



the Pedaler



January
February
2011

In This Issue:

Feature/Editorial	1
Upcoming Rides & Events	2
Local Ride Schedule	3
Reflections	4
Treasurer's Report	4
PABA People	5
Membership Form Application	6 Back

The next issue of the Pedaler will always be available on the web site the last week in February, April, June, August, October & December of the current year.

For general PABA information: www.polkbiking.com

Somehow, not only for
Christmas,
But all the long year
through,
The joy that you give to
others,
Is the joy that comes back
to you.
And the more you spend in
blessing,
The poor and lonely and
sad,
The more of your heart's
possessing,
Returns to you glad.
- John Greenleaf Whittier

Holiday Greetings! . . . celebrate each day. I'm not a superstitious person but I firmly believe that not doing a bicycle ride, if only a short one of a few miles on New Year's Day is a bad omen for the new season. It is also bad luck to not attend the annual after-Christmas party and annual meeting.

The best way to assure good luck & prosperity for 2011 is to do the annual **Bill Carey Memorial Ride** on January 1, 2011 and to attend the **Annual PABA Christmas Party** on January 8, 2011.

Both events come at the end of the holiday season and the beginning of the year. The ride is bound to be an adventure. If the weather is great, as it usually is on New Year's Day in Florida, you're back in the wonderful days of the height of the season. If the weather's challenging, you can be one of the few and the brave that actually rides, and be full of satisfaction that you started the year out right.

The After-Christmas party is always fun and the food and fellowship is fantastic. And, again, you will have the satisfaction of knowing you started the year out right by supporting the club.

Of course there'll be food at both the events. That's always true when two or more cyclists are gathered in the name of the sport. On the bike ride, there are lots of places to eat at the start and finish, and your fellow riders will be at some local spots - join them! Start the year right and bring some left-over Christmas goodies to share before and after the ride.

The **Christmas party** is always a feast. Bring a covered dish to share, register for the door prizes, and put in your two-cents worth at the annual meeting. New officers will be elected, out-going officers will be honored, and plans for 2011 will be discussed.

And if you do come to one or both of these PABA events, bring a big thank-you for all the PABA people who arranged and organized the PABA rides and events in 2010.

Finally, a few good wishes for all club members as we begin the New Year:

1. **Be an ambassador for cycling** — watch your road and off-road manners.
2. **Practice missionary zeal.** Bring one non-cyclist "into the fold" every year.
3. **Support your cycling club.** They're the "fount" of our cycling culture. There's power in numbers. Be counted. Volunteer. Put your name on, and your time into, at least one cycling related event next year. A ride, a tour, a race, a board, a cleanup. Be proactive. There are lots of opportunities. Don't wait to be asked. Volunteers make it all happen. There is tremendous satisfaction in helping further a cause. If you just ride, you're a "limp stoker."
4. **Shop at local bike shops.** Support your local cycling merchants. They're part of the culture. Catalogs, both in paper and on-line, are pretty but they don't keep the local cycling community together the way that local merchants do.

Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time. Call up a forgotten friend. Drop an old grudge, and replace it with some pleasant memories. Vow not to make a promise you don't think you can keep. Walk tall, and smile more. You'll look ten years younger. Don't be afraid to say, 'I love you'. Say it again. They are the sweetest words in the world.

Have a great, safe biking season in 2011! Carol Stewart

Florida Upcoming Events and Rides

President Richard Fansler
(863) 688-7303

Vice-President Don Stewart
(863) 688-0147

Secretary Ellen Bower
(813) 951-8537

Treasurer Barbara Kelly
(863) 646-6569

Officers

Board Members At-Large

Nelda Clark ((863) 644-9252)

Bob Markisello (863) 216-4143

Dennis Blackburn (863) 325-9778

Advisors/Archivist

Doug McCutcheon 863) 439-5005

Web Master Emeritus

Willie Quarles (863) 646-0752

Editor

Carol Stewart (863) 688-0147

Polk Area Bicycling Association, Inc. is a not for profit group organized under the Laws of the State of Florida, November 1980. As of April, 2010, the **Pedaler** is distributed as follows:

