

Happy Holidays to  
all Club Members,  
Family and Friends!

# Peace River Riders Bicycle Club - Newsletter



Volume 1, Issue 8

December 2009

## Highlights From the November Club Meeting

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### Bike Info

(from [www.bicyclinginfo.org](http://www.bicyclinginfo.org))

For information about health, safety, engineering, advocacy, education, enforcement, access, and mobility for pedestrians and bicyclist, please visit the web site.

The site contains information on the following topics:

- Bicycling Basics
- Bicycling Solutions
- Bicycling Resources

The November "09" Bike Club meeting went well and there were several good discussions about club activities.

After a few weeks of hiding out and not being easy to contact, I came out and accepted the role of our newsletter publisher.

As information, I am not a professional journalist and have no experience in this area, but I accepted anyway, and will do my best.

As stated in my 11/15 e-mail to club members, please feel free to offer any comments on the format and content of the newsletter.

Other items discussed at the meeting included the following:

- **Bike Club Christmas Party**—See reminder to the right and contact Sheryl Martin for additional information and Liz Chudoba to sign-up for a Pot Luck dinner item.
- **Ride Schedule and Event**—Several rides were discussed and are shown on the Ride Schedule pages.
- **SCOR Update**—Eric provided an overview of SCOR activities, for details see the "SCOR Update Page".
- **2010 Club Goals**—Court presented and the group discussed some club goals for next year— the following great ideas were talked about :
  - Increase membership to 100.
  - Continue sending letters to the editor that support bicycle activities.
  - Work with City/County to mark bike routes.

### Bike Club Christmas Party!



**REMINDER:** Bike Club Christmas Party

**WHEN:** December 5, 2009 at 6:00 PM

**WHERE:** Sandhill Pines Condominiums Clubhouse - 1999 Kings Highway

**WHAT TO BRING:** Dinner will be Pot Luck, Contact Liz Chudoba 941-639-5181 to sign-up.

**GIFT EXCHANGE:** Bring wrapped gift for White Elephant gift exchange. Items from around the house or less then \$10.

**WE HOPE TO SEE YOU THERE!**

### 2010 Goals (cont)

- Create a PRR jersey. Chrissie and Scott will head this committee.
- Organize bike ride events—Lots of good ideas for upcoming events. See Ride Events page for more information.
- Invite 2010 election candidates to speak at our club.
- Promote the PRR Bike Club!

## Open Letter to Bike Club — TEAM Punta Gorda

By Earl Lang,

TEAM Punta Gorda has begun supporting bicycling in the area for several reasons:



- 1) Bicycling is good for the community.
- 2) Bicycling is a healthy and a "Green" activity.
- 3) Bicycling Events can raise money to help support the work that TEAM does for the community.

What has TEAM done for bicycling?

- 1) TEAM was a strong influence on the City of Punta Gorda to apply for and being chosen as a "Bicycle Friendly Community" by the League of American Bicyclists.
- 2) TEAM pressed hard for the "Ring Around the City" a series of multi-use trails that will provide nearly 15 miles of walking and bicycling trails in the city of Punta Gorda when completed.
- 3) The Spokes and Trails Bicycle Event Committee, of which I am the Chairman, is working on a nationally advertised, multi-day, Bicycle Festival in Punta Gorda. Modeled after the Mt. Dora Bicycle Festival.

-- "Pedal and Play in Paradise" --

**May 1- 2 of 2010.**

The Peace River Riders Bicycle Club will be offered the opportunity to participate, have a presence, and recruit new members.

4) TEAM helped fund my attendance at the National Bicycle Summit in Washington DC last year.

5) TEAM will fund my attendance at the "Pro Bike, Pro Walk" convention in April. This is a meeting to learn more about the promotion of events for bicyclists and pedestrians.

If I didn't believe that TEAM Punta Gorda was good for bicycling, good for PRRBC, and a benefit to the community, I would not be spending my time. You have heard me say, "I am all for making the "Bicycling Pie" bigger; that way we can all will have a bigger piece."

