

The Newsletter



Photo provided by Rick Mizell; Photoshop work by Charlie Morris

Sarasota Manatee Bicycle Club

December, 2015

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Holiday Party

It's the middle of the seasons, snowbird and holiday. Tis time for the annual SMBC Holiday Party, open to Members and their guests only. Again this year, the event will be held Saturday, December 19th 6-10 PM, at the Sara Bay Country Club in Whitfield Estates. As usual, there will be dining, dancing, drinking and debauchery. Oh, I'm sorry, I was thinking of Bike Week in Daytona. Forget the debauchery.



Sara Bay Country Club



This year we will enjoy the music of Taylor & Taylor. According to their website, "Taylor & Taylor is a contemporary, variety duo whose full-time career spans three countries and over thirty years of pleasing audiences with multiple instrumentation and strong vocals. Top 40, Rock, Country and Originals...this group will entertain and keep you dancing!"...until 10 PM at any rate, at which time they will probably go to another event that is just getting started.

This year you must make your reservations on the SMBC website (SMBC.US) where you may also make your menu selection and pay in advance using a credit card. You can register yourself and guests (including others on your membership) at one time. You may always add others at a later time. You will receive email verification of your reservations. There is a room limit of 120 and as of Nov. 15th there are 72 slots left. Direct any questions about the party to [Edie Perkins](#).



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New Members Who Joined SMBC in October, 2015

Total SMBC Membership: 508

Name	City	Name	City
Janet E Baker	East Hartwick, MA	Sid Iimes	Bradenton
Sarah Kendall	Sarasota	Brooke Kernan	Sarasota
Jim Kernan	Sarasota	Kathy Fraser	Osprey
Richard G Fraser	Osprey	William Chawner	Sarasota
Bernie Gerbarg	Sarasota	Naomi Gerbarg	Sarasota
Joe Pace	Bradenton	Roxana Pech	Sarasota
Gerald C Randolph	Brandon	Richard A DeBrosse	Ruskin
Paul D Diczok	Lakewood Ranch	Carol Diczok	Lakewood Ranch
Carol English	Long Boat Key	Lawrence P English	Long Boat Key
Joan Gracyk	Bradenton	Emilie Krueger	Bradenton
Thomas R Krueger	Bradenton	Christopher Mattie	Sarasota
Lance Ness	Sarasota	Joe Pace	Bradenton
Gerald C Randolph	Brandon	Robert Slackman	Sarasota-Manatee
Marcia Calderon	Sarasota	Victor Calderon	Sarasota
Marcia Corbet	Sarasota	Scott Corbet	Sarasota
Annette Bolton	Palmetto	Chris Cringle	North Pole

Welcome all, to the pleasures of Sarasota Manatee Bicycle Club

2015 Gulf Coast Cyclefest Wrap Up

It is not too late to order a 2015 Cyclefest jersey:

[Order Cyclefest Jersey](#)

2015 Gulf Coast Cyclefest photos by Gary Wong and Paul Petrus.

84 images by **Gary Wong** and 61 images by SMBCer **Paul Petrus** are available for viewing in separate albums on the SMBC website under the **Photos** tab in the menu.

High resolution 8x10 prints of images by Gary Wong are available for purchase from **Gary Wong Photography** for \$10 per image. There is an additional \$5 fee for postage. Contact Gary at gwong52@verizon.net.

Hi resolution e-files of images suitable for printing by SMBCer Paul Petrus are available free of charge from **Paul Petrus Photography**. Contact Paul at pjpetrus@hotmail.com

Clare Mannino Powers – Sheep Whisperer

At the Hunsader Cyclefest Rest Stop, the crew was invaded by a flock of sheep who were persistent about wanting to sample the rest stop food. After repeatedly trying to fend them off, Clare identified the dominant ram and, taking his collar, led him as far way from the food tables as space permitted; the rest of flock followed and there was a sheep-free rest stop for the remainder of the morning.

2015 Cyclefest – a Postscript by David Hodgkinson

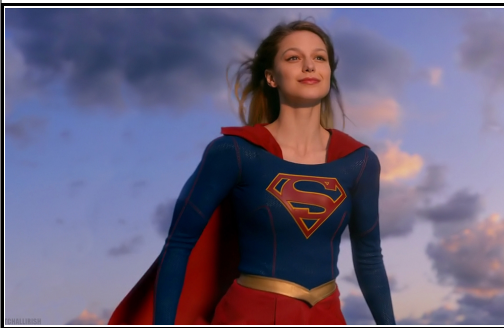
“The 2015 SMBC Gulf Coast Cyclefest was unusually hot, but very successful. Many of those who attempted to score a personal best distance suffered from the heat. There was a record high number of 639 registrants: 252 women (39%) and 387 men (61%). This is a small increase in total but a similar ratio of men to women riders as last year. The greatest change was in the way people registered. Only 25% of participants used *Active.com* this year compared with 38% last year; 51% used the new Club web site.”

