

CALOOSA CHRONICLES

BI-MONTHLY PUBLICATION OF THE CALOOSA RIDERS BICYCLE CLUB
OF LEE COUNTY, FL

MARCH-APRIL
2007

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Chokoloskee or Bust!

A Great Club Ride!

It could not have been better... Well maybe!

By Dick Bennett

It all started so smoothly for the January 20-21 weekend ride! Eighteen riders along with camping gear were assembled under Ron Cox's leadership with support from Tracy Wells for an 8:00AM start. JoAnne Van Netta volunteered to drive the SAG wagon that enticed a few more riders even new ones to join the adventure. A lot of us really did not want to ride with a tent and sleeping bag strapped to our bikes. The two-day trip would take us on a 47-mile trip from the Florida Community Bank parking lot in Immokalee to a campground on Chokoloskee Island via Rte 29 and return the same distance the next day.

The SAG was well provisioned with water, Gatorade, cookies, bananas, cherries, brownies and more. As the riders began arriving about 7:30AM, the van was waiting and ready to accept the necessary gear to tent camp at our destination. The participants had heeded the simple request to pack lightly and everything was efficiently loaded in the van along with the tire pump and first aid kit. We were off at exactly 8:00AM!!

The group very quickly had themselves organized in a brightly colored single file and riding with the traffic south on Rte 29 toward Chokoloskee in the bright morning, warming sun. There was excitement in the air among the riders as we all anticipated the day and the ride. The smooth start ended! We went approximately one mile and pulled into a McDonalds for nature calls...that lead to coffee...that lead to a small breakfast...that lead to a half hour or more delay! We had not been underway for seven minutes! The tone was set for the weekend - we had all day to ride and no one was going to be in a hurry! What made it even more fun for everyone is that the group of 18 riders kept the same leisurely pace and stayed together for the whole weekend.

The rest stops were from 12 to 15 miles apart and the weather could not have been better with bright sunny skies and a light breeze pushing us on both days. Yes, the wind was not an issue on either day.

Once in Everglade City we enjoyed a delicious lunch at the Rod & Gun Club. The building is quaint and has a very interesting history around fishing and hunting in old Florida. It was only about three more miles to Chokoloskee Island. The island is very small and had recovered very quickly from Hurricane Wilma in 2005. It is amazing it is still in existence since it is about 3 feet above sea level and it was the landfall for the hurricane. After some wandering on the small island, we found the campground and set up camp between the RV's and motor homes. Actually, one couple had arranged for a motel room and another couple rented a mobile home for the night. We hit the showers and walked around the campground to find our neighbors to be very welcoming. They even invited us to join their potluck dinner that evening. Unfortunately, we had other plans to ride back to Everglades City and enjoy a seafood dinner at the Captain's Table on the south side of town. Nineteen in a party is a large group to handle but it worked and the food was very good.

Con't Chokoloskee, Page 4

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RIDE SCHEDULE AND MEETING DATES

All Riders: Download ride maps from our website before the ride. www.caloosariders.com.
Most routes are marked. All rides are between 30 and 40 miles unless otherwise noted.

SATURDAY RIDES: Buckingham Community Park of Buckingham Road east of SR 82. Start 8:00

March		
Saturday, 3/3	I Like Ike	JoAnne V
		239 936-1058
Saturday, 3/10	Greenbriar	Dick Bennett
		239 464-0606
Saturday, 3/17	Wheeler	Jeff Brim
		239 560-2746
Saturday, 3/24	Old Milwaukee	Bill Garrison
		239 275-7615
Saturday, 3/31	Alva Special	Ron Cox
		239 334-7580
April		
Saturday, 4/7	I Like Ike	JoAnne V
		239 936-1058
Saturday, 4/14	Greenbriar	Dick Bennett
		239 464-0606
Saturday, 4/21	Wheeler	Jeff Brim
		239 560-2746
Saturday, 4/28	Old Milwaukee	Bill Garrison
		239 275-7615
May		
Saturday, 5/5	Alva Special	Ron Cox
		239 334-7580
Saturday, 5/12	I Like Ike	JoAnne V
		239 936-1058

BREAKFAST AFTER RIDES - JOIN US
□ TUESDAY/THURSDAY AT ANNIE'S

814 Southeast 47th St Cape Coral, FL 33904

● **SATURDAY AT FRANKIE'S**

3701 Fowler Street Ft. Myers. FL 33901

TUESDAY AND THURSDAY RIDES

Cay West parking Lot— 1708 Cape Coral Parkway
West of Chiquita. The group rides various routes through Cape Coral. Mileages vary
Between 20 & 40 miles. Speeds between conversational (12-15 mph) to fast (21+mph).
8:00 Start

SUNDAY RIDES

Bell Tower/Ft. Myers—

NEC Daniels & US 41. Speed 20+ mph for 30 to 60 miles. Not for beginners! 7:30 Start

Pelican Park/Cape Coral—

Meet at Pelican Park on Pelican Blvd north of Cape Coral Parkway
Speeds between 12 to 21+ mph 8:00 Start

FUTURE RIDES: *See our Website for details*

March 4

>Royal Palm Classic - Sign Up NOW!!

