

November
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December

Caloosa Chronicles

Bi-monthly publication of the Caloosa Riders Bicycle Club of
Lee County, Florida

Web Site: www.caloosariders.com

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If you haven't discovered it yet, Road Bike Rider (RoadBikeRider.com) is a website dedicated to road cyclists. The parent company is RBR Publishing Company and is run by long time cycling journalists and professionals who have loaded the website with an incredible amount of information. The following articles are reprinted from that website and will give you an idea of the wealth of information to be found there.

Three Essential Techniques for Roadies

By Fred Matheny for www.RoadBikeRider.com

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky stroke are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style. Want the look? Master these three techniques and you'll be on your way.

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

Face Off. If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination. No Turtles. Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.

Get a (Light) Grip. Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2. Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

Practice Slowly. A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.

Remember Mud. Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power. Try it and see how well it works.

Knee the Bar. As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to the weakest part of the stroke.

3. Recover Fast. Pro riders can do a three-week race and go just as hard on Day 20 as in the prologue time trial.

Here's how to recover like a stage racer:

Pump Fluids. The loss of as little as one percent of body weight as sweat can compromise your performance. So drink at least one bottle of sports drink each hour you're on the bike.

Continued on p.3

Ride Schedule and Meeting Dates

Sunday rides will leave from Bell Tower in Ft. Myers, Buckingham Park on Buckingham Road, or Pelican Park in Cape Coral. All Saturday rides will leave from Buckingham Park on Buckingham Road east of S.R. 82. Ride start is 8:00 a.m.

November		
Sat, 11/05	Alva Special	Ron, 334-7580
Sat, 11/12	Greenbriar	Wayne, 936-1058
Sat, 11/19	I Like Ike	Jeff, 939-7263
Sat, 11/26	Golfview	Dick, 239-505-2661
December		
Sat, 12/03	Gateway Special	Ron, 334-7580
Sat, 12/10	I Like Ike	Bob, 772-9402
Sat, 12/17	Green Gate	Gerry, 694-6757
Sat, 12/24	Alva Special	Dale, 768-0574
Sat, 12/31	Greenbriar	Rosemarie, 303-0476
January		
Sat, 1/07	Golfview	JoAnne, 9a36-1058

Club Meetings

Wednesday, November 16 @ Lee Memorial Hospital Auditorium

Meetings start at 7:00 p.m.

Pot Luck. Bring a dish to share.

Breakfast after the rides

- Tues/Thurs at Annie's in CC
- Saturday at Franke's on Fowler, Ft. Myers



All Riders: Download ride maps before club rides. Maps to all rides can be found on the club's website: www.caloosariders.com. Only new riders will be given maps at the ride start. All rides are between 30 and 40 miles unless

Tuesday & Thursday Rides

Cay West Parking Lot -Cape Coral Parkway west of Chiquita. The group rides various routes through Cape Coral. Mileages vary between 20 and 50 miles. Some of the riders maintain a conversational pace (12 - 15 mph) while others ride much faster. 8:00 a.m.

Wednesday Ride

Summerlin and Colonial in Ft. Myers 8:00 a.m. The ride follows the Summerlin Bike Path. This is a fairly intense ride with average speeds being far above a conversational pace.

Sunday Rides

Bell Tower: Racers meet at 8:00 a.m. This ride is for expert riders interested in racing.

Pelican/Cape Coral: Meet at 8:00 in at Pelican Park on Pelican Blvd, north of Cape Coral Parkway. Pace: 12 to 20+ for 26 to 35 miles.

Christmas Party

Saturday, December 10

Cape Harbor Clubhouse on El Dorado Pkwy west of Chiquita in Cape Coral

Details about the program and dinner to follow. Check the website, www.caloosariders.com, or contact Dale & Shirley Sterz for the latest information.

Members only.

Continued from P. 1

After the ride, drink more until your weight is back to normal. If you aren't getting up twice each night to urinate, you aren't sufficiently hydrated.

Replenish Glycogen Supplies. A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carb, a bagel and banana about 60.

Rest.

Pros sleep nine or ten hours a night and often take an afternoon nap after training. We can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

How to Ride in a Paceline

By Fred Matheny for www.RoadBikeRider.com

Solo rides are a great part of the cycling experience. Nothing beats cruising along and looking at the scenery, or attacking a climb at your own pace and intensity. But riding with a small group can be even more fun. You cover ground faster, meet people, and experience the thrill of shared effort.

Paceline riding isn't difficult to learn. Here are the basic skills:

1. Riding a Straight Line

Start by learning to ride like you're on a rail. Practice by holding your line during solo rides. Put your wheel on the road's white edge line and keep it there. Relax your upper body, keep a light grip on the handlebar, and fix your peripheral vision on the line. Keep your actual focus 20 or 30 feet in front of the bike. Remember, the bike will go where your eyes go.

2. Following a Wheel

Drafting another rider saves you at least 15 percent in energy output. It's foolish to be bucking the wind all the time when you're with other riders. Share the work by drafting them and letting them draft you. Position your front wheel 1 to 3 feet behind the rear wheel you're following. The closer the better, in terms of the draft, but closer also requires a lot more attention. When necessary, turn the cranks without putting pressure on the pedals ("soft pedal") to maintain correct spacing.

Use the brakes sparingly. Jerky braking creates chain reaction problems for riders behind you. If you need to brake, feather the levers lightly instead of clutching at them.