[Read the rest of David's postscript](#)

A 2015 Cyclefest Century to Forget by Charlie Morris

“While waiting at the Cyclefest rest stop on Winburn Rd for the last of the century riders to pass through so we could load up the equipment and supplies, a couple dressed in matching bike jerseys rode in for their final rest stop, 20 miles from Main Street. I had seen them twice before at the two rest stops on Clark Rd. It was clear they were not having the most comfortable ride. They were quiet and soon doused themselves in ice water while reclined on broken down pieces of cardboard which once contained six gallon-jugs of water. When Rest Stop Captain **Edie Perkins** saw them prostrate and suffering, she reminded them a SAG wagon could take them back to the start – they politely refused, claiming they were okay. When I asked the woman if she had ridden a century before, she said in a voice deplete of strength, enthusiasm and volume, “Oh, yes. We have done a number of centuries...one state at a time.” and then she moved on.”

[Read...the rest of the story](#)



TV's Supergirl Rides a Bike

By **Caitlain Giddings**

November 3, 2015 *Bicycling* magazine

“Every superhero has his or her special means of getting around. Batman patrols the streets in the Batmobile. Wonder Woman bedevils air-traffic control with her invisible plane. As for Supergirl, can we suggest that her trademark mode of transportation be some sort of flying bicycle?

Melissa Benoist, star of CBS' new series *Supergirl*, already showcased her interest in two-wheeled transit when she revealed a bike tattoo on her foot during a 2013 interview on *The Late Late Show With Craig Ferguson*.”

[Check out the article & the video](#)

Weird Bicycle Shop Names

Extracted from *Atlas Obscura* list of the [ultimate map of pun-based business](#) in the US, with others added by *Bicycling Magazine*

Oh, Wheelie? - Denver, CO

King Kog - Brooklyn, NY

Outspokin' Bicycles - Columbia, SC

The Cycle Path - Cornelius, NC

Planetary Cycles - Houston, TX

Cycle Analysis - Jacksonville, OR

Bike Pedelars - Lincoln, NE

Free Cycles - Missoula, MT

CyclePath - San Mateo, CA

Bicycle Belle - Somerville, MA

Krank It Up - Tallahassee, FL

Grateful Tread Bikes - Fort Collins, Colorado

Old Spokes Home - Burlington, Vermont

Mellow Velo - Santa Fe, New Mexico

Cycling 101 Doesn't Have to be A Collision Course

Jane E Brody

September 21, 2015, *New York Times*



“Cycling as recreation, sport and transport has exploded in recent years, with continued growth likely as more locales install bike lanes and bike-share programs. But as you might expect, with that growth has come an increase in bike-related injuries.”

[Read Jane's full blog article](#)

Submitted by **Ralph Monti**

Florian Zielinski 1940 – 2015



On September 24, 2015, beloved SMBC member, Father and Husband, **Florian Zielinski**, passed away after a three-year battle with prostate cancer. His wife of one year, **Katalin Holzmann**, has written a letter to his family and friends, including his many friends in SMBC, which we are pleased to share with you in this newsletter. The 2013 biography that Kathy refers to at the end of her letter is included after her letter.

[See Kathy's letter](#)

SMBC Board of Directors Meeting – October 14

The full minutes of the meeting are accessible by Members only on the SMBC website under the **About SMBC** tab and **Board Minutes** subtab.

Of interest was the report by Membership Chair & Board Member **Maureen Boyd** that SMBC has 243 Individual Memberships and 119 Family Memberships for a total of 480 members [517 as of Nov. 15], a higher than average number of members for this time of year. Boyd also noted that since the launching of the new SMBC website, SMBC has gained an unprecedented 50 new members through the website.



Social Chair and Board Member **Tom Bridges** asked for suggestions for new Social Events, especially rides associated with an event, like the successful Big Cats ride (50 attended), rather than what he called Stomach Rides (pizza ride, hot dog ride, etc.) Several Board members made suggestions; members are welcome to make suggestions to Tom as well.

Board members **Mike Hart** and **David Hodgkinson** expressed a desire for a hard copy of the details of the regular weekly rides for distribution to bike shop customers. Guest **Charlie Morris** said he would address that issue.

By unanimous vote, the six Directors **approved** a number of Agenda items:

- Changes to the **BYLAWS**:
 - Membership will be for a one-year period from the date of joining/renewing, rather than all memberships ending on December 31.
 - Membership shall become effective upon receipt of full dues.
 - Delinquent members will be deleted from the Club roster 30 days after expiration.
 - The President and Vice President will be elected from the Board and serve for two years (rather than one year) with the Vice President normally succeed the President.
 - The Board will conduct a Budget Workshop within the first three weeks following the annual meeting.

- These changes do not need approval of the General Membership. The new BYLAWS will be posted on the website.
- A minor change to the **Articles of Incorporation** to “hold a meeting for the election of members of the Board in January each year.” This change must be approved by the General Membership. The process to get this vote is under development.
- A **Memorial Ride Policy** drafted by Board Member **Tom Bridges**. On the 1st Saturday of March each year, the *Empty Saddles Ride* will proceed from Lakewood Ranch to Jiggs Landing, headed by a bicycle adorned with flowers. The ceremony at Jiggs will include the entering of names of members that passed in the previous 12 months in the *Empty Saddles Registration* and the reading aloud of all members names in the book. Current Members will be solicited for the names of previous members who passed prior to 2015 to be included in the book. There is no time limit on when former members passed.
- Pay a one-time fee of \$400 to allow members to download and print a Membership Card from the website. The fee, in part, is to reimburse two other bicycle clubs for their initial investment in the software. [This is now active on the website. See Navigating the Website item in this newsletter.]

