



## Everyone Rides is December 11

By Thomas Pear  
Chronicles Editor

Everyone Rides is December 11 and will feature pro-cyclist Tom Danielson for the second year in a row.

Danielson is the winner of the several races, and he is a member of the Garmin Cervelo pro cycling team.

Danielson will also be the guest of honor at a December 10 endless Pasta Bowl buffet at the Crowne Plaza in Fort Myers, where he will participate in a question and answer session.

The Pasta meal is part of Packet pickup.

The buffet, which will be between Noon and 3 p.m., is free to Everyone Rides participants and other guests can pay \$10.

On Sunday riders will be able to choose among four separate routes of 15 miles, 30 miles, 62 miles and 100 miles in Buckingham Park in Lehigh Acres.

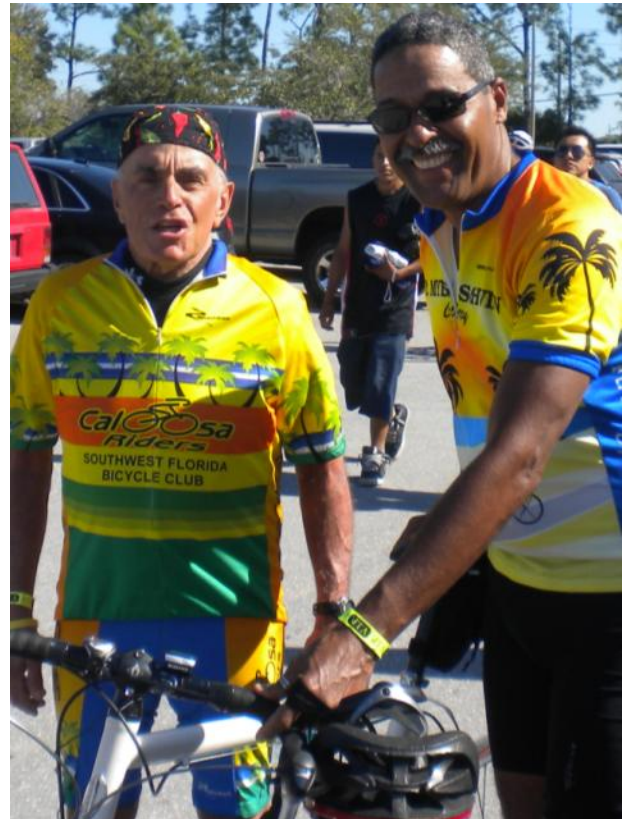
The century will start at 7:30 a.m., the 62-mile ride at 9 a.m., the 30 mile at 10 a.m. and the 15 mile ride will start at 11 a.m.

Routes will have SAG and stocked rest stops, and a catered lunch.

The cost of the ride is \$35 with preregistration and \$40 with day-of registration.

Participants can register through [Active.com](http://Active.com) or call 866-428-3968

Proceeds will be used to purchase bicycles for children of the Boys and Girls Club of Lee County.



Last year's "Everyone Rides" was a big success



## New digs for the Christmas party!

By Thomas Pear  
Chronicles Editor

The Christmas party is Saturday Dec. 3.

This year the Christmas party will be held at Cape Harbour, 5703 Cape Harbour Drive, which is in Southwest Cape Coral.

In previous years the party was held at Heritage Palms in Fort Myers.

This year's party will begin at 6 p.m. and continue until 9:30 p.m.

Attendees are asked to bring a dish-to-pass while the club is providing the main course for the party.

Drinks will also be available at the Christmas party.

Attendees may bring a dessert in lieu of a dish-to-pass.

Attendees are also asked to RSVP with Maura Granger:

[Maura-granger@yahoo.com](mailto:Maura-granger@yahoo.com)  
or Rene Lafehr:  
[la-](mailto:la-fehr1980@yahoo.com)

[fehr1980@yahoo.com](mailto:fehr1980@yahoo.com) (No hyphens)

The party will also feature a gift exchange. Attendees are asked not to spend more than \$15 for a gift.

To get to the party simply take Cape Coral Parkway or Veterans Parkway to Chiquita Boulevard.

Then go south on Chiquita and you will eventually see Cape Harbour on the right.