March 18

>Tour de Cure Bike Ride for American Diabetes Association in Sarasota

March 25

>Tour de Friendship Bike Ride-Immokalee

April 22-26

>Key West Ride - Ron Cox

NEXT CLUB MEETING DATES:

THURSDAY, FEBRUARY 22ND

Pot Luck Supper

Program: Harold Clayton — The Bike Detail

THURSDAY, MARCH 22ND

Pot Luck Supper

THURSDAY, APRIL 26TH (EXCEPTION: IN THE MEDICAL STAFF CONFERENCE ROOM)

Pot Luck Supper

WHERE: LEE MEMORIAL HOSPITAL ACIDITORIUM AT 7:00PM

The Four Top Reasons for Riding a Bicycle

By Earl Lang
Acme Bicycle Shop
Punta Gorda, FL

I did a little research and came up with the following 4 as being the top reasons for riding. I'm hoping that you can find at least one reason that will make you want to get your trusty bicycle out and go for a ride.

Fitness Yes, the health craze has hit the bikes too! Riding is a great cardiovascular work out as any rider has found out. Riding is a great fitness tool because it incorporates so many of the major muscles groups. Weather need not be a factor in a bicycle exercise program with new advances in indoor riding, your favorite bicycle can be easily converted into an indoor exercise machine and quickly converted back when the weather improves. Many gyms, fitness clubs and spas offer spinning classes and these have become hugely popular and spread like wild fire.

Weight Loss Burning calories is definitely a side effect of riding your bike. No matter what type of cycling you do, your will find riding to be an efficient way to burn fat and build muscles. Weight loss is accelerated by the fact that as you build muscle (which are more effective at burning calories) the more quickly you loose weight.

Social Time Have you checked out your local bike club rides? Chances are there is plenty of social time. Riding at a pace that suits you while "chatting it up" with other cyclists can be a blast. Add a few purely social events and you've got a great mix for today's health. You will find many clubs have the motto: "We ride to eat, and eat to ride". The beauty of riding is the calories burned can easily exceed the calories eaten, so if you enjoy eating, and socializing, bicycle riding facilitates both of these fun activities.

Activism No matter the reason that you use to ride, by riding you are taking an active role in Bicycle Activism. When you ride rather than drive you reduce pollution and our dependence on fossil fuels. You can ride to build awareness for you favorite charity, or to help to improve bicycling facilities in your community. Bicycle Advocacy should play a role in why people chose to ride bikes. It is a proven fact that the more riders on the streets, roads and paths actually create a safer environment for all bicyclists. This safer and cleaner environment touches the children riding to school, and the senior who uses an adult tricycle to get around the community. Cycling advocates work at making the world a better place not only for riders but everyone.

information Acme Bicycle Shop has lots of information on rides, bicycle clubs and activism and will be happy to help you. Stop in and see Earl or Karen at the Acme Bicycle Shop in Punta Gorda, FL

Get L.O.S.T.!!

Feb 10-11, 2007 By The Wells Team

We gathered the troops (Dutch Van der Kuyp, our ride organizer, Bob Hale, Norma and David Colver, Mary Ann and Paul Altieri, Karen Schweizer, and Chris and Tracy Wells) on Saturday at 8AM at the Florida Community Bank in Labelle. We decided to have breakfast at Flora and Ella's Restaurant before heading over to Moore Haven. It had been decided that we really didn't need a SAG and that the ride would start at the Lake instead of in Labelle.

We got to the Marina RV Resort and Campground and checked in. The tenting area is on a bank overlooking the river. We staked out the tent sites but decided not to put them up during the day since some people told us that there was burning ash from the sugar cane field fires that had landed on their tent and burned it. We got on our bikes and had to go around the access gates and over a new bridge, 65 feet high, in order to get onto the path, which is located 35 feet above the Herbert Hoover Dike that surrounds the Lake for flood protection.

The path is called L.O.S.T., Lake Okeechobee Scenic Trail, and the section that we were on was 12 feet wide and paved. It started in Moore Haven and goes 36 miles SE and N to Pahokee. We were following the rim canal which allows boats to enter the lake at Clewiston or they can go further along the canal. We saw alligators, fishermen and egrets, herons and many wood storks. Karen got the prize as the expert alligator spotter. The fishermen said they were fishing for bass, catfish and specks.