By unanimous vote, the six Directors **rejected** a proposal to purchase the ability to log the mileage of members.

Other items discussed and tabled were:

- a motion to purchase Club logo decals
- review of the short and long term goals suggestions by non-board members

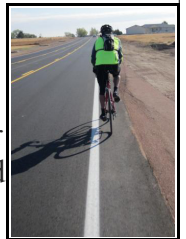
Riding Two Abreast [Florida Statutes 316.2065(6)]

“Cyclist may not ride more than two abreast *except* [emphasis by editor] on paths or parts of roadways set aside for the exclusive use of bicycles. Persons riding two abreast may not impede traffic when traveling at less than the normal speed of traffic and shall ride within a single lane.”



This means that if there is a bike lane present you must ride in it, except to pass, avoid hazards or blockages. Otherwise, you are not to ride left of the line that distinguishes the traffic lane from the bike lane. Bicycle lanes are typically 4 to 6 feet wide and marked with the familiar bicycle icon. The regularity of the placement of the icons is highly variable among roads and DOT policies. Note that bike lanes are one-way lanes.

On many roads there may be paved areas to the right of the traffic-lane-delimiting line which do not have a bicycle icon (see photo to right). These are not bike lanes, they are paved shoulders and are often much narrower than bike lanes. You are not required to ride on a paved shoulder. However, many motorists probably think you are. While it is desirable to stay out of the traffic lane, do not ride on a paved shoulder which is too narrow for you to ride comfortably. Honore Ave between University Parkway and Lockwood Ridge Rd has sections which have a bike lane and sections which have paved shoulders. It is not always obvious which is which.



The wide paved area to the right of some highways (see photo to the left), such as US 301, are breakdown lanes, not bike lanes, unless so marked with the bike icon. However, you may ride in the breakdown lane as long as there is no signage indicating travel is prohibited in the breakdown lane.

Regardless of the road or lane you are in, Florida State Law says you should ride as far to the right as possible. The more room you put between yourself and vehicular traffic, the happier and safer you will be.

One more item: sidewalks. Where not prohibited by signage, cyclists may ride on sidewalks, which are not one-way, but they must yield to pedestrians. The smart cyclist will warn pedestrians of their approach from the rear, but be very

cautious if they do not respond to your warning as many pedestrians do not become aware of you until you pass. An audible warning device is required on all bicycles riding on Long Boat Key.

Bicycle Stuff Exchange

1. Wheels for sale: Shimano Ultegra WH-6800 Road Bike Wheel Set. 2-Way Fit: Tubeless or Clincher. 4,000 miles. One year old. \$370 to \$550 new, asking \$250. [Charlie Morris](#) - [Video about the WH-6800 wheel set](#)
2. For Sale: [Clcle Ops](#), indoor ride trainer. Like new, \$125. Retail \$350. **Rick Myerburg**, 941-923-7205 rsm1945@earthlink.net
3. For Sale: 58 cm 2001 Fuji Team, hand-built aluminum frame, Reynolds carbon fiber fork, Time carbon fiber seat stays. Shimano Dura Ace components, Mavic Kysarium wheels, Speed Play Ti Frog pedals. Asking \$1100. **Art Wester** 201-220-9185, artw0125@gmail.com. The bike is located in Sarasota.
4. For Sale: Scott CR-1 Pro road bike, red and black, all carbon. Components Shimano gray Ultegra. Compact gearing with Mavic Ksynium Elite wheels. M54 frame with Specialized Armadillo tires. Cyclometer included. Mint condition, only \$1,995. Call: **Jeff** [410 322 6737](tel:4103226737).
5. For Sale: Specialized Dolce Elite Women's Bicycle. Electric blue. Very good condition; regularly maintained. Features: Drop Handlebars, Gator Hardskin tires, computer, new seat, platform pedals, brake extenders. Size: Small, for person 5'2"-5'3", 34" high, 18" from front of seat to handlebars. \$375.00. Contact **Susan Shucker** at [941-706-3383](tel:941-706-3383), or sshucker@hotmail.com.
6. GOING OUT OF RIDING SALE: I am no longer able to ride so selling bikes, tools, repair stand, storage stand, etc. The bikes are a men's Motobecane flat bar road bike, a men's Trek 7500 hybrid with drop bars, and a women's Giant Cypress hybrid. I have a repair stand and a wall leaning two bike rack. Also included in the sale are: bike tools, a road wheelset, Ultegra road brake/shift levers, chainrings, derailleurs, and assorted parts. The sale will be held at 3815 72nd Avenue East, Sarasota 34243 on Friday 20 November from 3:00 to 5:00. For more information call **Karl Henderson** 941-360-0612.

