

The Caloosa Chronicles

Caloosa Riders Bicycle Club of Southwest Florida since 1988

Happy New Year

WWW.CALOOSARIDERS.ORG

January 2012

Sea To Sea 2009 By Tom Zych

The prospect of undertaking an unsupported transcontinental bicycle trip may seem daunting to most people. Not for me, at least not until I looked back and waved goodbye to my wife who had accompanied me to Oregon to see me off. Within the first mile of riding on that drizzly June morning in 2009 the realization hit me. "Holy s#@*, what have you gotten yourself into?"



Seaside, Oregon - Our starting team, Tom Zych, Bob King, Jim Baxter and John Knott.

President

Steve Rodgers

President@caloosariders.org

Vice President

Bill Garrison

VP@caloosariders.org

VP of Rides

Peter Ahlgren

Riderinfo@caloosariders.org

Secretary

Renee LaFehr

Secretary@caloosariders.org

Treasurer

Maura Granger-Bohl

Treasurer@caloosariders.org

Membership

Linda LaFehr

Membership@caloosariders.org

Communications

Mike Swanson

Newsletter@caloosariders.org

Meetings

Meetings are held the third Thursday of most months at Perkins Restaurant, 12300 Cleveland Avenue, Fort Myers. Dinner is at 6 p.m. The meeting starts at 7 p.m.

Next meeting:

January 19, 2012

Caloosa Riders

PO Box 870

Fort Myers, 33902

www.caloosriders.org

We had taken Amtrak from upstate New York to the west coast of Oregon so we could see some of the country that I would ride through on my return trip. I had spent over a year planning and training for this day and had never really considered the immenseness of what I was about to attempt. Up until that moment I had been so consumed with the logistics of the trip that I had never given myself a chance to ponder what I was about to attempt.

I was accompanied by three other riders. Jim Baxter, another Caloosa Rider club member, John Knott and Bob King from California and Arizona respectively, who had answered my online and print ad in Adventure Cy-

cling Magazine. We were all seasoned cyclists with a variety of riding experience among us. My experience consisted of four supported rides in New York, Ohio, Virginia and Florida as well as many years of camping in the Adirondacks in New York and National Parks throughout the country. I had also spent countless hours online following other riders blogs, looking for guidance and had been a "bike commuter" for a number of years promising myself that I would "kick it up a notch" when I had the time. My inspiration for the trip was Dutch Van der Kyup who I had often

(Continued on page 4)

Ride Schedule HELMETS REQUIRED!!!!

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

2012 Buckingham

Dec 31	Alva Special	Peter Ahlgren 239-481-5940
Jan 7	I Like Ike	Bill Garrison 239-275-7615
Jan 14	Greenbrier	Steve Rodgers 23-839-7926
Jan 21	Airport Special	Peter Ahlgren 239-481-5940
Jan 28	Wheeler	Bill Garrison 239-275-7615
Feb 4	Old Milwaukee	Steve Rodgers or TBA 239-839-7926
Feb 11	Alva Special	Peter Ahlgren 239-481-5940
Feb 18	I Like Ike	Bill Garrison 239-275-7615
Feb 25	Greenbrier	Steve Rodgers 23-839-7926
Mar 3	Airport Special	Peter Ahlgren 239-481-5940
Mar 4	Royal Palm Classic	www.royalpalmclassic.org
Mar 10	Wheeler	Bill Garrison 239-275-7615
Mar 17	Old Milwaukee	Steve Rodgers or TBA 239-839-7926
Mar 24	Alva Special	Peter Ahlgren 239-481-5940
Mar 31	I Like Ike	Bill Garrison 239-275-7615

More weekly rides on page 7

BUCKINGHAM PARK

Fort Myers – Saturdays

There are six routes that rotate in the order listed. Dates are listed to the left. Check the ride calendar on the website for future dates.

ALVA SPECIAL – every sixth Saturday

A 41 mile bike ride through Lehigh Acres with a rest stop in Alva. Begins at 8:00am and ride pace varies from 18-20mph to 22-24mph and above; not for beginners. Contact: Peter Ahlgren, 239-481-5940.