Along the way we passed hurricane gates and locks in Clewiston and we saw, perhaps, 6 people on the path that day. We finally got a look at the lake when we were beyond Clewiston. Up until then, on the lake side, we'd only seen the marsh and land with acres of dead melaluca trees. It was a perfect day and not too hot. We decided to turn around after 18 or so miles and have lunch at the Clewiston Inn. It was a nice old building (1938) with wood paneling and comfortable interiors. They were doing a thriving lunch business, and thankfully, they were able to seat all of us together after a short wait. Tracy and Chris ran into friends from Bokeelia – reminding us that it is a small world.

It was a great day of easy riding with friends. We'd seen wildlife, friendly fisherman and boaters in the canal. We got back to the campground having ridden 40 miles and were greeted by George Sampson who had come up to join us for the rest of the weekend. Paul, Mary Ann and Karen packed up and headed back home. It worked out well that they were able to come out and join us for a day. That is a good thing about this ride – the Lake is close enough for riders to come out for just a day.

After showering and putting up the tents, we sat around a 'campfire in a can' that Bob had brought. He also had decorated the site with Japanese lanterns so we looked very festive. We relaxed over a few beverages and discussed dinner options. Dutch said he saw a 6 star Mexican Restaurant in town and we headed for it.

Con't Page 4, LOST

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Chocoloskee, From Page 1

Sunday morning arrived with activity at the boat ramp that was a few feet from most of the tents. It also arrived with another invitation from a neighbor as he drove off in his truck. He said his mobile home was open and we should feel free to go in. He said, "The coffee pot was on the counter, the coffee was in refrigerator and there was soda in there as well...help yourselves"... and with that, he was gone. Now that is friendly, but again we had other plans!

After folding, packing and loading, we set off to Everglade City about a half hour earlier than discussed the night before. Every one was up and ready, so we left. We were going to meet for breakfast at the Seafood Depot in Everglades City before we headed north on Rte 29. The best we could tell, it was the only place open for breakfast before 10:00AM. I guess, Everglade City was slow to move in the morning unless you were going fishing. The meal was served very smoothly, tasted home cooked and we were fortified for the 40+ miles back to Immokalee.

It was another beautiful day and the wind was stronger than the prior day but out of the southeast helping to push us north. This time we were going to be on the side of the road toward the canal...alligator viewing was in store...and we were not disappointed! Many pictures were taken to confirm that size of the 'gators. The University of Florida is national champs in basketball and football...but these 'gators in the canal off Rte 29 were champions in size!

Only one rest stop on the way north was planned and it was scheduled at the I-75 overpass. The SAG was there and the goodies were waiting! The group did not stay together as one as it did on the prior day because of the numerous stops to observe the 'gators and take pictures. The small groups were not far apart and they all made it to the SAG before setting off on the final leg back to the bank parking lot.

JoAnne, thank you for driving the SAG!!

PS: The ride was not without incident! Every SAG should have a first aid kit and every rider should have a small kit in their pocket. For two riders, this beautiful weekend club ride will be remembered for other reasons – sprains, road rash, cuts, bruises and general soreness! Thankfully, emergency rooms confirmed nothing was broken! The marvelous other riders collectively attended to these two injured riders with almost professional skill. Keep your first aid kit current, make sure a good one is in the SAG and know how to use it. A similar accident could have involved any one in the group. **Ride safely and wear a helmet.....an accident can happen at any time on any ride!** We are thankful that Dale Van Netta was not more seriously hurt and this author is pleased to report that I recovered quickly.

LOST, from Page 3 The stars turned out to be decorations on the sign but the dinner was very good and plentiful!! Moore Haven's "finest" stopped in to get dinner and Dutch asked them if they were looking for some cyclists- they said no – only tacos. There was a Valentine's Dance at the campground and although we didn't join in we had the benefit (?) of live music.

In the morning, Dutch greeted us all with fresh coffee from the nearby clubhouse. It was really beautiful with mist (sea smoke, as we say in Maine) on the water and the sun just starting to come up. We had breakfast at Burger King and decided to drive to another paved section where the trailhead is just above where the Kissimmee River enters the Lake.

We parked on the entrance road to the dike. This section goes to Port Mayaca. A guy in a truck stopped by with his dog, Moses, and Moses sang a few country songs for us. It was very funny and the guy was amused when Dutch tried to talk to him with a southern accent.

This part of the path was very different. The lake was next to us almost the whole ride. I never saw the other side of the lake but you're so high on the berm you think you can. We saw other cyclists, runners, skaters and walkers. Shortly after we started we spotted some sandhill cranes that were standing just a couple of feet from the path. The commotion on the path didn't seem to bother them. It was a photo op. Two times we had to leave the trail and follow a parallel road a short distance before returning to it. We went by the town of Okeechobee and headed further north/northeast. Alligators were plentiful at boat access points. At one point, we were amongst hundreds of swallows that were flitting all around us as we pedaled. We met a few people along the way. One man told George to be careful because his tires had no tread – George told him they were brand new- I think he thought George got ripped off. This particular gentleman liked Dutch's recumbent – he was intrigued that he could sit down and still cycle but what he liked the most and what would have cinched a deal was that Dutch told him his bike computer was really a small TV that showed bull riding programs.