San Francisco May Let Bicyclists Yield at Stop Signs

By **Laura M Holson**



“SAN FRANCISCO — Hundreds of defiant bicyclists lined up single file here in July to protest, halting car traffic in a [one-mile zigzag of streets known as the Wiggle](#) that is popular among riders. Motorists honked and heckled during their stalled evening commute, as cyclists crept along to make their point: that they want the common practice of treating stop signs as yield signs — rolling through them slowly and coming to a stop only if necessary — to be legalized, for practical reasons.”

[Read the enire article](#)

Submitted by **Carol Moehrke**

Five Things You Should Know About Tire Pressure

by Joe Lindsey
October 15, 2015 *Bicycling*



“Given how much cyclists think about things like upgrades, it’s amazing how easily we miss one simple and free way to improve how our bikes ride: getting the right tire pressure. Tire pressure is surprisingly complex, in that it’s affected by everything from your rim width to how much you brake on descents. But it’s also pretty simple: Because it’s free, you can experiment with it almost endlessly. Here are five things you need to know about tire pressure.”

[Read Joe's article](#)

Mayors Speak Up: Great Biking Means Great Cities



Photo by *Politico* magazine

[The Video](#)

Will Sunglasses Replace Your Bike Computer?

By Joe Lindsey

September 17, 2015 *Bicycling*

New heads-up displays pack a computer and camera into a pair of shades. There are three options for the latest in computer technology for cyclists: **Recon Instrument**, **Everysight** and **Kopin**. Take a look at Joe's evaluation and experiences at INTERBIKE 2015. [Read Joe's article](#)



Photo by Joe Lindsey

Joseph Elmer, “Call me El,” Parent

A Member's Biography by **Charlie Morris**



“SMBC is full of maniacs but there is none more endearing than long-time member **El Parent**. Before you jump on me for deriding El, let me explain that El was born in Hamlin, Maine and that makes him proud to be called a Maniac.

El has been an SMBCer since 2001, less than one year after he stopped riding his Huffy around Pleasant Lakes MHP in Bradenton and bought a Raleigh hybrid so he could pick up his speed. He eventually decided he wanted to ride in the roads but was a bit put off by the narrow tires on road bikes. So, for safety reasons, he opted to go recumbent. He tried a RANS but soon moved up to his current Tour Easy on which he has put 36K miles.”

[Read El's full story](#)

Navigating the New Club Website

Part 3

Website Content Access – The website has two views, one for members and one for non-members. When you first get on the website you are in the non-member or public view. To access additional information on the website that is only available to members, you must login by clicking the **Member Login** link at the top right of the site home page. If you have never logged into the website as a member you may be asked for the password which was sent to older members in August and to newer members once their membership application has been accepted. If you have misplaced your password email or forgotten it, please email [Charlie Morris](#) and he will have ClubExpress (the website hosting service) send you a new password. No one else will know your password and you can change it once you are logged in.

Finding Rides on the Website – At the suggestions by **Clare Mannino Powers** and **Edie Perkins**, the home page has been modified to make it easier and more intuitive to find upcoming rides and the Club Ride & Events Calendar. The first line on the website now has, from left to right, a list of **Upcoming Bicycle Rides** (with links to the ride details). In the center is a link to the **SMBC Calendar of Activities** and on the right is a list of **Upcoming Special Events** with links to the details.

Hard Copies of the Ride Schedule – For those who want a hard copy of the ride schedule, the default options on the website are not exactly what people want. When you first bring up the **Ride & Events Calendar**, it is in **Grid View**. Below and to the right edge of the grid view is a printer icon and “[Print Calendar](#)” link. This print out gives the same information shown in the grid view. You also have the option of printing the calendar in a List. To do that you must click the “Switch to List view” button above and to the left of the calendar. However, the information on the printout is the same as that on the Grid view.

At the requests of **Mike Hart** and **David Hodgkinson**, we have developed two printable pages that provide more detailed information about the rides, similar to the ride schedules in the old *Rough Drafts*. One document, *Sarasota Manatee Bicycle Club Ongoing Regular Rides*, is a detailed list of the regular weekly rides that includes ride-start address, ride leader and contact information. The companion document, *Ride Start Locations*, gives the address and directions to the ride starts. Both documents are available for viewing and printing under the **Rides** menu tab at the top of all pages on the website.

Get a Membership Card – Hard copy and virtual membership cards are now available. Login as a member on the website and get the directions under the **Membership** tab on the menu and then the **Print Membership Card** subtab.

Bicycle Stuff Exchange – There is now a page on the website listing items for sale, trade or giveaway by SMBC members. Access the list by clicking on the **News** tab on the menu and then **Bicycle Stuff Exchange** subtab. All members are invited to submit items for sale, trade or giveaway to [Newsletter Editor](#).

You Too Can Improve the Website – Please email Charlie Morris, call him at 941-330-6375 or catch up with him on a ride to share your ideas on how we can make the website more valuable and easier to use by you, other members and visitors.

Ever Changing – The new website is changed and updated almost every day with new features and information.

