

Peace River Riders Bicycle Club



Volume 1, Issue 7

September 2009

Bicycle History



Bicycle History in Debate

Some history books will state that Pierre and Ernest Michaux, the French father and son team of carriage-makers, invented the first bicycle during the 1860s. Historians now disagree and there is evidence that the bicycle is older than that. However, historians do agree that Ernest Michaux did invent the modern bicycle pedal and cranks in 1861.

Baron Karl Drais von Sauer-

bronn - Early Bicycles

The German Baron Karl Drais von Sauerbronn invented the "Laufmaschine" or "Running Machine", a type of pre-bicycle. The steerable Laufmaschine was made entirely of wood and had no pedals; a rider would push his/her feet against the ground to make the machine go forward. Sauerbronn's bicycle was first exhibited in Paris on April 6, 1818. The celerifere was another similar early bicycle precursor invented in 1790 by Frenchmen, Comte Mede de Sivrac, however, it had no steering.

Penny Farthing

The Penny Farthing is also referred to as the 'High' or 'Ordinary' bicycle, and the first one was invented in

1871 by British engineer, James Starley. The Penny Farthing came after the development of the 'Hobbyhorse', and the French 'Velocipede' or 'Boneshaker', all versions of early bikes. However, the Penny Farthing was the first really efficient bicycle, consisting of a small rear wheel and large front wheel pivoting on a simple tubular frame with tires of rubber.



Ask Google to Add Biking Directions to Google Maps

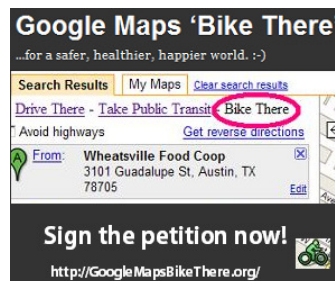
<http://maps.google.com/support/bin/static.py?page=suggestions.cs>



This article was posted on the American League of Bicyclists Website.

Google is asking for suggestions to improve their Maps

feature. One of the things you can suggest with the click of a button is "bike trail information and biking directions." It is very easy. Go to link above, scroll down to Route Information and click "Suggest it" next to "Add bike trail information and biking directions."



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SCOR Update



SCOR riders have now collectively ridden in excess of 2,000 miles. Tom Ponder rode 608 miles in August (Way to go Tom). Several other members rode over

100 miles for the month and will receive their Bronze medal of achievement at the next PRR monthly meeting.

SCOR strives to keep its members interested in cycling by offering a variety of new and exciting routes each month. The last Saturday in August found us in Myakka State Park which turned out to be a nature lovers dream. Patty and Maria took some fantastic nature pictures which I hope they can share with you on the SCOR website.

As our riders become more fit, our rides get longer, not faster, and in September we offer several 25 mile rides and a 50 mile ride option as well as shorter rides. Even we cardiac cripples can ride the distances if we are able to take our time and cycle within our own comfort level. Re-

member as a PRR member you are welcome to join us on any of our rides and I'm sure some of the SCOR members will be joining in the PRR's rides soon.

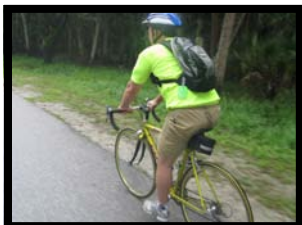
SCOR has been invited to be the guest speakers at the Charlotte Heart and Vascular defibrillator support group on October 13th. The event and dinner is by invitation only and is sponsored by Medtronic. Usually these events draw over 200 cardiac clients and spouses. We are hoping to get a good response from this event and see our membership take a considerable jump. We feel that we are now organized enough to accept more members and look forward to seeing SCOR start to grow.

Speaking of growing, we have two new SCOR members, Roger and Barbara. Roger has been out of town for a while but Barbara rode the Myakka ride last Saturday. It was her first ride with us and she managed to earn her 25 mile certificate that day.

(Well done Barbara)! When she got home she was so excited she told her husband Bob about the ride. After listening to Barbara Bob stated, "After I have had my surgery I'll get a bike and start coming too". We wish Bob a speedy recovery and look forward to seeing him on our rides and helping him get his strength back.

On a closing note, one of our sponsors, SPIZ has 15% off through midnight Labor Day. This brings the cost down to \$27.00 plus postage. If you have not tried SPIZ look at its web site and check the testimonials and which world class endurance riders are using it.

Article submitted by Eric Stockley



Peace River Riders Bicycle Club

LOCAL GROUP RIDES



Friday Morning Ride-Meets at Lashley Park at 7:30am.