I LIKE IKE - every sixth Saturday

About 40 miles with a rest stop at mile 25. The ride begins at 8:00am and proceeds in a counter-clockwise direction through Lehigh Acres. Ride pace varies from 18-20mph to 22-24mph and above; not for beginners. Contact: Bill Garrison, 239-275-7615

GREENBRIAR – every sixth Saturday

A 43 mile route through the pastoral Orange River Loop and Lehigh Acres with a rest stop at mile 25. Begins at 8:00am and ride pace varies from 18-20mph to 22-24 mph and above; not for beginners. Contact: Steve Rodgers, 239-839-7926

AIRPORT SPECIAL - every sixth Saturday

A 40 mile route including the airport access roads with a rest stop at Target in the Gulf Coast Town Center. Beginning at 8:00am, the ride pace varies from 18-20mph to 22-24mph and above. Not for beginners. Contact: Peter Ahlgren, 239-481-5940

WHEELER - every sixth Saturday

A 40 mile route with a rest stop at mile 20. Begins at 8:00am and continues East through Lehigh Acres for a clockwise loop. Ride pace varies from 18-20mph to 22-24mph and above. Not for beginners. Contact: Bill Garrison, 239-275-7615

OLD MILWAUKEE – every sixth Saturday

A 41 mile route through the Gateway Community and Lehigh Acres with a rest stop at mile 26. Begins at 8:00am and the ride pace varies from 18-20mph to 22-24mph and above. Not for beginners. Contact: Steve Rodgers, 239-839-7926



Mike Swanson

Under the helmet

newsletter@caloosariders.org

Musical Chairs or is it Musical Bicycles?

2012 brings a shuffling of the officers and other positions. Steve Rodgers moves from Treasurer to President. Maura Granger-Bohl Moves from Vice President to Treasurer. Bill Garrison rejoins the leadership as Vice President. Remaining seated are Peter Ahlgren our VP of Rides and Renee LaFehr as Secretary.

Mike Swanson moves from President to Communications Coordinator (newsletter editor, webmaster, forms designer etc.) Linda LaFehr takes over as Membership Coordinator. If that is all too confusing check the list on page one.

Newsletter

We were unable to find a volunteer to produce the paper newsletter so it will be changing to an all email format. There will be a monthly e-newsletter.

Website

Our new website is under development at www.caloosariders.com

We are still working out some issues and should have it stabilized in the next month. The ride calendar on the website uses Google Calendar. If you also use Google Calendar, you can copy rides and events to your own calendar. There are tabs to change the view from a sequential listing to weekly or monthly views.

Renew your membership

Membership renewal form on page 11. You can also download a fillable pdf from the website. Single memberships can be renewed at Active.com (small surcharge may apply). Memberships expire on December 31 each year. Membership of those joining after October 1, 2011 will expire December 31, 2012.

5% Quorum proposal

At the November membership meeting there was a proposal to reduce the quorum requirements from 10% to 5%. This requires a bylaws change. Two years ago when the quorum requirements were reduced to 10% we had about 175 memberships our memberships are now almost 240. We rarely have 10% of the current membership at a monthly meeting.

Bylaws changes require 30 days notice before the meeting to vote on them. The vote is anticipated at the membership meeting on February 16th.

Upcoming rides



Jan 22 - Tour de Cape - ride

The Tour de Cape will start at Cape Harbour and feature a 5K race in addition to the bike tours.

The event begins with The 5K run 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 Jan. 20.

Call 239-573-3125 for more information or visit www.CapeParks.com. Online registration is available until Jan. 18 through Active.com

Jan 28

Hands Across the Harbor



8k Run
5k Walk
10/20 mile bike ride

Register at Active.com or visit

www.charlottecountyfl.com/boardscommittees/CRA

Sea To Sea 2009

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listened to as he retold the stories of his many trips. I had one other reason. I had recently turned 60 and being a cancer survivor wanted to prove to myself that I still had what it takes.

The logistics of an unsupported trip should be pretty simple, right? All you have to do is figure out what you'll need to ride 4,000+ miles over unfamiliar roads and various terrains and weather conditions. Decide how to pack and what to pack it in, and figure out a way to easily carry it all for almost three months in heat, cold and rain.