I hope that you see the advantages that TEAM brings to us all, and will join me in assisting them in their continued efforts to make Punta Gorda a great place to live, play and work.

## Open Letter to Bike Club — Florida Bicycle Association

By Earl Lang,

The Value of the Florida Bicycle Association to Bicycle Clubs and Riders.

The FBA is dedicated to serving Florida Bicyclists through education and advocacy.

I am honored at being asked to serve on the Board of Directors of the Florida Bicycle Association. As you may know, I consider myself a "self styled" advocate. I don't know if there is any other kind; you just decide to become and advocate, then figure out: where, when and how.

By becoming a board member I will have a stronger platform from which to press for bicycle safety, improved infrastructure and favorable laws, both locally and at the state level. I believe that as a member of the Board, I will be more effective as a bicycle advocate in the State and in

Southwest Florida. If the FBA and I are successful, you and every other rider in the State will benefit.

I am willing to give my time and effort to work for you through the FBA. My problem is money.

The meetings are held quarterly, at different locations around the state, and with the size of Florida, sometimes attendance will require an overnight stay. Adding up the fuel for my car, the meals away from home, and the motel room, the cost gets close to prohibitive for me to shoulder.

This is why I have come to your Club for assistance. The costs when shared by the total membership becomes a very small amount. In fact, by holding a ride dedicated to funding advocacy and membership on the Board of the FBA, the money comes from the riders who enjoyed the ride.

The Club's only contribution would be the time spent to put the ride on.

I will do my best to give you good value for your investment of time and effort in helping me help bicyclists.



## SCOR Update Page

**B**ack in January when I first approached the Peace River Riders (PRR) bicycle club with the notion of having a Specialized Cardiac Outpatient Rehabilitation (SCOR) component I had little more than what amounted to a good idea and what I felt was the “right thing to do”. Following bypass surgery to my legs at the age of 39 I joined the original SCOR in California even though I lived in Texas. I joined it for the newsletter and to find encouragement knowing that there are others with chronic artery disease using cycling to promote their circulation. I saw PRR as an ideal opportunity for me to “pay it forward” and hopefully begin helping others in Florida start using cycling as a way to improve their cardiac health. PRR have been highly supportive of SCOR and together what was a wild shot in the dark twelve months ago became a reality in 2009.

SCOR officially started in Florida in July of this year following the Hibiscus Ride when our original five members took their first five mile ride from Laisley Park to Fisherman’s Village and back. From this humble beginning we now have twelve, previously out of shape, riders that can all comfortably ride twenty five miles or more and think nothing of it. Three riders have ridden rides over 50 miles in length and two riders have done a century. Collectively we have ridden well over 5,000 miles between July 1 and Dec. 1<sup>st</sup> and we are all proud of our achievement. Not all SCOR members have undergone heart surgery but all our riders are all at risk of heart disease through diabetes, atrial fibrillation, prolapsed mitral valve, hereditary factors, and arthritis leading to lack of activity and weight gain (a precursor to high blood pressure). One PRR rider even joined in the SCOR rides just to ride at a slower pace for a while to get back into condition following her surgery.



Our annual top rider prizes will be awarded at the upcoming Christmas dinner and will both go to Tom Ponder. Tom took the highest miles award with 2,066 miles from July through December 1<sup>st</sup>. He also gets the highest mileage in one month for riding 582 miles in August. I also want to give a special word of thanks to Tom for creating and maintaining a fantastic web site. If you haven’t seen it go to [www.bikescor-florida-charlotte.com](http://www.bikescor-florida-charlotte.com) under the “news” tab you will find the monthly health news from Randi Ice, these are well worth reading if you are interested in alternative medicine. Our education section has some good videos on bicycle safety and our monthly calendar located under the events tab will tell you where and when we are riding. Tom has also given up his time to speak at two FBA meetings about the value of SCOR in the community. Thank you Tom for all of us for everything you do for SCOR.

