



# Peace River Riders Bicycle Club Newsletter



Volume 2, Issue 6

## Peace River Riders "Special Event"



## "Wheels & Wings" Ride Event



Are You Asking Yourself; "What is a Wheels and Wings Ride?" Turn to page 4 for details.

## New PRR Jersey



## Club Meeting Highlights.....



As our president and leader was off

with his wife Liz on vacation, Court moved to the front of the line and pulled us through the meeting.

However, it should be noted that along the way, several club member took a charge to the front and reported as follows:

Kim announced that the Peace River Riders jerseys are in and look fantastic! Please stop by the Bicycle Center to pick yours up between 9 and 7 M-F and 9 and 6 Saturday.

Sheryl reported that the club bank account remains positive and a deduction will be made to purchase event in-

surance for the Wheels and Wings Ride. We have 65 members and need more.

Karen reminded members of our July 24th summer party, see below for more info.



Earl gave a great talk on bicycle advocacy and provided some tips on how to ride legal and conduct yourself if confronted with a traffic violation, see page 5 for more information.

The meeting concluded with fantastic presentations from Court, Earl and Greg on their long distance across the county, across the state bike rides. See page 2 for info on when and where these rides occurred.

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## Peace River Riders Summer Luau Party



Join us at 4:00 p.m. on July 24, 2010 at John's Condo in Sand Hill Pines Condos, 1999 Kings Hwy -- same place as the past Christmas Party, only this time it will be warm enough to swim in the pool, shuffleboard, and tennis courts.

Karen's daughter, Tamara will be entertaining us with a "Tahitian Show". She's coming in from Ohio, she holds a bachelors degree in dance and has been teaching since she was 14. Tamara puts on a good show and fun at end with audience participation. For members, their families and friends. Meat and paper products provided. Everyone needs to bring a covered dish and their own beverages.



# Club Member Individual Rides



I rode on the Natchez Trace

## Stories from the Road

By Earl Lang

On Friday May 14, 2010, I set out from Pensacola, Florida on my bicycle and rode into Tulsa, Oklahoma on May 25, having traveled 890 miles.

This will not be a day-by-day reiteration of the trip. I find that pretty boring and would rather write something that you will enjoy. There will be several stories coming out of this trip, so watch for future episodes.

I once read "Walk Across America" by Peter Jenkins and liked his idea of giving people an opportunity to do "a kindness for a complete stranger" and have molded my travels around that idea. I like to stop at a house and ask for permission to spend the night in their yard. Many of my best memories come from those people who have allowed me to camp for a night in their yard. I hope that they enjoyed the experience as much as I did.

## "Phil's Knife Sharpening"

Somewhere between Pensacola and Mobile, Alabama, I spotted a strange site ahead. A man, pushing a bicycle that was pulling a trailer. He was off the road and moving in the grass and as I went by I spied the sign on the side of the trailer, "Phil's Knife Sharpening". A quick check for traffic and I made a "U turn" and went back to meet him.

Phil looked to be about 60, and while a little overweight, seemed in good shape. The bicycle was an old "Post Office" model with a small front wheel to accommodate a basket big enough to carry a lot of mail. Phil claimed that it was the only bicycle built strong enough to hold up to the strain he put on it. The basket on the front was full of those things he liked to keep handy. Snacks, water and tobacco to roll his cigarettes.

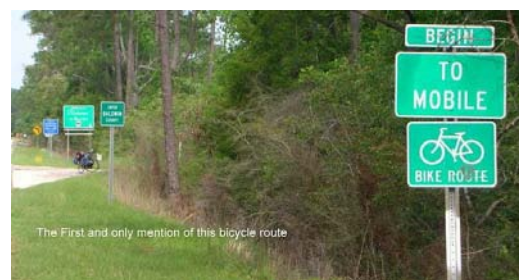
Now it didn't seem to matter to him how much his rig weighed, it was more important that it be durable, and durable it was. All steel and welded to stay together forever. I asked, "Phil, how long you been traveling like this?" 30 years he claimed and went on to tell of his first long distance bicycle ride. Seems that he was about 17 and living at home, when he decided to ride to Myrtle Beach, about 250 miles. On a Saturday morning, he tied a sleeping bag to his bicycle, and told his mother that he would be back. According to Phil, he made it to Myrtle Beach, went surfing and got back home on Monday. When his mother saw him, she said, "I thought that you were going to Myrtle Beach?" He answered, "I did and I'm back."



I guess that was the start of his traveling career. I asked him where he was going, and he only told me that he had spent the winter in Key West. He opened the trailer to show me all the stuff he carried and it was full. He had a full size deep cycle battery which he kept charged with the little solar cell on top, food, clothing and his hand-cranked knife sharpening grinder. Note, on the front of the trailer is a steel folding chair and the hitch is all made of steel. He is one strong man. I wondered if he ever got tired of the continuous traveling, and when I asked, "Do you ever get tired?" his reply, "Yep, every day". I cannot say that I have ever met a more free and happy man.