One could argue that the decisions are almost endless. Should my frame be steel or aluminum, drops or straight bars, 25's, 28's or 32's. What pressure should I run, cassettes and cranks, spoke count, panniers or trailer, spare parts, tools, clothes, meds, food, stove, GPS. You have to consider your route, where you have to factor in your daily miles, campsites and prevailing winds, availability of supplies and repairs if necessary.

There are also the climbs. One of the worst things to be faced with is a tough climb at the end of a miserable day of riding into a headwind. Even your departure date has to be studied. If you leave the west coast too early and plan to ride Going-To-The-Sun thru Glacier National Park the road may not yet be open when you arrive. Avalanches and heavy winter snowfalls make road opening dates unpredictable. In 2011, the road had one of it's latest openings in years. Too late of a departure could expose you to the searing heat as you ride across the vastness of Montana and North Dakota. As a wise man once told me, "proper planning prevents pi#*-poor performance"! Maybe I made too much of the whole planning



The BIG climb. 15.9 miles, 2 hours 49 minutes, 5.7 mph average.

process, but I honestly considered all of these things at one time or another.

Proper training for a trip like this obviously requires a significant amount of time. Riding in South-west Florida doesn't exactly prepare you for your first crossing of the continental divide! Fortunately for me, I had a little more than a month in New York before I left for the west coast. During that time I was able to do some fully loaded hill riding which put me in a bit better shape and prepared me for what I was about to face. While in Florida though, I did what I could. Taking 40 trips over the bridge to Fort Myers Beach fully loaded can put the hurt on you. I know.

Picking a route will also take some time and research. Our route will begin in Seaside, Oregon and follow Adventure Cycling's Louis and Clark Trail. We'll take advantage of the prevailing winds thru the Columbia River Gorge to Walla-Walla, Clarkston and Missoula. From Missoula, we will follow the Great Parks North

Trail into Glacier National Park and over Logan Pass. We will then connect with the Northern Tier Route, Northern Lakes, Lake Erie Connector and before finishing we will re-connect with the Northern Tier. In Wisconsin, we'll "feel" our way across to Lake Michigan and just use highway maps. Our trip will take us through twelve states and the Province of Ontario, Canada. Our departure date will be June 21st and we hope to finish in Bar Harbor, Maine around Labor Day, September 7, 2009.

After settling down and turning circles for awhile that first day was a bit of an adjustment learning to rely on the ACA maps and working the bugs out of navigating with my new Garmin. Jim's wife Suzanne will shadow us with the responsibility of getting to the campground early and securing a site. Our choice for gear was made weeks ago. John and I are pulling "BOB" trailers with front panniers and bar bags. Jim and Bob have chosen panniers with trunk bags and bar

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Sea To Sea 2009

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bags.

The first week of the trip was highlighted by a series of "firsts". First night on the road, first view of the Columbia River Gorge and its beautiful waterfalls, first encounter with another touring cyclist. But, the biggest first was the exhilaration of riding on the shoulder of I-84 with only the rumble strips separating us from 70+ MPH traffic! The hills were moderate except for Herman Creek Road and Wyeth Creek Road. Ask anyone who has made the trip and they'll remember the good things and the bad, they were some of the bad. Prior to starting I was told to take a couple ibuprofen each night for the first week whether I felt I needed it or not. It worked and I was relatively pain free the rest of the trip. The roadside colors changed from green to brown as we rode east toward Idaho and eventually the only things that were green were the orchards and fields which were irrigated. The riding became hillier and we visited our friend "granny" more frequently. Our visits were always rewarded with an exhilarating free wheel down the other side. On one downhill as we descended Alpowa Summit I stopped to reduce my air pressure because I was afraid that the heat buildup in my rims caused by my brakes would blow a tire.

Fifteen days and over 750 miles of riding brought us to Missoula, Montana and our first full rest day. Here we visited Adventure Cycling headquarters and had a visit with Greg Siple, one of the founders. We also learned that our group would be reduced to two as Jim and Suzanne would be taking a more direct route to Yorktown, Virginia and Bob would be returning home due to illness.

The topography had been changing and as we approached West



A long climb through beautiful country. Rte. 1804 east of Williston, ND

Glacier we were rewarded with some awesome views. The prospect of climbing Logan Pass could be daunting. You here people say, "it's steep, it's long, there isn't a shoulder, there are too many autos", and "you have to be at the top by eleven AM". All those statements are true. Although I'll say that after riding nearly 1,000 miles you SHOULD be able to make it to the top without a problem. Let's just say that the reward is worth the effort.