We turned around after 20 miles and rode back to the cars. We had a terrific lunch nearby at Likesey's Restaurant, which touts "if it swims, crawls or hops we serve it". The weekend was good with 80 miles of leisurely riding and lots of wildlife to see. The Marina Resort was a perfect place for us to camp; it had a pool, clubhouse, and nice park employees and visitors. The paved sections of LOST total 61 miles (we did 40 of them) that is almost half of the distance around the Lake. Hopefully, it will someday all be paved so that a cyclist wouldn't have to ride the nearby roads to circumnavigate the Lake.

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MEMBERSHIP APPLICATION

Name: _____
Address: _____ City _____ State: ___ Zip _____
Phone: Home: _____ Work: _____
E-Mail _____
_____ New Member or _____ Renewing Member or
_____ Family Membership: \$20
_____ Spouse's Name: _____
_____ Single Membership: \$15

Membership is for the calendar year. Membership applications dated through October remain in effect until the end of the year. Applications dated November and December remain in effect through the following year.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Caloosa Riders (Club) sponsored Bicycling Activities (Activity) I myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISK AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (RISKS); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE RELEASEES NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the League of American Bicyclists, their respective administrators, directors, agents, officers, volunteers, and employees, and other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the releasees herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY NEGLIGENCE OF THE releasees OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTANDING ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Member's Signature _____

If Family Membership, Spouse's Signature: _____

Date: _____

Make checks payable to: *Caloosa Riders*

Mail to: **Caloosa Riders**

P.O. Box 870

Ft. Myers, FL 33902

Benefits of membership: •Newsletter•Discounts•Club Meetings•Marked routes•Free Classifieds

Caloosa Riders

Fort Myers - Florida

Caloosa Riders Bicycle Club
P.O. Box 870
Fort Myers, FL 33902

NEW MEMBERS:

Steve & Karen Schweizer
 Gayle Wichman & Dean Davis
 Suzanne Young
 Jack & Kathy Porter
 Georgia Wood
 David Slocum
 Paul & Mary Ann Altieri
 Ben & Kelly Bishop
 Ken Scott
 Stuart Miller
 John Stalick
 Amy Peters
 Gerald Butters
 Angela Cordova
 Triska Pederson
 Nancy Andreae
 Marianne Wilson
 Mark DeBoer
 Charles Manzella

CALOOSA RIDERS BICYCLE CLUB President: 239 282-2291 Editor Email: crpres05@earthlink.net

2007 DUES ARE PAYABLE NOW!!! DON'T LET YOUR MEMBERSHIP LAPSE.



- | | | | | |
|--|--|--|--|--|
| <p>Mother Earth Natural Foods
 Cape Coral & Ft. Myers
 239 454-8009</p> | <p>Acme Bicycle Shop
 615 Cross St (US 41 S), Ft. Gorda
 941 639-3029</p> | <p>Paradise Bicycles
 1712 Del Prado S, CC
 239 772-2453</p> | <p>Hearing Aid Services
 MacGregor Pt SC, B. Sprrs
 947-2222</p> | <p>Trek Bicycle Store of Estero
 8001 Plaza Del Lago Ste 101, Estero
 239 390-9909</p> |
| <p>A.J. Barnes Bicycle Emporium
 15248 S. Tamiami Trail, FM
 239437-0373</p> | <p>The Bike Route (new location)
 8595 College Parkway at Winkler
 FM 239 481-3376</p> | <p>Ft. Myers Schwinn
 3630 Cleveland, FM
 239 939-2899</p> | <p>Woolley's Bikeland
 1025 Tamiami Trail, NFM
 239 997-3111</p> | <p>Cape Coral Bicycles
 8 Del Prado Blvd S., CC
 239 343-2453</p> |
| <p>Trikes & Bikes
 3451 Fowler St, FM
 239 936-1851</p> | <p>The Naples Cyclery
 813 Vanderbilt Rd, Naples
 239 566-0600</p> | <p>The Naples Cyclery
 27820 S. Tamiami Tr, B. Sprrs
 239 949-0026</p> | <p>Clint's Bicycle Shoppe of Naples
 8789 Tamiami Tr N
 (Marketplace at Pelican Bay)
 239 566-3646</p> | <p>University QuickPrint
 4519 S.E. 16th Place #102, CC
 239 542-1020</p> |

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.