# Ride Schedule HELMETS REQUIRED!!!!

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

## 2011 Buckingham

Nov. 5	Wheeler	Bill Garrison 239-275-7615
Nov. 12	Old Milwaukee	Steve Rodgers 239-839-7926
Nov. 19	Alva Special	Peter Ahlgren 239-481-5940
Nov 26	I Like Ike	Bill Garrison 239-275-7615
Dec 3	Greenbrier	Steve Rodgers 23-839-7926
Dec 10	Airport Special	Peter Ahlgren 239-481-5940
<b>Dec. 11</b>	<b>Everyone Rides</b>	<b>Guest leader: Tom Danielson</b>
Dec17	Wheeler	Bill Garrison 239-275-7615
Dec 24	Old Milwaukee	Steve Rodgers or TBA 239-839-7926
Dec 31	Alva Special	Peter Ahlgren 239-481-5940

## Other weekly rides

### **Tuesday & Thursday rides**

Cape Harbor, which is off Chiquita and south of Cape Coral Parkway Ride starts at 8:00 AM . Rides are about 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 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-Bohl  
VP@caloosariders.org

### **VP of Rides**

Peter Ahlgren  
Riderinfo@caloosariders.org

### **Secretary**

Renee LaFehr  
Secretary@caloosariders.org

### **Treasurer**

Steve Rodgers  
Treasurer@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 every month at Perkins Restaurant, 12300 Cleveland Avenue, Fort Myers. Dinner is at 6 p.m.; The meeting starts at 7 p.m. Next meeting: Nov. 17

No meeting in December

### **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*

## Officer elections in November

### Nominating Committee

Maura Granger-Bohl is chair of the nominating committee for 2012. Our annual elections will be at the November 17 meeting.

We still need candidates for President and Vice President of Rides. We are also looking for a membership coordinator.

The membership coordinator maintains the membership roster and mails out membership cards.

You can step up and volunteer before your arm is twisted, by contacting Maura

vp@caloosariders.org or mauragranger@yahoo.com

### Overnight Rides

Ernie and Linda Lafehr will be leading our only scheduled overnight ride, Chokoloskee Island on January 7 and 8. More details available soon. Contact Ernie or Linda at 239-283-8252 or erlinfiber@aol.com

We need volunteers to organize additional overnight rides. They do not have to be camping rides. Contact me if you are interested 239-772-2041 or president@caloosariders.org

### Everyone Rides

Mark your calendar for December 11. We will need some volunteers to help on this ride. Contact Bill Garrison if you can volunteer

239-275-7615 or bjgarrison11007@aol.com

### Royal Palm Classic 2012

The date is set for March 4, 2012. Ernie LaFehr has agreed to chair the RPC committee and be the Ride Director. We still need volunteers

Contact Ernie at 239-283-8252 or email erlinfiber@aol.com Ernie will also have the sign-up sheet at the next membership meeting.

### Newsletter Editor

Because of his personal and employment obligations, Thom Pear can no longer do the newsletter. I would like to thank Thom for his two years as our newsletter editor. He has produced very professional and visually appealing newsletters. We need another newsletter editor. Contact me if you are interested.

### Got Photos?

We are in the process of redesigning our website and are in need of good photos.

Needed photographs include club events such as the Christmas party or Memorial Day picnic, rides, or club overnight trips.

Please email high-resolution photos to:

Caloosariders@gmail.com

## Upcoming rides

### Ride for Hope

Hope Health Care Services is having their annual Ride for Hope November 20 in Bonita Springs. The ride starts at 7 a.m. at 27200 Imperial Parkway. The ride features routes of 62, 50, and 25 miles. Call (239) 489-9164 [for more information](#).

### Caloosahatchee River Ride, Nov. 13

Alva – Riders will meet at the Lee County Caloosahatchee Regional Park on State Road 78, just west of Alva at 8 a.m.

The ride features 15, 30, 40, and 62 mile routes.

Registration after Nov. 3 for adults is \$30 and for children is \$20. For more information call 239-533-8600.

### Horrible 100, Nov 20

Clermont –The Horrible 100 includes 35, 70, and, of course, 100-mile routes. The ride starts at 8 a.m. with the 100-mile route. The 70 mile route starts at 8:15 a.m. and the 35-mile route starts at 8:30 am.

See “Upcoming rides” next page



Puppy cyclist at Italian Fest in Fort Myers

# Two options are available for a Key West bike ride

**By Thomas Pear  
Chronicles Editor**

Caloosa Riders are once again planning their excursion to Key West, twice!

This year two options are available for riders because we have two separate rides scheduled.

One ride is scheduled for November and the second ride is scheduled for December.

The first ride will be Nov. 10 -14. Ride 87 miles the 1st day to South Bay camp ground at Lake Okeechobee. The second day is 80 miles to Miami, third day 90 miles to Fiesta Key KOA at Long Key and the last leg of the trip 65 miles to Boyd's camp ground on Stock Island, 5 miles north of Key West. We will ride at a moderate pace of 12 - 15 mph with stops each day.