After departing Glacier on the east side and riding through Browning, the highway becomes pretty flat compared to what it was like just a day before and we took advantage of a great tailwind. On the ride between St. Mary's and Shelby, Montana we were riding at sixteen mph simply by standing up and turning ourselves into a big sail! Rte. 2 across Montana and North Dakota was a long hot but rewarding experience. The folks here are friendly and outgoing. Small towns welcome cyclists and campers. Many of these towns offer free camping in the town square or a city park as a

means of generating business for the locals. As a matter of fact, out of the 23 nights after leaving Glacier N.P. we were able to camp 13 nights for no fee and five nights for less than \$10 each! As the miles added up, so too did the days. Before we knew it we had ridden through the wheat and canola fields of Montana and the missile sites of N. Dakota. We were able to meet a group of eleven east-bound riders from Kansas and had a great time telling stories and sharing campsites with our fellow cyclists. One night in Cooperstown, N. Dakota we had twenty-one cross country cyclists staying at the city park!

After North Dakota, Minnesota and Wisconsin rolled beneath our tires as we passed dairy farms, cranberry bogs and miles and miles of vegetable fields approaching Lake Michigan. In Manitowoc we boarded The Badger, the last coal-fired passenger ferry in the U.S and made our way across the 50 mile wide lake.

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Sea To Sea 2009



A covered bridge near Thetford, VT

We were soon in eastern Michigan ready to cross the St. Clair River into Ontario.

In Canada we were impressed with the neat farms along the north shore of Lake Erie, the wind farms and the friendly people. We had parted ways with our new friends from Kansas but were now riding occasionally with a couple from California riding their tandem. Some days we would ride together, others we might part and not meet again for a day or two. We would eventually part ways in New York but rejoin in Maine to celebrate the completion of their trip.

Crossing the border at Niagara Falls returned me to familiar territory and New York. Riding along the Erie Canal brought me back to my first organized cycling event. In 2006 I completed the 525 mile route being one of almost 500 participants to ride from Buffalo to Albany. Soon we were in the foothills of the Adirondacks and found ourselves visiting our friend "granny" once more. The higher elevation brought lower temperatures making gloves, hats and extra jackets necessary. Soon we ferried across Lake Champlain from Ticonderoga and found our way across Vermont into New Hampshire. Here we faced Kancamagus, supposedly the toughest climb since Logan Pass. Well, we must have been in better shape because it was not that bad of a climb. The following day though nearly did us in when we almost had to walk our bikes up a killer hill in Maine. If you have a chance to compare the elevation profiles between the west and the east, do so. You'll be surprised.

It was only a few days later when we had our first smell of the ocean along the Maine coast. We also had an opportunity to congratulate our fellow riders from California who had completed their trip in Portsmouth, NH. Several days later on September 11, we dipped our front wheels into the Atlantic to complete our own journey and put to



We did it, 4224 miles, 83 days, 12 states and two countries!

rest the question as to whether I still had "what it takes". Sometimes undertaking a challenge like this could create more questions than answers. That's true. But I'll answer the big one right here. Yes, it was worth it, and yes, if you think you're up to the task, then do it.

Many of you will probably wonder what happened to Jim and Suzanne. Well they finished their trip in Yorktown about three weeks ahead of us. Jim is a club member who rides almost every day and fills his free time by hiking The Appalachian Trail. Bob did not finish. He returned home to Arizona and early in 2011 traveled to Florida to participate in Bike Florida. Tragically Bob was killed while riding in Bike Florida. He was the first fatality in the history of the event. At the time of his death he was in "negotiations" to complete his cross country journey. For a more detailed description of the trip, go to: www.crazyguyonabike.com/doc/ctoc2009



Our weekly rides. Buckingham Saturday rides are listed on page 2.

All rides start at 8:00 am except the Bell Tower Sunday ride which starts at 7:30 am.