Paid Memberships	88
Bicycle Shops	4
Bicycle Clubs	8
Other Organizations	9

Submission of articles, photographs, etc. to the Pedaler: Proposed rides may be submitted by mail, phone or Internet. List starting point, destination, approximate speed and distance, restaurant or other sort of sustenance (including convenience stores or bring your own stuff), and the name and phone number of the ride leader. Indicate if maps are available. Items of length may be submitted on CD or via email in ASCII (text format) or Microsoft Word. Formatting and editing for articles will be handled by the editor. Publication of articles submitted on paper may be delayed for transcription. Announcements, suggestions or comments may be submitted on paper or by telephone or email. **the Pedaler** is composed using Microsoft® Office Publisher 2007

Polk Area Bicycling Association
P. O. Box 2672
Lakeland, FL 33806-2672

Contact information and contact form at:
www.polkbiking.com



2011 - Saturday - Bill Carey Memorial New Year's Day Ride - 8:00 A.M. Auburndale City Park on the TECO & Van Fleet Trails. Start the New Year with a PABA tradition. The ride is 35-62 miles at your own pace on the trails.
Contact: Eric Hoyer-647-9887

Rides appearing on this summary list have dates that have been announced by the organizers or otherwise published. More details appear in the monthly listings, along with rides that occurred last year but have not yet been announced for this year.

January 2011

8 (Sat) *Alachua FL Tour de Felasco*

9 (Sun) *Boca Raton FL Boca Tour*

15 (Sat) *Gainesville FL Gainesville 200K*

15 (Sat) *Plant City FL Plant City Cyclefest*

23 (Sun) *Gainesville FL Battle of Olustee*

23 (Sun) *Orlando FL Tour de Orlando*

The Florida Bicycle Touring Calendar URL is: <http://www.floridabicycle.org/fbtc/>

Check the website for updates, registration, and information about these rides.

February 2011

5 (Sat) *Gainesville FL Brevet Series North: 300 km*

12-13 *White Springs FL Suwannee Sweet-heart Cycling Weekend*

13 (Sun) *Boca Raton FL Boca Tour*

19-20 *Sebring FL Bike Sebring 12/24 Hours*

19 (Sat) *Hastings Flagler Estates FL Country Cruise*

19 (Sat) *Palm Harbor, FL Ride4theAnimals*

27 (Sun) *West Palm Beach FL Pedal for PAL*

*** RAGBRAI XXXIX - July 24-30, 2011 - Do something different in 2011! ***

RAGBRAI, **The Register's Annual Great Bicycle Ride Across Iowa**, is an annual seven-day bicycle ride across the state. Heading into its 39th year, RAGBRAI is the oldest, largest and longest bicycle touring event in the world. This rolling celebration of Iowa attracts participants from all 50 states and many foreign countries. It has covered thousands of miles through the years, and hundreds of thousands of riders have hopped in the saddle to pedal part of those miles. The RAGBRAI route averages 472 miles and is not necessarily flat. It begins somewhere along Iowa's western border on the Missouri River and ends along the eastern border on the Mississippi River. For information and registration: www.ragbrai.com. Registration is limited and the deadline is Feb. 15 for mail-in.

The Weekday and Monday Evening Rides are not PABA sanctioned rides and have no affiliation with the Polk Area Bicycling Association.

Weekday Rides — Lakeland

Morning rides leave from the **Southgate Shopping Plaza** on South Florida Ave. The rides take place on *most* Monday, Wednesday and Friday mornings. The ride direction is determined at the start of the ride. *January/February* Start is: **7:30 A.M.** Call Richard : 863-688-7303

Monday Evening Rides — Lakeland


Join the *Weekend Recovery Ride*, a slow-paced ride around serene Lake Hollingsworth. All skill levels, all riders are Welcome. Rides leave from **Bent's Bicycle** at **6:00 P.M.** with a pick-up at the lake about **6:15 P.M.** Call Steve at: 863-688-2126



PABA Ride Schedule - January/February 2011

* All distances are approximate . Unless otherwise noted, all rides are 15-18 MPH at sustained cruising speed with favorable weather conditions, not the average speed on your bicycle computer. Riders are required to obey traffic laws & wear approved bicycle helmets.