If a gap opens, don't make things worse by accelerating too hard, overrunning the wheel in front, then grabbing the brakes. Instead, ease back up to the rider in front. If you don't become proficient at following a wheel, you can waste more energy than you save by constant yo-yoing.

Look past the rider directly in front. Don't stare down at his rear wheel or you won't see things that may cause him to brake or swerve.

3. Paceline Pointers

First rule: Be predictable. Close riding demands

that everyone be on the same wavelength. There must be a basic understanding of what is and is not expected behavior in a given circumstance. Experience helps.

Don't accelerate when it's your turn at the front.

Note your cyclecomputer's mph and maintain the group's speed when the lead rider pulls off.

After your own bout against the wind, pull off to the side agreed upon and stay close to the others as you soft pedal and slide back to the rear of the paceline. This enhances the drafting effect for the whole group. It also keeps everyone as far out of the traffic flow as possible, making paceline riding possible even on busier roads. As you come abreast of the last rider in the line, pick up speed and then slide over behind his wheel as he comes past. When done correctly you won't need an energy-wasting acceleration in order to latch back on. Once in the caboose position you can take a drink or stand to stretch without disrupting the paceline's smoothness.

Protect your front wheel. If your rear wheel is struck a fall is unlikely because it has nothing to do with steering the bike. However, if your front wheel is contacted it will often be twisted off line faster than you can react. You'll almost certainly go down. Help prevent this by never overlapping someone's rear wheel.

How to Ride in a Group

By Fred Matheny for www.RoadBikeRider.com

Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders.

Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.

Look for Risky Riders.

These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road. Stay at the Front.

This is easy to say but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.

Watch the Wind.

Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

Members ... For Your Information

1. If you change your address, send that information to Tracy Wells, wellsonwheels@comcast.net.
2. Members Only Christmas Party, Saturday, December 10 at Cape Harbor Club House on El Dorado Pkwy in Cape Coral. Details to follow. Check with Shirley and Dale Sterz, 540-1260, for more information.
3. Welcome our new members: Curtis Rhoden, David Zeman, Bill Weidenfeller, Rob & Connie

Bagans, Casimir & Kathy Krul, Bob Sanford. Jon Wissler, Craig Mueller, Craig & Patricia Kreider, Carol Gassel, Kevin Carrol, Joel Andrews, Ed Carrigan, Vilma Jimenez, Calvin & Alexis Paul, Nancy Edwards and Geoff Marcinek.

4. New club shirts - The shirts are being shipped to Bill Garrison who plans to have them at the November meeting. Cost to members is \$55.00 and all sizes are available.

Bicycle Quotes

The Quotable Cyclist by Bill Strickland

“Cyclists are open-minded. Cyclists are egalitarian. Cyclists share a fellowship of the wheel that can overcome all political, social, racial and economic barriers. Except for recumbents.”

- Ted Costantino, cycling journalist

“Bicycling is a big part of the future. It has to be. There is something wrong with a society that drives a car to work out in a gym.”

-Bill Nye, scientist and producer of public TV science programs

“Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel... the picture of free, untrammelled womanhood.”

- Susan B. Anthony

“The bicycle is a curious vehicle. It's passenger is its engine.”

- John Howard, U.S. Olympic cyclist

Cycling satisfies so many needs. If you're in a gregarious mood, you can go out with a group.

OR you can go alone- solo. If you're in an aggressive mood, you can go fast, or if you're tired and want to unwind you can go slow. A bicycle doesn't discriminate in age, either.”

-Georgena Terry

“Bicycles are social catalysts that attract a superior category of people.”

- Chip Brown, “A Bike and a Prayer”



For Sale

Recumbent Bike - Vision R-40, underseat steering, \$500 call Dave in Naples, 775-2747

Saris Bones bike rack - holds 2 bikes. \$40.00. Call Jackie, 542-2382

Club Member Discounts

These Businesses will give members a 10% discount on non-sale items. Bicycles excluded.
Present your membership card.

A.J.Barnes Bicycle Emporium

15248 S. Tamiami Trail
239-437-0373

The Bike Route

14530 US 41 South, FM
239-481-3376

Ft. Myers Schwinn

3630 Cleveland, FM
239-939-2899

Wooley's Bikeland

1025 Tamiami Trail
N. Ft. Myers
239-997-3111

Cape Coral Bicycles

8 Del Prado Blvd. S., CC
239-242-2453

Trikes & Bikes

3451 Fowler St., FM
239-936-1851

The Naples Cyclery

813 Vanderbilt Road
Naples 34108
239-566-0600

The Naples Cyclery

27820 S. Tamiami Trail
Bonita Springs, 34134
239-949-0026

Clint's Bicycle Shoppe of Naples

8789 Tamiami Trail N.
(Marketplace at Pelican Bay)
239-566-9620

University QuickPrint

4425 Del Prado Blvd.
Cape Coral, FL 33904
239-542-1020

Mother Earth Natural Foods

Cape Coral
Ft. Myers

Acme Bicycle Shop

615 Cross Street
Punta Gorda, FL 33950
941-639-3029

Paradise Bicycles

1712 Del Prado, CC
239-772-2453

Hearing Aid Services

MGregor Point Shopping Cen-
ter
239-433-2060
Bonita Springs
947-2222



P.O. Box 870

Ft. Myers, FL 33902

2006 Membership fees are due