This is a fast paced ride with an average speed of 17mph, distance approximately 42 miles. *(Not a no drop policy ride)* If raining or below 50° you're on your own. Contact Court Nederveld for details. 941-639-3580

Show & Go – Each Saturday, weather permitting, join Shawn for an energetic 17-25 mph ride. Distance varies depending on riders abilities but will be anywhere from 35-75 miles. Meet at Bicycle Center at 8:30am and leave by

9am.

Acme Punta Gorda Sponsored Rides- Starting at 8:30 we offer 2 to 3 different rides every Saturday, (weather permitting). There is a Leisurely Ride of 10 to 12 miles moving at 8 to 10 mph, and returning to the Shop by 10:00. Two faster rides start out together, the "B" and "C" level rides and both ride the same route. The "B" level riders (15 to 18 mph) break away from the "C" level (12 to 15 mph) riders. Both cover from 28 to 35 miles depending on which route we take,

and return to the bicycle shop by 11:00. Rest stops and the fun of riding in a friendly group makes for an enjoyable morning. Adults only please. Helmets Required. More information: or call either 941-258-3400 or 941-639-2263.

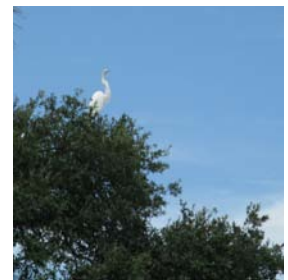
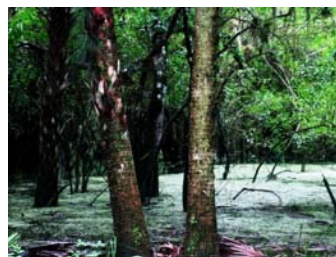
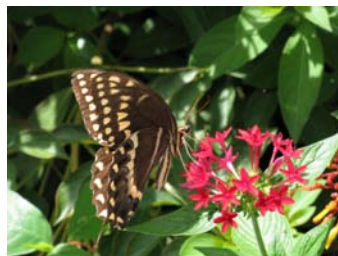
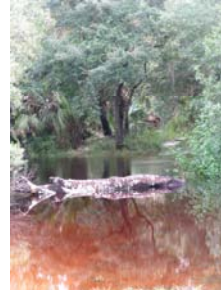
Acme Arcadia Breakfast Ride-Every 2nd and 4th Sunday of the month. Leaves from Winn Dixie on SR 17 at 7:30am. 50 miles round trip. This is a may drop ride.

Helmets must be worn on all rides!



Myakka State Park –A Nature Ride

As Eric mentioned in the SCOR Update, Myakka State Park is a wonder to behold. For those of us who love to take pictures, it's a nature photographers paradise. You could spend several days at the park capturing some of the most amazing images. Maria and I were in a picture taking frenzy and thought it would be great to share some of them with our PRR Newsletter readers. It rained through most of our drive to the park. It appeared as though the SCOR ride would be a total washout. However, this assumption was incorrect as the rain only added to the beauty that surrounded us while we rode.



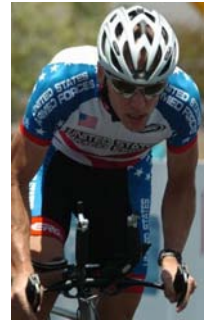
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You Know You're Addicted To Cycling When...

10. Your surgeon tells you, you need a heart valve replacement and you ask if you have a choice between presta and schrader.
 9. A measurement of 44-36-40 doesn't refer to the latest Playboy centerfold, but that new gear ratio you were considering for your Cobra.
 8. A Power Bar starts tasting better than a Snickers.
 7. The bra your significant other finds in your glove compartment belongs to your Trek and not the cute waitress

at Denny's.
 6. You wear your heart monitor to bed to make sure you stay within your target zone during any extracurricular activities.
 5. The funeral director tells you "NO!" you can't ride your Cannondale in the funeral procession, even if you keep your headlight on.
 4. You experience an unreasonable envy over someone who has bar end extenders longer than yours.
 3. You're too tired for hanky-

panky on a Friday night but pump out a five-hour century on Saturday.
 2. Your wife tells you the only way she'll let you ride across the country is over her dead body and you tell her, "If that's the case, you'll be my first speed bump!"
 AND the number-one reason you know you're addicted to bicycling...
 1. You no longer require a hankie to blow your nose.



❄️

Welcome New Members

Roger Meunier
 Barbara Priborsky
 Lewis Jones
 Ron Ridenour

Cycling Neighbors



Trail Behind-I spotted this couple while taking some photos for an appraisal as-

signment in North Port. Here a father leads his little girl on a ride with their trail behind bicycle.

A Dogs Life-While shooting



some pictures in the Englewood area near Buchanan Landing, I spotted this adorable face being taken for a ride. Her name is Brandy. Brandy has hip problems and is unable to walk so Brandy gets to take in the view and fresh air from a wire basket on her owner's bicycle.

