

Peace River Riders Bicycle Club

OCTOBER IS BREAST

CANCER AWARENESS MONTH



The SCOR Page

October 2009

Cycling for Health



Participants from last years annual Trek Breast Cancer Awareness Ride.

Since October is typically Breast Cancer Awareness month, it is only appropriate that this issue be dedicated to health and well being through cycling. In the upcoming months there will be several rides to choose from that not only raise money for breast cancer research but also promote a healthier lifestyle.

Cycling on a regular basis:

1. Reduces the cholesterol levels in the blood.
2. Increases the high density lipo-protein/cholesterol ratio in the blood as well.
3. Reduces the chances of strokes and heart attacks caused by clotting.
4. Reduces the chances of illnesses caused by high blood pressure.
5. Is as effective as drugs in reducing high blood pressure.
6. Makes obesity unlikely thus helping reduce the chances of diabetes.

7. Increased joint movement and less pounding - Cycling reduces the risk of arthritis (or inflammation of the joints) caused by worn out cartilage. Exercises like running put more stress on joints and break down cartilage, especially in the knees. Cycling is gentler on joints and can actually strengthen them because the cycling motion provides nourishment that builds up cartilage.

In addition, cycling is economically and environmentally beneficial. It reduces traffic congestion, road kill, and traffic fatalities. It is a great way to view the world around you.

Officers

- PRESIDENT-BILL CHUDOBBA
- SECRETARY-LAURIE GRAEBNER
- TREASURER-SHERYL MARTIN
- MEMBERSHIP-SHARON BRUNHUBER
- SAFETY ADVOCATE-EARL LANG
- ACTIVITIES DIR.-COURT NEDERVELD
- WEBMASTER-MARIA BAILEY
- PUBLICIST-PATTY STEFAN

One More Reason to Commute by Bicycle

Have you heard? Oregon Congressman Earl Blumenauer wants to test having a government GPS in every car so a tax could be imposed on miles driven. Apparently Oregon has successfully tested a vehicle miles traveled fee (VMT) and Rep. Blumenauer thinks this should

be implemented across the country. He states that a VMT can better assess fees based on use of roads and bridges as well as during times of peak congestion, than a fee based on fuel consumption. Depending on how you look at it, the H.R. 3311 Proposal could have a

positive impact on the need for a more bicycle friendly infrastructure as it may encourage the public to use the bicycle as a means of transportation. Rep. Blumenauer is an advocate for bicycling and represents one of the most bicycle friendly states in the country.

Peace River Rider's
Bicycle Classic '09
See inside for details!



Peace River Riders Bicycle Club

Celebration of Life Ride/Concert For The Cure



Myrian Steinbaugh on the Wheelin' Women's Ride

(Picture taken by Robin Saur)

Breast Cancer Awareness Bicycle Ride. **Saturday, October 10, 2009, at 10:00 AM.** Hosted again this year by Acme Bicycle Shop in Punta Gorda.

This is a **"Celebration of Life Ride!"** This year our ride is dedicated to one of Karen's Wheelin' Women Bicyclists.

After returning in April 2009 from the Ladies Annual Ride, Myrian Steinbaugh learned that she had breast cancer. Since then, she has undergone her surgeries and is doing fantastic. She won't be able to ride, but she will join us. Please come out to meet this wonderful lady and have

some FUN! Food, goodie bags and door prizes courtesy of SW FL Regional Imaging Center and Acme Bicycle Shops. 10 and 25 mile routes. Call Karen at 941-258-3400 to sign up. No registration fees, donations only.

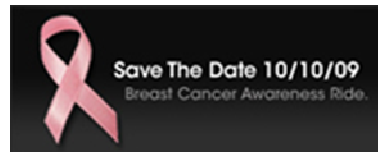
All monies collected will be combined with **"The 2nd Annual Concert for the Cure."** Proceeds will specifically benefit "Project Detect", the local American Cancer Society mammogram program.

"The 2nd Annual **"Concert for the Cure"** on Saturday **November 7th** from 10:00AM - 6:00PM hosted by KIX Coun-

try at the Charlotte Sports Park on 776.

The Sports Park is the perfect place for all of the festivities. Clear Channel Radio has asked Acme Bicycle Shop to organize a "Ride for the Cure".

The bicycle ride will start at 8:00 AM with 10 and 25 mile rides. Fee is \$25.00. Watch the Sun Newspapers and listen to KIX Country (92.9FM) and Charlotte County Speaks (1580AM). More information call Karen at Acme Bicycle Shops. 941-258-3400.



trekwomen BREAST CANCER AWARENESS RIDE

Join Bicycle Center and many other cyclists across America and Canada with Trek's Breast Cancer Awareness Ride slated for **Saturday, October 10th 2009.** (time and route to be determined.)

Bicycle Center located at 3795 Tamiami Trail in Port Charlotte will be hosting this event along with Trek.

This ride is for men and women as all the proceeds go towards Breast Cancer research.

This is Trek's 4th Annual Breast Cancer Research ride and their goal is to raise \$100,000 for the Breast Cancer Research Foundation.

You can call any of the staff at Bicycle Center for more

information 941-627-6600 or send an email to kim@bicyclecentercc.com

Registration information is also available at the Bicycle Center website. www.bicyclecentercc.com

There will be a 10 and 25 mile ride. Entry fee is \$25.00.



The SCOR Page



SCOR participants receive the Silver Award Certificate for completing a 25 mile ride. (From left to right Cindy Hoverman, Scot Hoverman, Barbara Priborsky, Melodi & Eric Stockley.



Tom Ponder & Patty Stefan give the Five-O sign after riding the Legacy Trail 2 and 1/2 times making a total of 50 miles.



