut at the GCC's cycling festival weekend in October 2007, and from that first order we were able to do-

nate to cancer research and the jersey has appeared in many well know rides.

The jerseys can currently be purchased. Proceeds help funds research into triple negative breast cancer. To purchase a Jersey contact Barb Thomas at BnbBarb@aol.com.



Summer offers plenty of cycling adventure!

Sandestin Beach Bicycle Tour

Destin - The Sandestin Beach Bicycle Tour, May 13-15.

The tour benefits the Alaqua Animal Refuge and features 60, 30, and 15 miles routes.

All courses and flat and include views of the Northwest Florida Gulf. There will be post-ride activities and mechanical support.

The beaches of Northwest Florida have been cleaned up after last year's oil spills and the their tourism economy could use our business.

For more information call 855-348-1894 or visit

<http://sandestinbicycletour.com>

Ride to Remember, May 14

Gainesville - Riders can choose between the Gainesville-Hawthorne Trail or Ocala horse farm territory of 50, 75, or 100 mile lengths

New this year are 50 and 25 mile riders from Flemington, Florida. Ride supports was trained at the "legendary" Horse Farm Hundred.

Registration is available through Active.com For more information visit <http://gccfla.org/rtr/>

Ninth Annual Boll Weevil 100, May 14

Enterprise, Ala., - Great ride through South Alabama that features a century, metric century, 25 mile ride, or 7.5 mile family fun ride.

There is also a 5k run

Registration is through the Enterprise Lions Club:

www.enterpriselionsclub.com

Frank Polack Memorial Ride, May 21

Ocala - More than 300 cyclists

See upcoming rides p. 7



Scott Tuttle

Health Tips



Heart rate monitors help aerobic training!

Since my wife got me a Garmin Edge 800 for my birthday, I have become more interested in using its various features to the fullest extent.

I began to explore the full benefits of training and riding with a heart rate monitor.

Your body is like an internal combustion engine; it use oxygen and fuel to create mechanical energy.

As our heart rates increase during exercise, the amount of oxygen needed by your muscle cells also changes.

That's why the harder you pedal the harder you breathe. The closer you get to using all available oxygen without using it all, the better the workout in terms of developing speed and stamina.

The goal is a maximum aerobic work out. So how do we determine what the maximums are?

Well the difference between the amount of oxygen breathed in and the amount exhaled can used to determine how close to the maximums your body is exercising. These require expensive laboratory equipment not available to most people.

Or we can use our heart rate monitors!

We can calculate our maximum heart rates to determine our exercise thresholds. There are a few different formulas you can use. One of the oldest and easiest is to simply take 220 and subtract your age. For me it is $220 - 46 = 174$ maximum heart rate.

There are other formulas that are reported to be more accurate and



Photo courtesy of Garmin

Bike GPSs, such as the Garmin Edge, often come with a heart rate monitor that help riders determine their maximum aerobic workouts.

require a bit more math but the end results usually vary by only 4-6 beats per minute.

Some heart rate monitors will calculate your max heart rate based on even more complicated algorithms that factor age, sex, weight, etc.

Now that we know our maximum heart rate, how to best put this knowledge to work?

If your goals include improving your speed over distance, stamina, and weight loss you need to maintain a sustain heart in the 70 percent to 90 percent range for maximum aerobic improvement.

For me, the ranges would be 121 to 156. This is where I am going to gain the most in terms of strengthening my heart and lungs, building speed, stamina and endurance. Different percentages of maximum heart rate have been calculated to represent different levels of training.

For example 50-60 percent equates a good warm up, 60-70 percent begins to provide weight control benefits, 70-80 percent starts a good cardio work out and aerobic exercise, 80-90 percent starts pushing into anaerobic work out, and over 90 percent represents maximum physical effort.

Upcoming Rides (Continued)

are expected to make the bike trip through Florida Horse Country.

Routes range between 30 and 80 miles. Proceed benefit Hope Hospice of Marion County.

For more information visit <http://www.hospiceofmarion.com>

Bike Ride Across Georgia (BRAG), June 4 - 11

Atlanta - The 32nd BRAG event will average about 60 mile per day for a total of 400 miles.

The ride will begin in Atlanta and finish in Savannah, with overnight stops in several different Peach state cities. For more information visit www.brag.org

Ride for Hope, June 11.