2016 Southwest Florida Tour de Cure

Sunday, April 10, 2016 at Lakewood Ranch, Main Street



If you are interested in helping Stop Diabetes and raise critical funds for diabetes research, education and advocacy, Tour de Cure is a great event for you. Please go to the following web site:

diabetes.org/swfloridatour

For riding, press Join A Team. Our team is the Sarasota Manatee Riders. This is the fourth annual ride for our team. Team members ride the 35, 62 or 100-mile route in Lakewood Ranch.

If contributing, press Donate. You may contribute to any person on the Sarasota Manatee Riders. We had ten team members last year so we hope to have as many riders this year.

For riding, it costs \$15 to register. The American Diabetes Association wants participants to raise a minimum of \$200. Thank you for your support to Stop Diabetes.

Jim Hoseth, Team Captain, jahoseth@gmail.com, 941-312-4954



*SMBCers Jim
Hoseth & Tom &
Barit Roberts*

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Items for *The Newsletter*: Members and non-members are encouraged to email bicycle-related items to be considered for publication in *The Newsletter* at any time to any member of *The Newsletter* Editorial Committee: [Charlie Morris](#), [Carol Moehrke](#), [Ralph Monti](#), [Nancy Janus](#) or [El Parent](#).

Disclaimer: Consult your physician and follow all equipment safety instruction before beginning any training program or using any gear or equipment discussed in *The Newsletter* or on *SMBC.us*. Consult your physician or dietitian before beginning any diet or consuming any product discussed in *The Newsletter* or on *SMBC.us*. No medical, health, legal or other information discussed in *The Newsletter* or on *SMBC.us* is intended to be, nor should be construed as “medical advice” or “legal advice.” Consult your physician or attorney to discuss the specifics of any issue you might have.

FLORIAN ZIELINSKI

May 13, 1940 - September 24, 2015

Dear friends and family,

As many of you already know, Florian passed away on Sept 24. After his prostate cancer was diagnosed in June of 2012, our life here in Sarasota continued to be mostly happy and rewarding almost to the end. When we married in August 2014 we were still hopeful that chemotherapy or other medical interventions would slow the progress of this disease. But Florian suffered from an aggressive form that thwarted all treatments and he became progressively weaker during 2015. By August, the cancer had metastasized to his bones and September tests showed invasion into the brain. Hospice care lasted only two weeks before he succumbed.

No need to tell you how deeply I feel the loss of this unique and most marvelous man. His generosity, good humor, dignity and warmth extended to all who knew him. I am grateful to have shared 15 wonderful years of my life with him. We woke up every morning telling each other "I'm so glad you're here." I always meant it and so did he.

Now that he is not here, I intend to focus on the many happy times we shared. In Sarasota we found a welcoming community, making us feel at home almost as soon as we arrived. Our days were filled with many pleasures and activities, from simple meals at home to the walks and bike rides in the beautiful surroundings.

Sarasota offered a bounty of exciting and rewarding experiences. We danced away at Payne Park, Sarasota Y, the Friendship Center, the St. Pete Polish Club, American Legion, the Shriners, line dancing the Meadows, just to name a few. We volunteered at the Asolo Theatre and the Sarasota Opera, attended many concerts and jazz events, enjoyed programs at the Ringling Museum and Selby Gardens, joined a local community garden, and traveled extensively in the US, Canada and Europe.

Many of you shared these pleasures with us. Because most of all, we treasured these friendships. I will not even try to name all those who have enriched our lives here, visited us in Sarasota and continue to help me through this challenging time.

Florian found such joy with his membership in the Sarasota Manatee Bicycle Club, where he was a ride leader and participated in many of their events. Thanks to that group, we were accepted into a close circle of delightful friends who truly loved Florian and remain a source of support and comfort for me.

I also want to acknowledge those in the dancing community who delighted us with their friendship and joined us in the dance. Neighbors in the Meadows and Laurel Lakes, the two communities where we have resided, have reached out to us and made us feel loved.

We tried our best, with regular visits up north, to keep up with those we sadly left behind in New York, New Jersey, Maryland, New Hampshire, Canada and Virginia. I hope you will stay in touch with me. Thank you all from the bottom to the top of my heart.

As to Florian's earlier life and career, an article featuring him in the Sarasota-Manatee Bicycle Club magazine in 2013 captures the details better than I could. See below.

Katalin Holzmann



Sarasota Manatee Bicycle Club

Florian Zielinski

Ride Leader



"What's in a name?", Shakespeare's Juliet spoketh. Well, in Florian Zielinski's case, quite a bit. Florian was a Roman Commander of Noricum (now part of Austria) who refused to persecute the Christians according to Roman Law and was to be burned at the stake. When he said he would ride the flames to heaven, they drowned him instead. He was canonized as St. Florian and is the patron saint of firefighters, chimney sweeps and soap boilers among others. The International Association of Firefighters and other firefighter organizations use the St. Florian cross as their logo (See graphics at top-left). What about that name Zielinski? It is the eighth most popular surname in Poland, and it means Green or Herb. Okay, I'm done with the onomastics.