Riders will arrive at Key West on Sunday night and spend Monday in town with a return departure on the Key West Express Monday evening at 5:30 p.m. arriving at Fort Myers beach around 9:00 pm.



The cost for the 4 camp grounds and the ferry back is around \$188.00. You will need money for food and refreshments for 5 days. Anyone who would like to join this fun trip can contact Bill Garrison at 239-275-7615.

The ride is self contained, meaning riders should bring their own

camping gear.

The second ride is schedule for December 5 -9. Riders will stay in motels during this four-day excursion and can share rooms to reduce cost.

Riders will begin at San Carlos and Summerlin in Lee County and continue to Ever-

glades City the first day with a Naples stop for lunch. On Day 2 riders will bike to Florida City, and Day 3 to Marathon Key via the Card Sound bridge. On Day 4 the ride will continue to Key West.

Contact Jim Baxter at 239-292-6703 for more information.

## Upcoming Rides (continued)

Riders will climb Florida's Sugarloaf Mountain.

For more information visit the organizer's website: <http://horrible-hundred.com/>

### **Joe Bonness Turkey Ride, Nov 27**

Naples - Riders will meet at North Collier Regional Park, 15000 Livingston Road.

The ride features 10, 30, and 62-mile routes. Registration opens at 7 a.m. and the 62-mile ride starts at 7:30 a.m., the 30-mile ride starts at 9 a.m., and the 10-mile ride starts at 10 a.m.

The ride will end with a lunch from Carrabba's Italian Grill.

Registration fees start at \$20. For families, the

first child rides free and pay just \$15 for other children.

For more information visit the [NPC website](#). To register visit [Raceit.com](http://Raceit.com)

### **Highlands Bike Fest, Dec 9 -11**

Sebring - Bike Fest includes three days of rides and rides from 10 miles to 100 miles.

All rides are fully supported with SAG and rest stops.

To register visit [Active.com](http://Active.com) For more information visit Bike Fest's [website](#)

# Gobble, gobble: Turkey leg ride is November 25!

By Thomas Pear  
Chronicles Editor

Okay you!

No more excuses! No more guilt-ridden stories of how you gorged yourself on Thanksgiving and are now worried about circumstantial-feast-evidence surrounding your waistline.

This year the Turkey Leg Century is November 25, the day after Thanksgiving.

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.

This means we will be riding up and down a few bridges as we skiddle-skaddle through the barrier Islands to Bonita Beach road.

Do not worry about eating an-



Caloosa Riders' rides usually assure every participant a good time. Next Up: The Turkey Leg, which is the day after Thanksgiving.

other big lunch the day after Thanksgiving because once lunch is over, riders will mount their cycles and peddle back to Fort Myers.

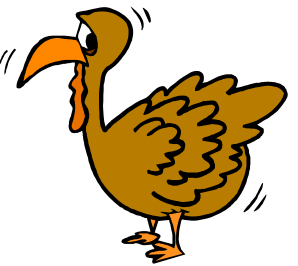
The includes another trek over the bridges.

The ride is self con-

tained; riders should bring money for lunch and two rest stops. Also bring spare tire-tubes.

For more information contact Jeff Brim at:

Jeffbrim@yahoo.com



# The Tour de Cape is just on the other side of New Years!



For the third year in a row, the Tour de Cape will be held at Cape Harbour, which is located in Southwest Cape Coral.

By Thomas Pear  
Chronicles Editor

Still a little out of shape after the Turkey Leg ride.

That is okay, because The Tour de Cape is January 21 at Cape Harbour and features another 100 mile ride.

The Tour de Cape will be hosted by Cape Harbour and features a 5K race in addition to the bike

tours.

The event begins with The 5K that will be held Saturday Jan. 21.

The bike tour is Sunday Jan. 22. The bike event features 15, 30, 62, and 100 mile rides that will wind through the city of Cape Coral.

All courses are manned with support teams and rest stops.

The race cost \$15

and the bike tour \$30, which includes a lunch. 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). Online registration is available until Jan. 18 through [Active.com](http://Active.com)



## Scott Tuttle

### Health Tips



# Saddle sores, A Maximus pain in the gluteus!

A lot of cyclist have dealt with saddle sores and chaffing, both of which can be a real pain in the, well, you know ... you get it in end!

The thought of saddle sores can be a bit embarrassing but ignored can lead to real problems. Saddle sores are caused by two main culprits: pressure and friction.

Saddle sores usually manifest themselves as a small pimple or boil. Left to their own devices, they can progress into open sores that become infected and need treatment from a doctor or involve a possible trip to a wound care specialist.