Tallahassee - This Ride of-



Caloosa Riders help to organize the first Immokalee Rides and Runs for Literacy by organizing the bike ride. Proceeds went towards increasing the literacy skills of children of migratory workers. Routes ranges from 15 miles to a metric century.

fers several routes through the tree canopy roads and rolling hills of the state's capitol city. Distances vary from 100 miles to a

family fun ride and walk.

Proceeds will benefit the Tallahassee Memorial Cancer Center.

For more informa-

tion visit:

www.ride4hope.com



Peddle and Play

Caloosa riders participated in the Peddle and Play Ride in March that was held in Punta Gorda. The ride was a memorial to Jim Reading who died last year from a rare form of leukemia. A portion of the proceeds went to Leukemia and Lymphoma Society. Joining the Caloosa Riders were Reading daughters Jessica, third from the left and Erica, fourth from the left.

Bike Association honors Lee commission

FBA recognizes Lee County Commission at its annual bike summit

By Steve Rodgers
Caloosa Riders Treasurer

Tallahassee -The entire Lee County Board of Commissioners was named "Elected Official of the Year" at the Florida Bicycle Associations a annual bike summit that was held in Tallahassee March. 24.

Commissioners were recognized because of their support of the "Complete Streets Policy."

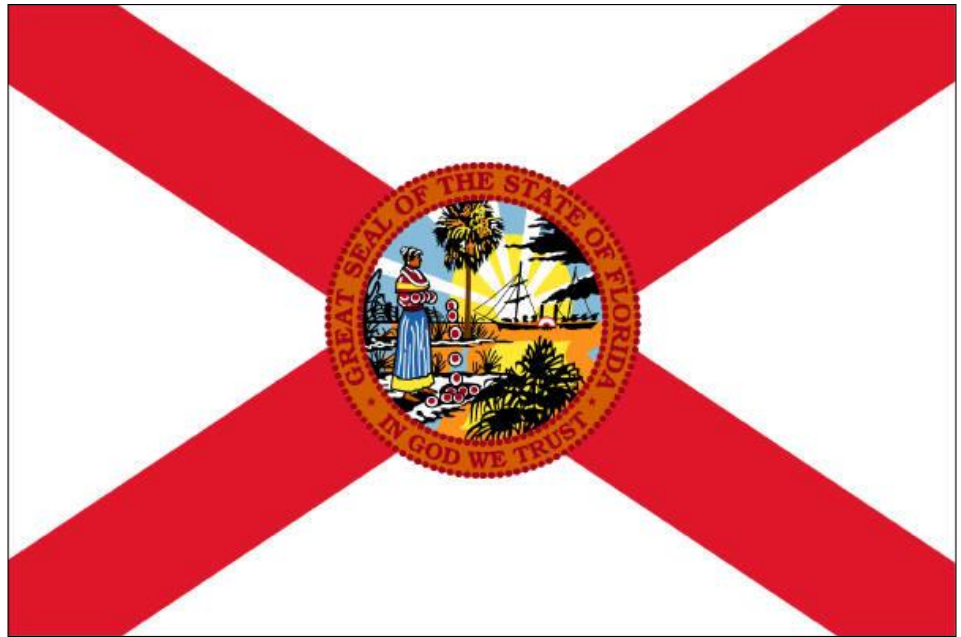
The policy, which was adopted as a resolution in 2009, stipulates that bicycling and walking are a routine party of county transportation and will be accommodated in existing county transportation operations.

The policy also stipulates that bicycle and pedestrian ways should be included in the construction of new road and bridge projects and the reconstruction of existing projects.

County commissioners also directed the county manager and staff to develop guidelines for implementing the Complete Streets Policy by April of last year.

The summit, which included 50 members of the biking community gathered from around the state, also named

The Sanibel Bicycling Club as "Club of the Year," and husband and wife team Norm and Helen Flemington, of the Sanibel Bicy-



Cyclists from around the State gathered in Tallahassee for FBA's annual summit

cle Club, were named as "Volunteer of the Year."

Newly chosen Executive Officer for the Florida Bicycle Association, Tim Bustos, kicked things off in the Capitol Courtyard with greetings and introductions, while Lee County's Dan Moser was Master of Ceremonies for the awards ceremony.

After the Courtyard proceedings, Dan and I kept several appointments with elected legislators, including Senator Benacquisto, Representative Matt Caldwell, and Senator Garrett Richter -- all from legislative districts that encompass the Lee County area.