"Now that's pretty neat, I don't care what anyone says"



The First and only mention of this bicycle route

# Club Member Individual Rides

Bill and Courts Big Adventure  
By Court Nederveld



President Bill and I decided to ride from St. Louis to Yorktown, VA. Why you ask? We don't know either. Actually, for Bill this was his first really long ride and for me it completes my ride across the U.S. Planning was simple. Let's go. No, there was more to it than that.



We used the Adventure Cycling maps for the Trans-American route. These maps are very informative, offer suggested points to stay and other information critical to a safe journey. The routes they map have been time tested over many years and they offer updates on detours, construction and other issues that a cyclist may need to complete the trip. We did deviate from the maps twice. The first time we asked a Park Ranger if we could take Rte 31 instead of the Adventure Cycling route which would save us maybe 10 miles. The Ranger said sure, it was a great road and we wouldn't have any problems. It turned out to be a major route for trucks, cars, semis, two lane, no shoulder and lots of hills. But did save us a few miles.



The second deviation came after asking a local, Hunter was his name, if Rte. 618 was a road we could ride. He said sure, it was two lanes, no traffic and would save us about 10 miles. He was right on. Beautiful road, through the country, no traffic and we zipped right along. Yea Hunter!

We managed to endure lot's of dogs in Kentucky, only used the pepper spray three times. It seems dogs live free in Kentucky.



One of the must see stops on the route is the Cookie Lady in Afton, VA. Cookie Lady, aka June Curry, has been providing a spot for cyclists to stop and camp in her yard, water and until recently she was known for cooking up a batch of cookies for the riders. She has been offering refuge to cyclist since the 1970's. She is 89 years old now and frail but still greeted us with a smile and showed us some interesting things in her home.



Our wives, Peg and Liz, acted as our SAG so Bill and I didn't suffer from hunger or having to carry all our gear. They would go ahead and find a place to stay for each night so we ended each day with a hot shower and clean sheets. Special note: we discovered the Cyclists Discount. Peg and Liz were trying to find a place to stay in Elizabethtown, IL and called a B&B to inquire about rates. They were quoted \$95 and \$125 for a night and as an excuse for not booking right there and then, they said they had to see how far their husbands were going to get on their bicycles. The B & B said, "Bicycles? Then you get the bicycle rate of \$69. Great place right on the Ohio River, the owners are a Elvis impersonator and his wife is a teacher. They had a hot tub, and a beautiful home. We sat out on the Veranda and enjoyed some beverages with them and other guests.

The weather was always a question. Every day called for rain and thunderstorms, but somehow we managed to ride 15 days in a row with out rain. Consequently we finished a week ahead of schedule. The trip was just over 1000 miles, no flats, however one delaminated tire. Slow speed was about 3 mph and hour going up some of the mountains and top speed was 43 mph going down-hill. It was a great trip.

Blue Ridge parkway was a gorgeous ride. Lots of interesting things to see along the way such as Foam-henge. This is a replica of the famous Stonehenge but made out of Styrofoam. We took hundreds of pictures.



We finally made it to Yorktown and found a Civil War enactment going on. Bill and I ran into a young lady, Meeghan, who was dressed as a Southern Belle. We chatted for a while and then Bill and I tolder her we had to leave. Next thing we hear is "Hey big boys, sure you have to go?" It's my story and I'm sticking to it.



**Where should we ride next year?**

# Club Happenings and News

## "Wheels & Wings" Ride



# Please Join Us on July 10!

**WHEN:** July 10, 2010

**WHERE:** 1105 Taylor Road, Punta Gorda - Beef'O'Brady's

**REGISTRATION:** Begins at 8:00 am

**RIDES LEAVE:** Between 8:30 and 9:00 am

**RIDE MILES:** 15, 32, 50 Miles and Gentleman's' Race

**ROUTE MAPS/MARKING:** Yes

**SAG STOP:** water and light snacks

**REGISTRATION FEE INCLUDES:** T-Shirt, 12 Wings, 2 Drinks and Big Screen TV with Tour de France Stage 7.



**Make it a Great Biking Day, With Lunch, Drinks and the Tour!**

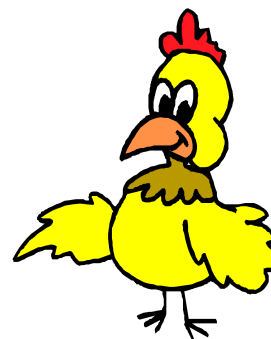
**See our Web Site for details:**

<http://www.peacerridersbicycleclub.com/>

**Contact Court Nederveld with questions:**

**E-mail - [adakeep@hotmail.com](mailto:adakeep@hotmail.com)**

**Phone - 941-639-3580 or 941-876-6173**



## Bicycle Advocacy

Earl gave a good talk on bicycle advocacy at the June 8 club meeting which touched on the following topics:

- Club elect advocacy chairperson
- Establish police contacts
- Establish defense fund
- Riding two-by-two
- When stopped, practice non-confrontation skills and do not argue
- If you are wrong, accept it
- Road Rage, call 911, obtain call number

If you have any questions and/or additional thoughts, please feel free to contact Earl.