WELCOME RIDE - Cape Coral - Saturdays

The 15 mile Welcome Ride starts near the [Starbuck's Coffee](#) shop at the Surfside Shoppes at the Northwest corner of Surfside and Veterans Pkwy. The ride starts at 8:00am and follows the designated bike lane to Cape Harbor and back. All experience levels are welcome to participate. This is a "no drop" ride and the pace is set by the slowest rider in the group. After the first 15 miles, many in the group will continue the morning ride for an additional 15 to 20 miles as determined by the group. The pace will be 16 to 18 mph. Contact: Dick Bennett, 239-464-0606.

PELICAN PARK - Cape Coral - Sundays

Meet at Pelican Park on Pelican Blvd, North of Cape Coral Parkway, for the ride start at 8:00am. The route in Cape Coral can vary from 26 to 30 miles and pace is between 12 and 20 mph. Contact: Mike Swanson, 239-896-6938

BELL TOWER—Fort Myers - Sundays

Meet in the parking lot South of the movie theaters at Bell Tower, Daniels Pkwy and US 41. Ride starts at 7:30am and destination and route are selected as we gather. Pace will be 20-22mph and distances can vary from 30 to 60 miles with destinations that include North Naples and Captiva Island. Not for beginners. Contact: Bill Garrison, 239-275-7615.

RUMRUNNERS – Cape Coral -Tuesdays and Thursdays

Rumrunners is located in Cape Harbor, off Chiquita and South of Cape Coral Parkway. The ride starts at 8:00am, and proceeds 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. The route is well marked and covers about 30 miles. Contacts: Tues – Jon VanEmst, 239-649-3905, Thurs – Peter Ahlgren, 239-481-5940

PELICAN PARK – Cape Coral - alternate ride on Thursdays

In addition to the RUMRUNNERS ride, there is an alternative ride starting at Pelican Park on Pelican Parkway, North of Cape Coral Parkway, at 8:00am. The destination is the Bagel Factory on Del Prado Extension. This route is not marked and avoids main roads by using parallel roads. This is considered a "no drop" ride and will stop for any mechanical problems. Distance is approximately 33 miles. Perfect for those who like a pace of 16 to 18 mph. Contact: Tracy Wells, 239-282-2291

PANERA—Fort Myers—Wednesday

This ride starts most Wednesdays at the Northeast corner of the Sweetbay parking lot on Colonial and Treeline Roads. The ride varies from an 18 to 22 mph pace and is 36 miles. The ride usually includes a long stop at Panera Bread in the Coconut Point Mall. Contact: Bill Garrison, 239-275-7615

WINN-DIXIE - Fort Myers—Tuesday (Seasonal)

This is a 50 mile Winter/Seasonal ride and starts at the Winn-Dixie at the corner of San Carlos and Summerlin Roads in South Ft. Myers at 8:00am. The destination is Captiva Island by way of the Causeway and Sanibel Island. Ride Pace is about 18 to 22 mph. Contact: Bill Garrison, 239-275-7615

WINN-DIXIE - Fort Myers - Thursday (Seasonal)

This is a Winter/Seasonal ride and starts at the Winn-Dixie at the corner of San Carlos and Summerlin Roads in South Ft. Myers at 8:00am. The destination is North Naples and proceeds South on San Carlos through Ft. Myers Beach and is about 50 miles total. Ride pace is 18 to 22 mph. Contact: Bruce Miller, 203-913-2803

All rides require participants to wear helmets.

It is against the law to wear a headset, headphone, or listening device while riding.

(Florida Statute 316.304)

(Continued from page 3)



Jan 29 - Naples Bike Brunch

The CANCER ALLIANCE OF NAPLES and NAPLES PATHWAYS COALITION join forces to bring you the 6th Annual BIKE BRUNCH! [REGISTER ONLINE NOW](#)

WHERE: Lowdermilk Park at the beach on Gulf Shore Blvd. S. & Baynan Blvd., Naples

Rides for all levels of riding. Options include 10-miles, 20-miles, 30-miles, 62-miles, and 100-miles.

<http://naplespathways.org/events/6th-annual-pedaling-for-pathways-bike-brunch>

March 4 , 2012

Fourteenth Annual Royal Palm Classic-



Buckingham Park - 9800 Buckingham Rd (North of SR 82)

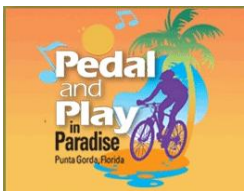
Join us for 15,30, 62 or 100 miles. Rest stops and SAG support

Registration form on *next page*.