Our third annual award is for the Most Improved Rider. The recipient of this award is chosen by the SCOR members in a closed ballot. The SCOR riders will be getting their ballots in the mail next week.

Probably our greatest success is not an individual achievement but the fact that we as a group has gained respect and recognition by the FBA as a model for encouraging thousands of Floridians to start cycling that might otherwise not start riding. So much so that the Jacksonville and Orlando bicycle clubs with a collective memberships of over 1,200 riders are both starting a SCOR group in their clubs to better serve

their community. At the last FBA meeting we had a separate meeting of the first three Florida SCOR club leaders and we are united in our mission to attract people to living a healthier lifestyle through taking up cycling as a fun way to stay healthy.

We are looking forward to more growth in 2010 both in the number of riders and in our selection of routes. To keep cycling “fun” we constantly change our routes, trying out new trails, visiting new areas and of course ending up at new places for brunch. As part of our mission to support local economy we eat at the smaller privately owned establishments and we are getting well recognized at the Morning Muse, Daily Grind and Country Kitchen among others. They know when they see us coming to break out the Eggbeaters and substitute fruit for hash browns with out us having to ask.

As a PRR member you are all welcome to join us on any of our rides. While we potter along at 10-12 mph (and no SCOR rider is ever left behind) our rides are basically self paced and you are welcome to go on ahead and “do your own thing.”

SCOR wishes all PRR members a happy and joyous festive season and a bright and prosperous New Year. Above all we wish you all continuous safety as you ride out of 2009 and into 2010.

Cycologically your  
Eric Stockley  
SCOR Coordinator

## Club Members Rides - Court and Peg - Natchez Trace



Peg and I had the opportunity to ride this historic trail this past October. Because of the time of

year we decided to ride north to south, starting just outside Nashville, TN and ending our ride in Natchez, MS.

The Trace was the first national highway running from Natchez, MS through Nashville and on to Washington DC.

Peg and I jumped on the northern terminus of the trail and headed south. The northern end of the Trace is quite hilly and proved to be a challenge for both of us. Temperature was very cool but little wind and the sun was shining casting large shadows across the Parkway from the tall trees that line both sides of the road.

During a couple of rain days, we did some sightseeing at the Civil War Bat-

tlefield of Shiloh and other tourist attractions including the Civil War Battlefield at Vicksburg and toured an armored gunboat that was sunk in the Mississippi River by confederate guerillas using a remotely detonated underwater mine. The ship was raised in 1964 and is on display at a very interesting museum.

As we rode to the north edge of Jackson, MS. the traffic on the Trace was very minimal, drivers exceptionally courteous and even the workers mowing the sides of the road shut off their mowers as I rode by so dust and leaves wouldn't interfere with my progress.

But Jackson uses the Trace as a commuter route through the city and the traffic jumped up significantly. I decided to start the last day of riding at the southern end of Jackson to avoid the traffic. This would leave a ride of 75 miles into Natchez.

The Trace is 444 mile total, I rode about 330 due to weather. The road seems to have been recently repaved as it was smooth as silk. The trees and wildlife



are bountiful and very pretty. Lots of history for the history buffs. The north end is fairly hilly while the southern end is one long roller after another. The Trace crosses Tennessee, Alabama and Mississippi.

Using a SAG makes the trip very enjoyable and compensates for the weather which can be unpredictable. Enjoy.

*Article submitted by Court and Peg.*

Additional information can be found at <http://www.nps.gov/natr/index.htm>

## Club Member Rides - Court and Ray - Legacy Trail Area

*Article submitted Ray Heisey*

Today Court and I drove up to Shamrock Park which is 45 minutes north of Punta Gorda. via US 41, turn left on Shamrock Blvd, follow the signs.

We headed north from the park on the VWP Trail which run along the inter coastal and links to the Legacy Trail.