Florian is a product of Buffalo, NY. Born, raised and educated through a PhD at SUNY Buffalo, focusing on hot-atom chemistry, i.e., "The study of the chemical reactions that occur between high-energy atoms and ions and (usually) thermal-energy atoms, molecules, ions, and radicals. Studies involve atoms and ions that are produced photochemically, by velocity selection as in atomic-beam studies, as well as by nuclear processes." Folks, this is not rocket science...it's more difficult than that. Okay, are you ready for me to go back to onomastics? Maybe later.

His research career at several university medical schools, including SUNY-Buffalo, UC-Davis, UCLA and Loma Linda, used chemical, pharmaceutical and nuclear concepts to develop radioactive drugs for *in-vivo* imaging. He also used radioactive microspheres for treating lung, tongue and liver cancers. Florian spent six years at Alliance Pharmaceutical in San Diego working on a temporary blood substitute for trauma patients. His duties required him to oversee production of key fluorocarbon ingredients manufactured at two plants in Japan and two plants in France so, guess what, he traveled extensively to those two countries, poor guy. Tiring of the travel, Florian spent the last 11 professional years at the US Food and Drug Administration in DC evaluating the chemistry, manufacturing, control and environmental impacts of new human drugs.

"I blended my heart and life with Katalin Holtzmann in 2002."

so sayeth Florian, not Shakespeare this time. The two met at a dance hall in Maryland and continue to enjoy dancing as well as theater, organic vegetable gardening, ushering at the Sarasota Opera and Asolo Rep's Mertz Theater, and volunteering as needed for Cyclefest.

In 2000, Florian returned to Buffalo for a HS reunion and met up with an old baseball chum whom he had not seen in 43 years. Michael invited Florian and Kathy to visit his winter home in the Meadows. In 2004, Florian and Kathy also became Meadow's snowbirds. In 2009, Florian added a "d" and an "i" to the middle of his name and became a Floridian, as did Kathy.

Florian joined SMBC as a D rider in 2009. He led the East Sarasota C ride from 2011 until, in 2012, he was struck with Giant Cell Arteritis (GCA) (note: not arthritis) which primarily affects the aorta and arteries of the head, and can lead to blindness. It took 17 days and a lot of tests before Florian's hero, Dr. Joe Kelley of the Intercoastal Medical Group made the diagnosis. GCA is more common in people of northern European descent who are over 70. Bingo! Florian. A positive outcome of the pre-diagnosis tests was that Florian had undiagnosed prostate cancer which resulted in surgery and follow-up treatment.

These diseases kept Florian off his bike for eight months but he has returned to his C-pace riding and ride-leading. Join him starting Saturday, October 26 at the Publix at the east end of Bee Ridge.

Florian's advice to riders:

"Don't cross your front wheel with the rear wheel in front of you."

Charlie Morris, October 14, 2013

Joseph Elmer, “call me El,” Parent

By Charlie Morris

SMBC is full of maniacs but there is none more endearing than long-time member **El Parent**. Before you jump on me for deriding El, let me explain that El was born in Hamlin, Maine and that makes him proud to be called a Maniac.

El has been an SMBCer since 2001, less than one year after he stopped riding his Huffy around Pleasant Lakes MHP in Bradenton and bought a Raleigh hybrid so he could pick up his speed. He eventually decided he wanted to ride in the roads but was a bit put off by the narrow tires on road bikes. So, for safety reasons, he opted to go recumbent. He tried a RANS but soon moved up to his current Tour Easy on which he has put 36K miles.



But, wait! “Why did you start riding?” I asked. “To stay alive.” In 2000, El had a heart attack and received a quintuple bypass and a heart valve replacement. He had retired in 1994 at age 56, partly motivated by a family history of heart disease and premature deaths. After heart surgery he found the secret to a longer life...cycling! He truly feels that SMBC has prolonged his life. He is the longest-lived male direct paternal descendant since his great grandfather.

El started riding seriously after joining the Club. First he rode with **Rob Harlan** and **Susan Lowy's** Lunch Bunch, then with former SMBC President **Tony Renkert** on the Tuesday/Thursday Ellenton rides. As the number of rides in Sarasota increased, he started riding in Sarasota and, along with **Colin Horn**, started the highly successful Wednesday ride that now has four or five speed groups and departs from the LWR Publix.

Over the years, El has ridden a couple of bike-barge rides between Amsterdam and Brussels, the C&O Canal trail, the Virginia Creeper Trail, the Katy Trail in MO, and, with SMBCers, the Natches Trace and, for five years, did the two annual Sebring rides. The Sebring experiences stand out as his favorite along with riding 70 miles on a Club ride on the Withlacoochie on his 70th birthday.

In addition to starting the Wednesday ride, El has been very active in SMBC. He served as a ride leader, first for the C group and then the D's. He served two years on the Board of Directors and was active on the first Club Social Committee. He volunteered several years for Cyclefest, planning and marking routes, working the lunch line and, on one occasion, being in charge of fire ant suppression at the ride base site. He and wife Sandy also hosted a Cyclefest rest stop at their home, as well as a food stop on the very popular but long-forgotten Progressive Breakfast Ride. There's an idea for the Social Committee to consider. For the past three years El has been Co-coordinator for the SMBC Adopt-A-Road program that cleans up Whitfield Ave. four times a year.