For more information www.royalpalmclassic.org or email: rpcinfo@royalpalmclassic.org

Mar 31, 2012

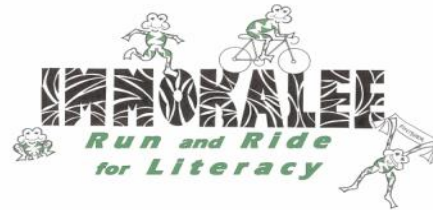
Pedal and Play in Paradise,



Pedal off from Laishley Marina on picturesque Charlotte Harbor on one of five exciting rides — 62-mile, 30-mile, 15-mile, 10-mile Mystery

Tour and City Manager's/History Tour at 1 pm — and either tour the beautiful country of southern Charlotte County or the charming quaintness of historic Punta Gorda. The 62/30/15/10-mile will not be mass start events. Come, play, and enjoy: Welcome

breakfast (7-9 am) and full lunch (11 am-2 pm) provided by Jack's Restaurant; Free beer at noon; Fully-stocked rest stops for 62, 30, 15 and 10-mile rides; Free "T" shirt to all pre-registrations received on or before March 21. A limited-edition Pedal and Play jersey is available for \$55. Pre-registration fee is \$35 (\$40 day of event). Sign-in begins at 7 am. Special Bonus: All morning riders can participate in the City Manager's/History Tour at 1 pm for no additional fee. Ride hosted by TEAM Punta Gorda and Isles Yacht Club and benefits the Leukemia and Lymphoma Society and TEAM Punta Gorda's bicycle-friendly community initiatives. Check out our website www.pedalandplayinparadise.com



April 15, 2012

Immokalee Run and Ride

Forget about tax day — get out in the country and enjoy this dirt cheap ride with no dirt roads. Where else can you get a ride with lunch and breakfast tacos included for \$20.00? No where else will you get to take home a bag of Immokalee veggies after the ride!

Proceeds from the Ride and Run Support the Jump Start Family Literacy Academy

The Jump Start Family Literacy Academy of Immokalee was established in 2003 to break the cycle of illiteracy prevalent in many Immokalee families. Jump Start provides preschool education, parenting, English classes for parents and Parent and Child Time.

Registration form on page 10



THE FOURTEENTH ANNUAL ROYAL PALM CLASSIC - MARCH 4, 2012

Buckingham Park - 9800 Buckingham Rd (North of SR 82)

REGISTRATION FEE: \$30.00 if received before March 2, 2012, \$35.00 after March 4.

Lunch and a Polar insulated water bottle is included as part of the full registration (bottle only guaranteed for the first 250 registered). Children under 15 years accompanied by an adult receive lunch and ride FREE (no water bottle). Non-riders may purchase a meal ticket for \$5.00 each.

MARCH 4th REGISTRATION: 7:00 a.m. to 9:30 a.m.

SAFETY REQUIREMENTS: All riders must wear a CPSC approved helmet. There will be no exceptions! It is illegal to wear headphones while biking. Please follow the rules of the road. Stay to the right.

RIDE STARTS: 7:30 a.m. - 100 mile start 8:00a.m. - 62 mile start 9:00 a.m. - 30 mile start
9:30 a.m. - 15 mile start. Ride leader will meet with riders prior to the ride start.

QUESTIONS: For more information www.royalpalmclassic.org or email: rpcinfo@royalpalmclassic.org

REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone () _____ Age _____

Evening Phone () _____

Email address _____

Emergency Contact _____

Phone () _____

Bicycle Club Affiliation _____

How did you hear about the ride? Bike shop Internet search Active.com Newspaper Article
Friend Mail Bike Club Newsletter Other _____

WAIVER/ASSUMPTION OF RISK

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 hazard 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 BODY 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 NEGLIGENCE 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.