Melodi Stockley takes a break in front of the Our Lady of Mercy Catholic Church on Boca Grande Island

SCOR Tours Boca Grande Island



SCOR Riders rode from the The Morning Muse Café to Boca Grande Island, completing a 32 mile ride which ended with a lite lunch at The Morning Muse Café (Pictured here is Lori Van Der Heyden owner of Café.)





Place: Luigi's Pizzeria - 3883 Tamiami Trail
Date/Time: Tuesday, October 13th
Time: 7-9pm



PEACE RIVER RIDERS BICYCLE CLUB

**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.

The Club will also maintain an active program in conjunction with the local hospitals for patients requiring exercise to enhance their recovery and rehabilitation

If children have the ability to ignore all odds and percentages, then maybe we can all learn from them. When you think about it, what other choice is there but to hope.

We have two options, medically and emotionally: give up, or fight like hell.

~Lance Armstrong

We're on the web

www.peaceriverridersbicycleclub.com

Apples and Sweet Potatoes

Ingredients

- Salt**
- 2 pounds Sweet potatoes or yams**
- 2 Tart apples**
- 1 tablespoon Cornstarch**
- 1 teaspoon Salt**
- 1/4 teaspoon Pumpkin pie spice**
- 1 cup Apple juice**



Preparation

Heat salted water in a saucepan to boiling (use enough water to cover potatoes). Add potatoes and boil 30 minutes. Meanwhile, slice and core apples. Heat oven to 350. Drain, peel, and slice sweet potatoes. Arrange apples and

sweet potatoes in an un-greased 1 1/2 quart casserole. In a small saucepan stir together cornstarch, salt, pumpkin pie spice, and apple juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Pour over sweet potatoes and apples. Cover. Bake 1 hour.

Nutrient Information

- Calories: 125**
- Total Fat: 0**
- Carbohydrates: 29**
- Protein: 2**

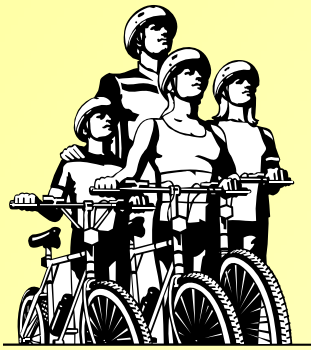
Recipe taken from mealmat-ters.com and submitted by: Sharon Mays, MA, RD, LD, Coordinator

WIC, Nutrition & Healthy Life-styles
Charlotte County Health De-part.



Peace River Riders Bicycle Classic

OCT 18th



\$ 25 Registration Fee

- T-Shirt donated by “Bailey’s Carpet Care Plus” to early registrants prior Oct 18th

Lunch is provided following your Ride

- Healthy variety of Wraps by “Philadelphian”

BICYCLING EVENTS

- 8 mile • 15 mile
- 32 mile • 62 mile



**Membership Drive
Peace River Riders Bicycle Club
SCOR Charlotte County Chapter**



Details & Registration Form — Visit Online:

www.peacerriversbicycleclub.com

October 18, 2009

Peace River Rider's Bicycle Classic '09

Date: October 18, 2009

Time: 8:00am

Registration Fee: \$25.00

Ride Start Times:

- 62 miles leaves @ 8:15am
- 32 miles leaves @ 8:30am
- 15 miles leaves @ 9:00am
- 8 mile leaves @ 9:30am

Starting & Ending Point will be at the Rest Stop on Jones Loop and I-75 (Exit 161) Riders should arrive 15 minutes before start time.

For more information call:

Court Nederveld: 941-639-3580
Email: adakeep@yahoo.com

Mail form and entry fee to:

Peace River Riders
22309 Omie Avenue
Port Charlotte, FL 33954

Sheryl Martin
Phone: 941-876-6173
E-mail: sherrilou813@comcast.net

Details can be found on our events web page at
www.peaceriverridersbicycleclub.com

**T-SHIRTS
DONATED BY
BAILEY'S CARPET
CARE PLUS**



Lunch provided by
The Philadelphian
(Wraps, chips & water)

Please circle one:

- Ham
- Turkey
- Salami
- Vegetarian



Name _____

Address _____

City, State, Zipcode _____

Phone _____

Email _____

Please Circle One:

T-Shirt Size S M L XL XXL
(T-Shirts donated by Bailey's Carpet Care Plus
available to early registrants prior to October 18th)

Read, Sign & Date the Release Below

I wish to participate in the Peace River Rider's Bicycle Classic. In signing this release for myself or for the named entrant (when entrant is under 18), I understand the intent of this release and agree to and will discharge, release, absolve and hold harmless the Bailey's Carpet Care Plus, Peace River Rider's Bicycle Club, their officers, ride leaders, volunteers and any other parties connected with this event in any way whatsoever, jointly and severally from and against any and all blame or liability for any injury, misadventure, harm, loss, inconvenience or damages sustained as a result of taking part in this event or in any activities associated therewith. In the case of a minor entrant, I hereby agree to indemnify and hold harmless the above mentioned parties, jointly and severally, for any claims for injury, misadventure, harm, loss, inconvenience, or damages which said minor may sustain by virtue of his/her participation in this event. I also consent to and permit emergency medical treatment in the event of an injury or illness sustained as a result of taking part in this event or in any activities associated therewith. I realize that not only is the integrity of the sport of bicycling at stake when I ride in any of the Peace River Rider Events, but also the lives and personal safety of myself and others. I shall heed traffic laws and regulations, listen to the advice of the ride leader and fellow leaders, practice courtesy and safety in cycling and help make this ride the enjoyable event it is intended to be. Since the chance of head injury is considerably reduced by wearing an ANSI/Snell approved helmet, helmets are required. Children under 16 years of age are required to be accompanied by a parent or

Signature

Date

Signature of parent or guardian if under 18 years of age.

Date