Saturday Rides: Unless otherwise noted rides start at 7:30 AM; please plan to arrive 10-15 minutes before starting time

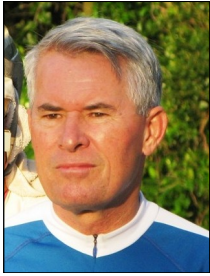
Date	From	To: City, Restaurant	Miles	Leader	Contact
25-Dec-10	**Ride with Santa and the Reindeer!	Around the world! 	??	Santa Claus	unlisted
1-Jan-11	Auburndale - City Park on the TECO & Van Fleet Trails	Bill Carey Memorial New Year's Day Ride 8:00 AM	35-62	Eric Hoyer	647-9887
8-Jan-11	Lake Wales - Lake Trailhead lot - Lakeshore Dr. E of Tower Blvd	Davenport via Greenlefe - Edna's Davenport Café	52	Dirk Appleboom	514-5168
15-Jan-11	Lakeland - Distribution Center @ Griffin Rd & George Wheeler Rd.	Plant City - Buddy Freddy's	38	Kris Johnson	859-2145
22-Jan-11	Winter Haven - Central Church of Christ - 142 Avenue C SW	Davenport - Edna's Davenport Restaurant	40	Mary Belshe	603-7061
29-Jan-11	Bartow Post Office parking lot; Stanford St. & Wilson St.	Alturas - Flightline Grill at the Bartow Airport (end of ride breakfast)	36	Darryl Melby	712-4690
5-Feb-11	Lakeland - Distribution Center @ Griffin Rd & George Wheeler Rd.	Plant City - Parkesdale Farm for Strawberry Shortcake!	40	Jack Reiche	858-0320
12-Feb-11	Winter Haven - Central Church of Christ - 142 Avenue C SW	Haines City - Three Boys Café	30	Elvin Stephenson	642-2473
19-Feb-11	Auburndale - West Park St. - N side of park, across from Civic Center	Polk City - Country Angel's	40	Donnie English	648-2643
26-Feb-11	Lakeland - Publix - 2040 Shepard Rd (west of Florida Ave.) Mulberry	Tim's via the Welcome Loop	40	Barbara Kelly	646-5659
5-Mar-11	Lake Wales - Rte 60 & Buck Moore Rd. - NE corner	Frostproof - Orange Box Café	41	Darryl Melby	712-4690

**** **NOTE:** Please check the website for current ride information. All rides are subject to last minute changes or cancellation. Any questions about rides, please contact the ride leader.

Sunday rides: Unless otherwise noted rides start at 8:00 A.M. *sharp*; please plan to arrive 10-15 minutes before starting time and be prepared to ride: tires inflated, brakes checked, bike adjusted. Especially for riders new to group riding. Breakfast at destination, then ride back. **No Sag Wagon.** Contact: Stewart Prince 967-7680

No schedule was provided for Sunday Rides in January and February, 2010

Reflections - Richard Fansler, PABA President



As we embark on another year of hope and anticipation of maintaining a healthy mind and body, it would serve us well to take stock of the year behind us. "The unexamined life is not worth living..." the great Greek philosopher Plato once stated. What is it we can improve upon that will have a positive effect in our life as well as in the lives of others? What are the negatives in our life that we can leave behind in the new year while carrying the positives forward?

In this great endeavor of *cycling* or any sport for that matter, we should in our lives, I believe, be a *community role model* for those we come in daily contact. It is this president's goal to promote the sport of *cycling* within this community in any way that is reasonable and prudent and raise awareness of the benefits of "riding bicycles!"

When you have a passion for something or anything in life like this president has for "riding his bike", it will undoubtedly exude from within ultimately radiating a beam for others to see!

Make a commitment this year to adjust your schedule and set your priorities to ride your bicycle more!

It has to *start* with you! Take control!

Richard Fansler, President, PABA

Dues are Due in December!

The membership dues are the life blood of the club - without them, the club cannot operate.

All memberships are to start on January 1, 2011 of each year and *all* subsequent years thereafter!

** Please fill out the membership form with current information, enclose a check for \$20 and mail to the Treasurer.



PABA CHRISTMAS DINNER

SAVE THE DATE -
SATURDAY, JANUARY 8, 2011
6:30 P.M.

ST. PAUL LUTHERAN CHURCH
4450 Harden Blvd.
Lakeland, FL

Another PABA year will soon be over and it's time to plan for the annual **after-Christmas Christmas Party**. Good food, good times, and good company!

Ken Campbell is scheduling various speakers for the dinner & *Nyla Campbell* is coordinating the dinner.