Ah, give me the simple life.



What Did She Say???



Greg Loomis, July's recipient of the Bone Head Award, chose Karen Freeman, as the successor to the less than prestigious award.

Now anyone who knows Karen

can testify that she's small but feisty; however, Greg had never witnessed this side of Karen.

While out on a ride with Karen's group, the riders encountered a driver who was less than willing to "Share the Road." Pursuant to the incident, Karen began spouting

off a series of expletives, which took Greg completely by surprise. Additionally, Greg learned later on that this little momma packs a pistol.

And so, it is with great fear and trembling that this award was passed to its new recipient.



Photo submitted by Earl Lang



Place: Luigi's Pizzeria - 3883 Tamiami Trail
 Date/Time: Tuesday, September 8th
 Time: 7-9pm

**Peace River Riders
 Mission Statement**

We are a casual bike riding club geared toward fun! We have a no drop policy on our rides unless otherwise indicated. We encourage bicycling as a transportation method as well as a leisure activity, beneficial form of exercise and as a sport. We endeavor to advance bicyclists' rights and encourage safe bicycling practices.

Recognizing the need for increased presence at the Local, State and Federal levels of government the Club will support Political Action, Advocacy and become a member of organizations such as: The League of American Bicyclist, Bikes Belong, and any other chosen by the Officers as worthy of our financial support.

www.peaceriverridersbicycleclub.com

The sound of a car door opening in front of you is similar to the sound of a gun being cocked. ~Amy Webster

Heart Healthy Recipe - Chicken Salad Roll-Up

Chicken Salad Roll-Up

Ingredients

- 1 can (8 oz) mandarin oranges
- 1/4 cup Asian Plum Sauce
- 1 tbsp Rice wine vinegar or wine vinegar
- 1 tsp Grated fresh ginger
- 1/2 lb Cold cooked boneless, skinless chicken breast, cut into small strips
- 1 Red bell pepper, chopped
- 1/2 cup Chopped seeded cucumber
- 2 Scallions, thinly sliced
- 2 1/2 cups Packed chopped romaine lettuce
- 4 Whole wheat tortillas (8" diameter)



Preparation

Drain the oranges, reserving 2 tbsp of the juice.

In a large bowl, combine the plum sauce, vinegar, ginger, and reserved orange juice. Add the chicken, pepper, cucumber, scallions, lettuce, and oranges. Toss to coat.

Place the tortillas on a work surface. Divide the salad evenly on top. Roll into cylinders and slice in half diagonally.

Nutrient Information

Calories: 331
 Total Fat: 6
 Saturated Fat: 1

Carbohydrates: 48
 Protein: 22
 Sodium: 416
 Fiber: 6

Recipe taken from mealmatters.com and submitted by: Sharon Mays, MA, RD, LD, Coordinator WTC, Nutrition & Healthy Lifestyles Charlotte County Health Depart.





Peace River Riders

Application Renewal Form



Select One:

New Member

Renewal

Select One:

Single

Family

Student

Membership Fee must accompany application
Signatures are REQUIRED
Students must present School ID

PEACE RIVER RIDERS membership is on a calendar year basis running from January 1st to December 31st of each year. Dues are \$25 per year for a single member, or for one household. Full dues are required for those new memberships received through June. Dues for those new memberships received during July thru September are half the normal dues (\$12.50). October through December are the normal annual fees, membership will be valid until the following December (up to 15 months membership)

1. I 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 PEACE RIVER RIDERS activities. I further acknowledge that PEACE RIVER RIDERS activities 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 warrant that at any time I believe conditions to be unsafe; I will discontinue further participation in the PEACE RIVER RIDERS.
2. I UNDERSTAND that, (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death; (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: hence I fully accept and assume all such risks and all responsibilities for losses, costs and damages I incur as a result of my participation in the PEACE RIVER RIDERS activity.
3. I HEREBY release, discharge and covenant not to sue PEACE RIVER RIDERS, the LAB, the respective administrators, directors, agents, officers, volunteers, and employees, other participants, sponsors, advertisers, 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 in whole or in part by the negligence of the "Releasees" to include negligent rescue operations; 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 may occur as a result of such claim.

I HAVE READ THIS AGREEMENT, fully understand the 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 shall continue in full force and effect.

Name(s): _____ & _____

Date of Birth: _____ Date: _____ Phone: _____ E-mail: _____

Street Address: _____

City/State/Zip: _____

Signature(s) _____ & _____

Parent/Guardian (If member is under 18) _____

Make checks payable to Peace River Riders
Mail payment (no cash) to:

Peace River Riders
22309 Omie Avenue
Port Charlotte, FL 33954