## New Newsletter Section

After talking about bicycle advocacy, the group decided to include information on Florida Bicycle Law in some of our newsletters.

See article to the right for information on Riding 2 Abreast.



## What Does the Law Say?



*The information shown below was obtained from the Florida Bicycle Association Web Site.*

### Impeding Traffic Explained

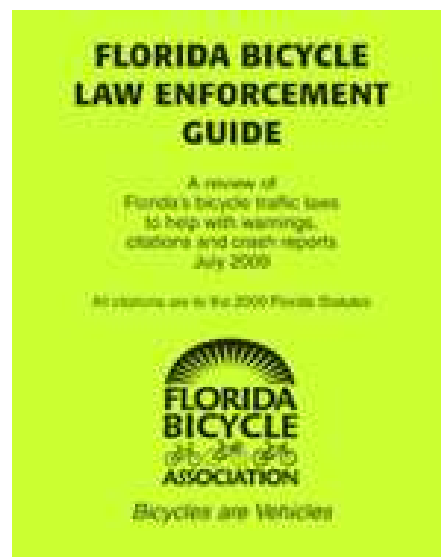
The only place "impeding traffic" appears in the bicycle law, is with regard to riding 2 abreast. However, cyclists should pull over — at their discretion and only when it is safe to do so — if a significant line of traffic accumulates behind them.

The 2-abreast rule only applies to roads on which a single rider can operate side-by-side with a motor vehicle (i.e. a lane 14 ft or wider, or a road with a bike lane). A single cyclist (or single line of cyclists) is entitled to the full use of a lane less than 14 ft wide, therefore it makes no difference in the flow of traffic for riders to be 2-abreast.

In many cases it actually facilitates overtaking by reducing in half the distance needed to pass.

Additionally, 2-abreast riders do not impede traffic if: *(the below applies to any width lane with or without the presence of a bike lane)* on a multi-lane road - motorists can pass in the next lane over on a road with a center two-way left turn lane in which motorists can pass there is sparse oncoming traffic and motorists can safely use the on-

coming lane to pass the cyclists are travelling at or near the speed limit the cyclists are traveling at or near the speed of traffic "Impeding traffic" is not defined in the law, but reducing a motorist's speed for a few seconds until it is safe to pass does not constitute an impediment or an obstruction.

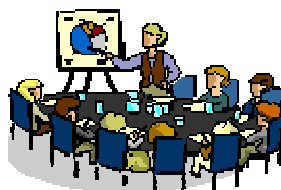


# SCOR Update Page

By Eric Stockley



## SCOR's First Annual General Meeting



On June 27th, after dining on BBQ and Tom's birthday cake, several SCOR members participated in our first Annual General Meeting. The major topics of discussion were:



**Name Change;** It was felt that Specialized Cardiac Outpatient Rehabilitation was not a good title for us and that it worked against us in some ways. It strongly implies that we are "Rehab" and that our members are "Outpatients". After much deliberation we had a consensus that the name would remain SCOR but change to:

**S**pecialized

(as we only ride bicycles)

**C**ardiac

(as we strive to improve cardiac function and circulation)

**O**utdoor

(we don't have any indoor activities)

**R**ecreation



We also decided to be referred to as a "group" rather than a "club" as we felt that being seen as a club took away from the fact that we are a part of the PRRBC.

**Brochure Change:** The brochure really did not depict who we are and what we do. Melodi has worked very hard to re-design the brochure to be much more inviting to the general public. She did away with the EKG and racing bike on the cover, replacing them with a senior couple on hybrid bikes. New pictures of the SCOR riders on actual rides were added as were testimonials from SCOR riders. The entire brochure was re-edited to make it less medical and much more user friendly.

Other points of discussion were sharing the responsibility of planning the rides and each member has been allocated a month when they will be responsible to find new routes. Katie Stark volunteered to be our welcoming person and will give all new members a phone call to answer any questions or concerns and invite members to come to the rides.