As in the past, it will be a pot-luck dinner & each attendee is to bring their specialty covered side dish, vegetable, salad, or dessert. The club provides the main course meat and drinks.

Always fun - don't miss it!



Next Board Meeting: January 8, 2011
After the Christmas Dinner
At St. Paul's Lutheran Church

All PABA Members are welcome - Please plan to attend! This is your opportunity to be informed and be involved in the club.

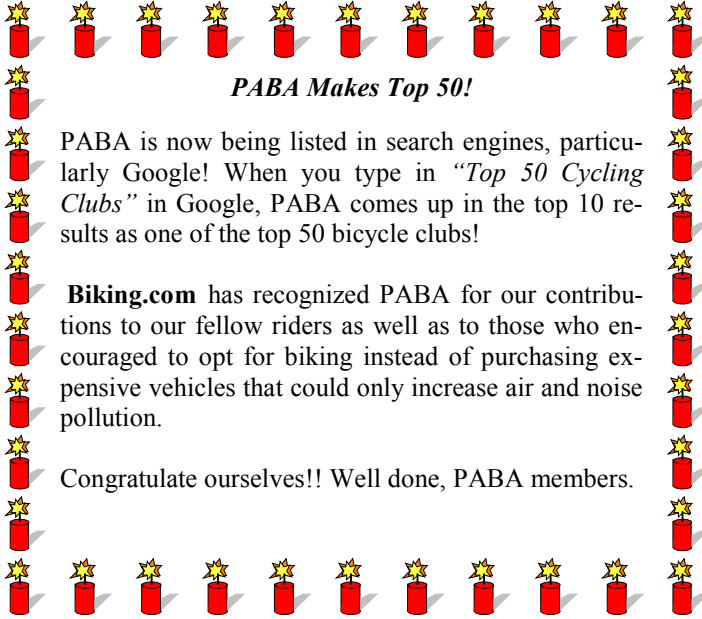
Treasurer's Report

PABA Bank Balance - 11/30/2010:

\$2,571.37

Full report will be available at the January 8, 2011 PABA Board Meeting.

PABA People



PABA Makes Top 50!

PABA is now being listed in search engines, particularly Google! When you type in "Top 50 Cycling Clubs" in Google, PABA comes up in the top 10 results as one of the top 50 bicycle clubs!

Biking.com has recognized PABA for our contributions to our fellow riders as well as to those who encouraged to opt for biking instead of purchasing expensive vehicles that could only increase air and noise pollution.

Congratulate ourselves!! Well done, PABA members.

2011 PABA Membership List Available

If you want a copy please contact:

Carol Stewart

863-688-0147

Or

dstewa3@tampabay.rr.com

I Prefer to send a PDF via email, but if necessary you will be sent a copy via USPS



**PABA Pre-Christmas Breakfast ~ Lots of good food & good company
at Joe & Mary Belshe's
December 11, 2010**

Application and/or release Polk Area Bicycling Association, Inc.

Name _____ *New Member*
 Address _____ *Renewal*
 City _____ State _____ Zip _____ *Change of Address*
 Date of Birth _____ Phone _____
 Email Address _____

Dues \$20.00 per year Family or Individual.

Mail check to:

**Polk Area Bicycling Assn.
 c/o Barbara Kelly
 1416 Orangewood Drive
 Lakeland, FL 33813**

Check box if you want to have your newsletter emailed to you.

By signing this form I hereby for myself, my heirs, executors and administrators, release and forever discharge and hold harmless the Polk Area Bicycling Association, its members, agents, servants, representatives, successors and assignees, officers and directors from all liability arising from or connected in any way with my participation in these events (or my child's participation in these events). I understand that there are risks inherent in my participation in these bicycle rides, and I voluntarily assume such risk, knowing that my personal property may be damaged or destroyed and that I might suffer severe bodily injury or death. I recognize that is my responsibility to ride in a safe and legal manner, and I agree to do so.

Signature _____ **Date** _____
If under 18 years of age or in the care of a guardian, signature of parent or guardian is required

Approved Bicycle Helmets Are Required on All Rides with the Polk Area Bicycling Association

Polk Area Bicycling Association



**P.O. Box 2672
 Lakeland, FL 33806-2672**

Visit us at WWW.POLKBIKING.COM