Date _____ Signature _____ Parents Signature _____
(if under 18 years of age)

Make checks payable to:

Caloosa Riders (Royal Palm Classic) Mail to: Caloosa Riders, 7963 Gabion Court, Bokeelia, FL 33922

CHECK ONE	
<input type="checkbox"/> 15 miles	<input type="checkbox"/> 30 Miles
<input type="checkbox"/> 62 miles	<input type="checkbox"/> 100 miles
Water bottle and tote bag only guaranteed for the first 250 to register.	
<input type="checkbox"/> Pre-registration	\$30.00
<input type="checkbox"/> Day of event	\$35.00
<input type="checkbox"/> Extra Meal tickets	\$5.00 each
SORRY, NO REFUNDS RAIN OR SHINE	

THE SECOND ANNUAL IMMOKALEE RIDE FOR LITERACY - APRIL 15, 2012

Farm Worker Village - 1800 Farm Worker Way - Immokalee

REGISTRATION FEE: \$20.00 if received before April 13, 2011, \$25.00 after April 13.

Breakfast tacos before the ride, lunch after the ride and a veggie basket to take home are included as part of the full registration. Non-riders may purchase a meal ticket for \$5.00 each.

APRIL 15th REGISTRATION: 7:30 a.m. to 9:30 a.m.

SAFETY REQUIREMENTS: All riders must wear a CPSC approved helmet. There will be no exceptions! It is illegal to wear headphones while biking. Please follow the rules of the road. Stay to the right.

RIDE STARTS: 8:00a.m. - 62 mile start 9:00 a.m. - 30 mile start

9:30 a.m. - 15 mile start. Ride leader will meet with riders prior to the ride start.

QUESTIONS: For more information: www.immokaleerunsandriderides.com or

email: Immokalee@caloosariders.org

REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone () _____ Age _____

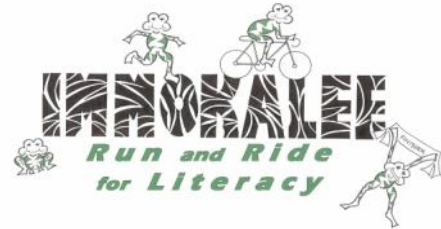
Evening Phone () _____

Email address _____

Emergency Contact _____

Phone () _____

Bicycle Club Affiliation _____



CHECK ONE

15 miles 30 Miles 62 miles

Pre-registration \$20.00

Day of event \$25.00

Extra Meal tickets # _____ \$5.00 each

AMOUNT ENCLOSED \$ _____

SORRY, NO REFUNDS RAIN OR SHINE

How did you hear about the ride? Bike shop Internet search Active.com Newspaper Article

Friend Mail Bike Club Newsletter Other _____

WAIVER/ASSUMPTION OF RISK

IN CONSIDERATION of being permitted to participate in any way in Caloosa Riders Bicycle Club (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 hazard 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 BODY 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.

Date _____ Signature _____ Parents Signature _____
(if under 18 years of age)

Make checks payable to:

Caloosa Riders (Immokalee Ride) Mail to: Caloosa Riders, PO BOX 870, Fort Myers, FL 33902

MEMBERSHIP APPLICATION OR RENEWAL

Caloosa Riders Bicycle Club www.caloosariders.org

Please Print Clearly and Read Completely

Name _____ DOB _____

Spouse or Significant other _____ DOB _____

Address _____

City _____ State _____ Zip _____

Primary phone _____ Alternate phone _____

Email _____

Newsletter delivered by email: (postal mail delivery no longer available) \$20 Family/Household Membership \$15 Single Membership

New or renewing member ?

 New Member Renewing Member**Check website for dues rate if joining after September 2012.****Membership is for the calendar year. Membership applications dated through September remain in effect until the end of the year. Applications dated October thru 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. **This agreement remains in effect for all future renewals.***

Primary Member's Signature _____ Date: _____

Spouse or additional member's Signature: _____ Date: _____

(Required for family membership only)

Attach minor release form for children to be included with membership.Family members under the age of 18 require a minor release form signed by a parent/guardian. Contact membership for form or download from www.caloosariders.org

Mail application with check to: Caloosa Riders, P.O. Box 870, Fort Myers, FL 33902

Caloosa Riders Bicycle Club
PO BOX 870
Fort Myers FL 33902

WELCOME NEW MEMBERS

Clyde Dabbs
David DePree
Joseph Eisner
Jennifer Fox
Marcel Lefebvre
Jim Pare & Sue Leger
Howard Sheridan
Jordan Todd

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

Hollywood Bicycle Center Inc.
2728 Santa Barbara Blvd
Cape Coral
(239) 242-9253

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