The first line of defense is a good offense - in this case, prevention. Prevention aims at reducing the pressure and rubbing. The very first thing is to ensure your bike is properly fitted to you. A professional bike fitting can save a lot of time by getting your steed dialed in pretty close to perfect the first time out of the gates.

The next fit related issue is to make sure your saddle is the correct width. Too wide a bike seat and you will rub your thighs, induce chaffing, and interfere with proper pedaling. Too narrow a saddle will not properly support your ischial tuberosities or sit bones, leading to increased pressure on the soft tissues between the sit bones. Saddles are a very personal choice and many pages have been dedicated to proper selection. I



Photo courtesy of Paceline Products

Many products such as Chamois Butt'r (cream) exist to prevent saddle sores

personally went through four before I found the saddle that works best for me.

Bicycle shorts help combat both pressure and friction. The tight fitting material allows your thighs to maintain a repeated pedaling motion without chaffing and the chamois adds padding to the most sensitive areas. It's not a bad idea to have several different pairs of shorts from different manufactures to help alter the pad shape and thus the pressure points.

A lot of folks need nothing more than a well fitted bicycle, properly sized saddle, and a good pair of shorts. Others, myself included, go another step in the friction reducing fight; lubrication. Chamois cream is a tremendous help for me.

A lot of my non-biking and biking friends alike get a good laugh out of the thought of

chamois cream and based on some of the names of the products, they're not alone! All it took was one ride and the cooling, friction reducing effects far out weighed the squishy feeling those first few miles.

Summer time does not help in the fight for a pain free posterior. The increase temperatures and sweating encourage rapid bacterial growth which can further speed the development of rashes and skin infections. Medicated powders and talc can help keep your rump dry and rash free.

With good prevention, you may never have to deal with the pain and embarrassment that accompany saddle sores. If you do get one, treat it with topical anti bacterial cream while keeping the area clean and dry. Stop riding until it is healed and seek medical attention if it does not improve in about a week.

**By Thomas Pear  
Chronicles Editor**

I want to thank my fellow Caloosa Riders for giving me the opportunity to be your newsletter editor.

It has been a fun two years. You allowed me to relive my journalism days when I wrote for three newspapers here in Florida and managed a public relations magazine.

I had an opportunity to write, shoot photographs and promote cycling not only in our area but throughout the state.

I am most grateful, however, that I got to work with some of the finest people in Southwest Florida.

My respect for you has grown deeper these past two years.

That is because bicyclists share a special journey in their lives. They have a love for adventure, a respect for the outdoors and challenge themselves to pedal extra mile with each ride. Cyclist are setting an example of how to be active in country whose populace has been leaning towards a sedentary lifestyle, which is more dangerous than cycling any busy highway in my opinion.

You have fought valiantly to make cycling safer than ever by promoting the creation of additional bicycle lanes, lobbying for stricter traffic laws to protect cyclists, and pushing to get current traffic laws enforced.

Finally, you reached out hurting families across the country by remembering fallen



The charitable rides have provided some of the most memorable experiences for me as a Caloosa Rider such as MS ride where I, left, am picture with Dutch, right. I plan to continue riding and maybe even step it up a notch!

cyclist through the annual Ride to Remember. Ghosts bikes have been placed at local sites where riders have died in collisions with motor vehicles.

I have to admit that during the last year my work obligations have intensified and so have my personal obligations.

**My respect for the Caloosa Riders has grown deeper these past two years**

Several times over the past couple years I have had to leave the country for family obligations.

Based on what I have learned from the Caloosa Riders my school, Southwest Florida College, has tapped me to form a cycling team for the annual ride from Miami to Key Largo

to raise money to fight Multiple Sclerosis. While this is time consuming, it has allowed me to share a love of cycling with students and co-workers, helping them to attain a healthy-lifestyle and develop an enjoyable lifetime sport.

I could not have done it without the cycling mentoring I received from the Caloosa Riders.

Cycling has made me a better athlete and overall a better person.

Therefore, it is time to leave on a positive note and allow someone new to take over the Caloosa Chronicles when we start a new year.

As for me, I plan to ride more and partake in a few more overnight excursions!

God bless you all!



We love new members! Visit

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

Click on Membership

Caloosa Riders Bicycle Club  
PO BOX 870  
Fort Myers FL 33902

**WELCOME NEW MEMBERS**

Valerie Austin  
Michael Flynn  
Mel Gibson  
Mouhsine Lahlil  
Jason & Tracey Petrone  
Doug Wilson & April Smith

**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

**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