Another role El has played to the benefit of SMBC was as unofficial greeter to new members and guests to club rides. For many members, El was their welcomer. In fact, El was one of the first members I met. It was at the old Saturday Target-on-Fruitville ride (now the East Sarasota ride) where he greeted me with a handshake and an offer of a Southeast Guide Dogs tee shirt. I thought that was a strange welcoming gift to a bike ride but then again I didn't really know El yet.

In the past year and a half El has had two major surgeries. He had a second heart-valve replacement which brought back his energy and enthusiasm for cycling. The second was a total hip replacement from which he is about to rebound again. Watch out mount Linger Lodge!

At his peak, El rode over 5,000 miles a year and five days a week. Since 2001, he has ridden 39K miles and for now his bucket list is to make 40K. I told him with the new valve and new hip, he may want to increase that goal. You know what they say about setting your goals too low; once achieved, you start to back off.

Going back to the beginning: El moved from Maine to New Hampshire and spent most of his youth in Franco-American communities in New England. He attended a Catholic elementary school where half the day was taught in French and half was taught in English. After high school, El attended then-Plymouth State College but his higher education was postponed until after a tour of duty in the Army. To avoid the draft and the infantry, he volunteered so

he could select what he wanted to do in the service. As a medic he chose social work thinking he would write letters and care for soldiers with mental health issues. He was on active duty from '59 to '62 and discharged in '65 after having served at Ft. Benning, GA, Ft. Sam Houston, TX and Ft. Monmouth, NJ. He makes the point that he attained Marksman status so, "Don't piss me off!" I try not to.

After active duty, El returned to Plymouth State and graduated in 1963. He continued his social work career at Danvers, MA State Hospital. It was there that he met, and in 1965 married, Sandy Blake. The wedding took place in the Danvers State Hospital chapel with their chronic psychiatric patients in attendance. There seems to be more to this maniac moniker than I originally thought. After Danvers, El moved on to Boston College where he earned his MSW degree, after which he worked at the VA hospital in Bedford, MA for 27 years before retirement. His VA work was in psychiatry. He was affiliated with four Boston area graduate schools of social work as a clinical instructor overseeing field work and doing case work, psychotherapy, and group therapy. Oh, yes, he has many interesting stories about those days.

After retirement in 1994, the Parents became RVers and snowbirds until 2002. They were looking for the perfect blend of warm weather, clean RV park bathrooms and interesting people. During that time they were summering four months in a townhouse in Hampton Beach, NH and wintering eight months in Pleasant Lake RV Park in Bradenton. They soon realized the error of their ways and moved full-time to River Club.

Besides biking, El enjoyed golf, hunting and fishing in the past. In retirement he volunteered in the Manatee County Master Gardener Program, then the Salvation Army, One Stop, and Bicycles for the Homeless where he served on the Board. He also enjoys reading historical fiction, listening to classical and country music, watching movies on free DVDs from the library, going to French conversation groups and attending The Socrates Cafe. El says he was never much of an athlete because as a youth he worked from the age of 12. He does say, however, that he thinks he may have been good at track because on his way to Catholic school he had to run past the public school to avoid...the maniacs.

SMBC Gulf Coast Cyclefest 2015 – a Postscript

by **David Hodgkinson**, Event Director

The 2015 SMBC Gulf Coast Cyclefest was unusually hot, but very successful. Many of those who attempted to score a personal best distance suffered from the heat. There was a record high number of 639 registrants: 252 women (39%) and 387 men (61%). This is a small increase in total but a similar ratio of men to women riders as last year. The greatest change was in the way people registered. Only 25% of participants used *Active.com* compared with 38% last year; 51% used the new Club web site.

We cannot be sure of the actual routes people rode on the day but we do know what they intended to do: 100 miles, 125 (20%); 62 miles, 230 (36%); 35 miles, 206 (33%) and 20 miles, 71 (11%). The biggest change was the increase of 100 milers compared with previous years.

This was our 41st consecutive Cyclefest; the first was run the year the Club was founded in 1974. For the first few years you either rode 100 miles or nothing at all. This year, again, we offered a choice of four routes, all of which we intended to be the same as last year. However, since the Myakka River State Park Manager was concerned about the deterioration of the road through the Park, that part of the century was rerouted

We take great care to assess the risks and to ensure personal safety. We know of no reportable incidents and that is quite remarkable. Everyone I spoke with enjoyed the event: the rides, the company, the street party and the food. The only complaint I heard was that the early returnees so liked the food that they ate too much and did not leave enough for the last of the century riders.

Since we plan to do it all again next year we surveyed participants about their experience. The greatest concern seems to be the use of main roads and the increases in traffic. We will try to find alternative routes for next year if we can. Over the next few weeks we will identify the improvements we can make for next year. Our success is a tribute to all those club members who planned and worked to make it a great day. Thank you!