The Legacy Trail is a railroad trail that runs another 16 miles north to where it dead ends. Along the way there is a detour around Roberts Bay and Dona Bay where the old railroad bridges are being restored/repaired. The detour is well marked.

We rode north to the end and after checking the map we decided to ride south on the trail to Bay St. There is a sign that says Old Venice Rd. 1.7 miles. There is a porta potty at this point to serve as a landmark. Sure enough we take this spur and found Bay

street, followed it to Old Venice road which took us across 41 to Blackburn Point Rd. Black Point Rd. took us out to Casey Key Rd.

Casey Key Rd. goes south right along the gulf. It is just loaded with high end real estate and beautiful views of the gulf. There is just one mansion after another for the next for 5 miles. The area reminded me of Malibu CA. At the end of Casey Key Rd we turned onto Albee Rd and took it out to 41 where we headed south to the Legacy Trail Head and took it south back to Shamrock Park.

Round trip the ride was approx 36 miles of bike friendly roads. We saw more bikers than cars. To say that the Venice area is bicycle friendly is an understatement. It's no wonder that we saw as many riders as we did. It was very nice to see what a community can accomplish when they decide to be bicycle friendly.



Additional information can be found at: <http://www.scgov.net/LegacyTrail>



## Ride Schedule Weekly Recurring



**All Rides Require Helmets. Please contact the Ride Coordinator for additional information.**



<b>Date &amp; Time</b>	<b>Location &amp; Ride Coordinator</b>	<b>Ride Pace , Miles Drop Policy</b>
Mondays	<h1 style="color: purple;">Any Suggestions?</h1>	
Tuesdays	<h1 style="color: purple;">Any Suggestions?</h1>	
Wednesdays	<h1 style="color: purple;">Any Suggestions?</h1>	
Thursdays 7:00 PM	Bicycle Center Kim—627-6600	10 MPH or Less, 10 to 12 miles No Drop—Lights Required
Fridays 7:30 AM	Laisley Park at 41 Bridge Court—626-3285	Avg. 17 MPH, 40 miles Drop
Saturdays 8:00 AM	Bicycle Center Shawn—627-6600 ( call on Friday for details)	17-25 MPH, 35 to 75 miles Drop
Saturdays 8:30 AM	ACME Bike Shop Karen and Earl—258-3400 or 639-2263	8—10 MPH, 10 to 12 miles No Drop
Saturdays 8:30 AM	ACME Bike Shop Karen and Earl—258-3400 or 639-2263	12-15 MPH 28 to 30 miles No Drop
Saturdays 8:30 AM	ACME Bike Shop Karen and Earl—258-3400 or 639-2263	15-18 MPH 28 to 30 miles Drop
Sundays (2nd and 4th) 7:30 AM	Winn Dixie Parking Lot (Hwy 17 and Bermont Road) Court—626-3285	17-20 MPH 50 Miles Drop





## Ride Schedule

### Special Events



#### DECEMBER 2009

December 4, 2009

*Punta Gorda, Fl*

##### **Acme Bike Shop - Punta Gorda Christmas Ride**

December 4th, 6:00pm starting at the Punta Gorda ACME Bicycle Shop. Last year we decorated our bikes and it was quite a sight and some of us will decorate them again. We are invited for snacks at the "Lighthouse" Marlis and Pat Kilps will be our hosts. We will be downtown a 7:30 in time to watch the City Tree Lighting Ceremony. Join us for a fun evening, you only need a bicycle with white head light, red tail light and a helmet.

December 11-13, 2009

*Sebring, Fl*

##### **Highlands Bike Fest - (general information obtained from [www.floridabicycle.org](http://www.floridabicycle.org))**

In its 12th year, this ride is a fun event that has become a favorite of riders of all ages and levels for over 10 years. Friday - 57, 37, 20 or 12 mile rides. Saturday - Highlands County Century, 62, 51, 33, 20 or 12 mile rides. Sunday - 64, 29, 20 or 12 mile rides. For more information visit web site: <http://www.kenilworthlodge.com/sebringflorida>.