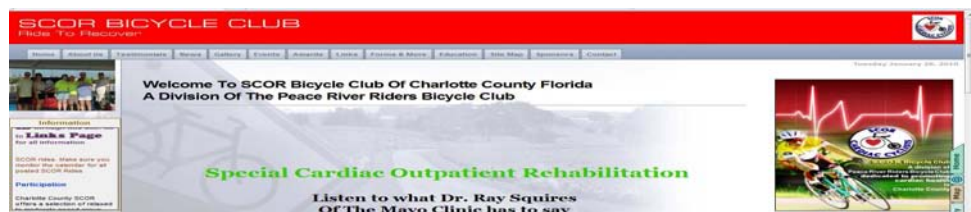
# Local Rides

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



Date & Time	Location & Ride Coordinator	Ride Pace , Miles, Drop Policy
Mondays	.....We Need Additional Rides.....	
Tuesdays	Please Let Us Know When and Where You Ride	
Wednesdays	Let's Make a Route Map and Add it to Our List - Any Monday, Tuesday, Wednesday Rides!	
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	Laishley Park at 41 Bridge Court—626-3285	Avg. 17 MPH, 40 miles, No 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
	ACME Bike Shop Karen and Earl—258-3400 or 639-2263	12-15 MPH 28 to 30 miles, No Drop
	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) Karen and Earl—258-3400 or 639-2263	17-20 MPH 50 Miles, No Drop
Sundays 8:00 AM	Gilchrist Park Oliver Pioquinto—276-8611	17-20 MPH 62 Miles, No Drop

**Please visit the SCOR website to obtain information on other Great Rides**  
<http://www.bikescor-florida->



# Ride Events

## JULY 2010

### July 10, 2010 - Punta Gorda FL - **Peace River Riders Bike Event**

#### **Wheels and Wing Ride Event**

What could be better than great supported rides (15, 32 and 50), a team event ride, a dozen wings, two drinks, A/C, a big screen with the Tour De France and of course a t-shirt? Come join the Peace River Riders for this winged-out ride event. Swing by Beef O' Bradys Restaurant in Punta Gorda, FL on July 10, 2010 at 8:00. Pre-Registration is \$20, Day of Ride is \$30 and Club Members is \$15. For additional information, check our web site: [www.peacerridersbicycleclub.com/](http://www.peacerridersbicycleclub.com/)

## OCTOBER 2010

### October 9, 2010 - Punta Gorda FL

#### **4th Annual Breast Cancer Ride**

Please mark your calendars for this "donations only" great cause bike event. This ride will begin at the Acme Bike Shop in Punta Gorda. All money stays in Charlotte County. More information will follow. If you have questions please contact Karen Freeman at 941-258-3400.

## NOVEMBER 2010

### November 14, 2010 - Punta Gorda FL

#### **1st Annual "Cranks" Giving Ride**

Mark your calendars now, for this innovated unique ride event. Plan to use your legs and bike to pedal around the town and pick-up donated items from local stores and deliver to those in need. Plans are in development and additional information will follow.

## New Members



**We welcome you to join the Peace River Riders Bike Club! You will enjoy our great rides, tons of fun as we support all types of rides. Please join us at our monthly meetings and get involved.**

**Sign up TODAY! .....we look forward to seeing you on the road!**

<u>Last Name</u>	<u>First Name</u>	<u>Date</u>
<u>New</u>		
Lanzetta	Dante	03/01
Hornbaker	Sandra	03/26
Mooney-Graves	Cora	03/29
Sherman	Rick	05/19
Caffelle	Tom	07/01
<u>Caffelle</u>	Terri	07/01
<u>Renewal</u>		
Ryan	Shawn	06/08



## Sponsors

Please follow these business's and sponsor our bike club. For a small donation your business card can be placed here and seen by all.

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## CARBON FIBER SPONSORSHIP INCLUDES:

- LINK TO SPONSOR WEBPAGE
- AD (BUSINESS CARD OR LOGO) ON PRR WEBSITE
- AD (BUSINESS CARD OR LOGO) IN PRR NEWSLETTER - BUSINESS CARD SIZE SPACE
- 2 MAJOR NEWSLETTER EVENT SPACE (EXAMPLE: STORE DISCOUNT SALE)
- NEWSLETTER RECEIPT AS CORPORATE MEMBER



## PRR Club Meeting

**WHEN:** July 13, 2010

**TIME:** 7:00 PM

**WHERE:** 514 Grace Street, Punta Gorda  
Charlotte County Health Department



The best place to park is in the large parking lot on Ann Street between Taylor Road and Cooper Street. We are located off of Cooper Street opposite Charlotte High School.

## 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 Bicyclists, Bikes Belong, and any other chosen by the Officers as worthy of our financial support.

## Club Information

### Officers

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

### Web Site:

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

### Yahoo Group (Blog and Chat)

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

### SCOR Web Site:

- <http://www.bikescor-florida-charlotte.com/>

### Facebook

- Search for Peace River Riders and SCOR, both are on Facebook.