We discussed the priority issues that Florida Bicycle Association had identified: Distracted driving legislation that makes violations a primary offense, enhanced penalties for traffic of-

fenses that cause serious injury or death to cyclists, and opposition to efforts to eliminate the Office of Greenways and Trails.

Dan, Tim, and the other FBA officers and volunteers worked very hard the day before to set up this event. They conducted pre-meetings with the speakers, made the arrangements for the rally on the Capitol steps, and ensured that a successful day on Thursday was planned out as well as it could be.

As a result, there were over 50 state senators and representatives who have all heard the voice of bicyclists from around the state.

I appreciated the opportunity to represent the Caloosa Riders Bicycle Club and see "government in action" during this event.

We will be following up with the legislators mentioned in the coming months to keep them updated on our current issues.

Memorial Day Picnic is May 30

By Thomas Pear
Newsletter Editor

It is time to salute veterans and those who gave their lives for our country.

We owe our veterans so much!

The Caloosa Riders will have their annual Memorial Day bike ride and picnic May 30 at Camelot Park in Cape Coral.

Riders will leave the park, located at 1718 SW 52nd Terrace, at 8 a.m. for a 30-mile trek through the city.

The ride will begin at the park and wind its way into North Cape Coral before returning to Camelot Park.

There will also be a 15-mile ride.



They will return between 10 and 10:30 a.m. for a picnic lunch at Pavilion two in the park.

The picnic will feature sloppy Joe sandwiches and grilled hot-

dogs provided by the club and side dishes prepared by the riders.

Riders are encouraged to bring their families. Riders participating in the pic-

nic are asked to bring a dish to pass.

The club will also provide eating utensils and soft-drinks

To get to the park, take Chiquita Blvd south from Cape Coral Parkway and then turn right on SW 52nd Lane. Next turn south on S.W. 17th Place and the park will be on the left. [Click here](#) for a map from Google Maps.

The club would like a headcount, so if you plan to attend please call Linda or Ernie at 239-826-6251 or email them at ErlinFiber@aol.com.

Please try to contact Ernie or Linda by May 26, which is the Thursday before the ride

Fatalities occur shortly before the Ride of silence

Continued
from Page 4

nita Springs cyclist, who was traveling along the shoulder of Old 41 in the city near West Terry Street, and moved in front of a Jeep Cherokee driven by a 22-year-old Naples woman.

The Naples motorist was allegedly driving with a suspended license, according to the Florida Highway Pa-

trol and News-Press.

The Highway Patrol has request that anyone with more information about the accident call Corporal Jeff Rongish at 239-344-1730 or Crime Stopper at 1-800-780-TIPS.

The two fatalities have added an even more somber tone to annual Ride of Silence, which is scheduled for May 18 at 7 p.m.

Riders are encouraged to arrive by 6:30 p.m.

Riders are scheduled to meet at 2000 West First Street, which is under the bridge at Centennial Park (at Heitman and Bay streets).

Cyclists will be riding for 8 miles in a funeral-style procession between 8 and 12 miles per hour.

The Ride of Silence

honors those who have been injured or killed in a bicycling accident while cycling on public roadways.

Riders are asked to wear a black armband in honor of cyclists who have been killed in a motor vehicle accident.

Riders who have been injured by a motor vehicle while cycling are asked to wear a red arm band.



Caloosa Riders Bicycle Club
PO BOX 870
Fort Myers FL 33902

WELCOME NEW

MEMBERS

	Foley	Karl and Erin Ross
	Merle Kjonaas	Andrew Roth
Bill Adams	Jessica Kurti	Doreen Sasso
John Boss	Jerry Lydon	Fred Elias
Tanya Bryndzia	Wayne Mallett	Sandra Sanner
Jack Burges	Janice Melvin	James Scheid
Bob Burmaster	Jeff Friedman	Thomas Skiera
Connie Driscoll	David and Cheryl Moore	Jane Skorina
Donald Butler	Terry Moore	Colin Sollinger
Donna Clark	Steven and	David and Katherine
Don Cary	Dianne Morton	Stout
Tim Claydon	Mackenzie Mueller	Bob Tonner
Juan and April Colon	Russell Pape	Ignacio Villaverde
Steve Martin	Amy Pease	Renee Ward
Enrique Fernandez	Salvitor Provenzano	W. Theo Wells
Sean and Chris	Terry and Jan Wilson	Roger 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