#### JANUARY 2010

January 8-9, 2010

*Miami Fl*

##### **The SMART Ride - (general information obtained from [www.floridabicycle.org](http://www.floridabicycle.org))**

Starting location is Miami, Florida. The SMART Ride is a 2 Day 165 Mile ride from Miami to Key West. In it's 6th year this event leaves Miami and travels the picturesque bridges and waterways that wind down through the Florida Keys and ends up in Key West. The event is fully supported and travels with SAG Vehicles, Medical Team, Full Pit Stops and meals. For more information please visit web site: <http://www.thesmartride.org>

#### MAY 2010

May 1 and 2, 2009

*Punta Gorda, Fl*

##### **Play and Pedal in Paradise**

This exciting multi-day event is in the planning state. See Page 2 of this newsletter for additional information.

#### TBD 2010 Rides

These rides were talked about at the November Club meeting. Additional information to follow.

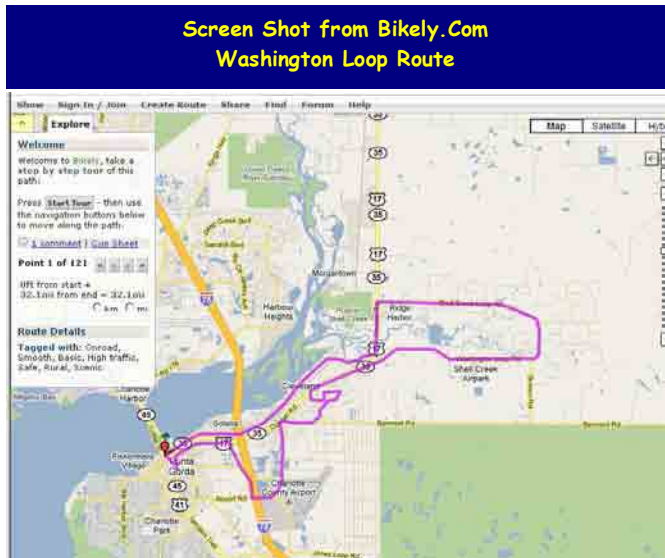
- **Tampa Bay Rays / Stone Crabs / Joe Madden**
- **Scavenger Hunt Ride**

**Happy Holidays to all Club Members and Family!**



**Need a Good Bicycle Route?  
Visit <http://www.bikely.com>  
What is Bikely?**

Put very simply, Bikely helps cyclists share knowledge of good bicycle routes. It can be quite tricky traversing a car dominated city by bicycle, particularly when you need to travel an unknown route to a new destination. But the chances are, someone has cycled that way before you. Bikely makes it easy for him or her to show you the best way.



**Peace River Riders Mission Statement**

We are a casual bike riding club geared toward fun! We have 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 Bicyclists, Bikes Belong, and any other chosen by the Officers as worthy of our financial support.

**Club Information**

Officers

- President-Bill Chudobba
- Vice-President-Kim Campanella
- Secretary-Laurie Graebner
- Treasurer-Sheryl Martin
- Membership-Sharon Brunhuber
- Website-Maria Bailey
- Publicist-Ron Ridenour
- Safety Advocate-Earl Lang
- Activities Coordinator - Court Nederveld
- SCOR Coordinator-Eric Stockley

Next Club Meeting

Date: January 12,  
2010  
Time: 7:00 PM  
Location: Luigi's Pizzeria



Web Site:

- <http://www.peacerriversbicycleclub.com>

Yahoo Group (Blog and Chat)

- <http://sports.groups.yahoo.com/group/PeaceRiverRiders>

January Newsletter Items

- More Photos
- Update on Committee Activities
- Incorporate the "Bonehead" Award
- Include Group "Achievements"
- Show New Members
- Add More Weekly Rides and Events





# 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 1<sup>st</sup> to December 31<sup>st</sup> 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