Cyclefest 2016 will be on Sunday, November 6th. Note it on your 2016 calendar now. Thanks again to all who worked and/or rode. See you next year.

A Bicycle Century to Forget

by **Charlie Morris**

While waiting at the Cyclefest rest stop on Winburn Rd for the last of the century riders to pass through so we could load up the equipment and supplies, a couple dressed in matching bike jerseys rode in for their final rest, 20 miles from Main Street. I had seen them twice before at the two rest stops on Clark Rd. It was clear they were not having the most comfortable ride. They were quiet and soon doused themselves in ice water while reclined on broken down pieces of cardboard which once contained six gallon jugs of water. When Rest Stop Captain **Edie Perkins** saw them prostrate and suffering, she reminded them a SAG wagon could take them back to the start – they politely refused, claiming they were okay. When I asked the woman if she had ridden a century before, she said in a voice depleted of strength, enthusiasm and volume, “Oh, yes. We have done a number of centuries...one state at a time.” and then she moved on. That left me puzzled and wondering if she was serious or vocalizing a heat-induced fantasy. As they rode off I thought, I'm glad that is not me. Then I remembered my first century 20 years ago. I suddenly got it. There is no stopping a motivated cyclist determined to make it to the end of a ride unassisted.

Fast forward. The tail-enders pull into Main Street, followed closely by SAG driver **Simon Oliver** who had escorted them the final miles. They passed under the Finish Line to the welcoming cheers and shouts of volunteers and bystanders, as if they were the leaders of the victory march in Verdi's Aida – it was a bit humbling. The ride was over and they quickly took a seated position on the sidewalk where they were approached by SMBC President **Bud Gaunce** who inquired about their health. Once he was assured all was well, the conversation shifted to...the rest of the story.

The couple turned out to be **Nancy** and **Brad Schrader** from Chatham, NJ – no relation to the tire stem. They had flown down for four days specifically to do the Cyclefest century. This was not the first time they had made such a short journey to do a century. The comment Nancy made to me at the rest stop was, in fact, a truth not a heat-induced fantasy. Her dream is to do a century in every state before she is 75, a 10-year goal. Cyclefest was their 16th. They have ridden centuries in, in chronological order: NY, NJ, MD, DE, VA, PA, VT, MS, AZ, CA, OR, TX, WA and FL. They have ridden more than one century in some states. So far this year they have ridden eight centuries and plan to redo CA, where three of their children live, before the end of the year; nine in all for 2015.

Nancy & Brad were fixed up by their dating roommates during their senior years at Wheaton College and MIT, respectively. After their graduations, they married and Brad attended Harvard Business School while Nancy became the Administrative Assistant for an inventor at MIT. As a couple they have lived and worked in Munich, Germany and, since 1990, New Jersey. They have traveled the world and are now content to see the US...one state at a time.



Brad & Nancy Schrader

Nancy rode in high school and in Europe following high school, but not during her college years. After a couple of bike trips with Brad, life happened: several moves, four kids, depression and obesity after she quit riding. After Nancy couldn't walk or hike, she had a hip replacement in 2008. Then, in 2011, their son gave them the TD Five Boro Bike Tour in NYC. She “almost died, but loved it!” It was the game changer. The dream to ride a century in every state began. After Nancy had her second hip replaced in 2011 she began riding extensively again during the summers, often in Chautauqua in western NY's Amish country. She rides 25 to 35 miles most summer days, often with a ladies “Chew & Chat” group but others as well. In 10 years Nancy lost nearly 100 pounds.

What about Brad? Yes, he rides the centuries with Nancy but he is not the addict she is. If they ride a second century in a state, Brad calls it a “wild card,” meaning he can use it to count as a century in another state. Not so for Nancy. When Nancy finds their next century on the Internet, they make an agreement: Brad will ride with Nancy as long as she lets him pick the restaurants. It's their “bike & bottle” agreement. So far for 2016,

Nancy has picked out centuries in four states: the Annual Horsey Hundred in Kentucky, the Maine Lighthouse Ride, the Old Howard 100 Bike Ride in Alabama and the Moonshadows in Moab ride in Utah.

Some of the rides are gifts from the kids, like the Five Boro Ride in NYC. Sometimes the kids will ride with mom and dad, but not often. On one special occasion the six Schraders rode together around Lake Louise in Alberta, Canada. When riding in Nova Scotia in 1979, Nancy was five months pregnant with first born Robbins. They ended up camping on private land and the land owner not only opened her house to them, she made a quilt for the new baby. It was covered in Robins. Nancy continued to correspond with **Josey MacDonald** until her death in 1985. In addition to son Robbins in 1980, Nancy and Brad became parents to twins: daughter Corbin and son Whitney in 1981, and son Logan in 1987.

On their century rides, the Schraders always wear the jerseys their kids gave them for their 40th wedding anniversary. On the front it says "Married for 40 years...and counting," on the back it reads "What a ride." It is always an attention-getter. It got mine on Cyclefest 2015.

"Now you know the rest of the story. Paul Harvey...good day!"