



the Pedaler



July
August
2010

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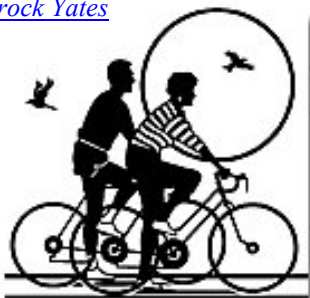
All Correspondence to the PABA Editor send to:
PABAEditor@Polkbiking.com
Please send only newsletter items to this email address.

Newsletter Submission Deadline for the Sept/Oct issue is **August 15, 2010**

For general PABA information:

"The bicycle is a former child's toy that has now been elevated to icon status because, presumably, it can move the human form from pillar to post without damage to the environment."

[Brock Yates](#)



GOSH, HOW TO SAY A LITTLE ABOUT ERNIE? - Doug McCutcheon

I had neither the privilege nor the pleasure to meet Ernie Lamb, who passed away on May 11, 2010. I understand he was a fantastic person and a friend to all, so I wanted to put more in the Pedaler than the standard obituary. I asked some PABA members to gather some stories about Ernie in remembrance. C.S.

Dr. Ernest M. Lambe, Jr., a Polk County legend in bicycle circles, died May 11, 2010.



No one knew more about the roads in Polk County and Florida than he did. Ernie and a few of his male friends were among the first to explore this state by bicycle, a week in the Spring and a week each Fall.

Evie McCutcheon and Geri Carlton were the first females allowed to join this "all male touring group." Barbara Carey, Barbara Kelly, and Linda Matosin, joined Ernie, along with Bill Carey, and Bob Edwards on Ernie's first cross-America bicycle tour.

Maps, roads, bicycles, trains, the circus, Halls menthol cough drops, chocolate ice cream, almond joys, and dry roasted peanuts were among his favorite things. The "Ernie Motel" will be remembered forever. (Ask some of us who rode with him on the overnight trips. They were "low cost.") He was always the ride planner, and he didn't really appreciate Doug McCutcheon trying to change the route.

He was a mentor to those of us who rode with him. When Barbara Carey once became burned out from so much riding (hard to believe, isn't it?), he patiently rode with

her at slower speeds until she got out of her "funk." Most of the time, however, he thought you had to go at least 50 miles. He (and others) would ride around the parking lot at the end of the ride to insure that he made his 50. When he and Geri Carlton did their 500 mile ride one weekend, when they got to the 250 mile mark, he insisted on going another couple miles so "we would be sure and have 500 by the time we get back."

Several of us took a twentieth anniversary ride with Ernie. (Geri planned this to commemorate the twentieth year he and Geri had been riding together.) This was his last week tour through Florida. Allen Keifer rode the tandem with Ernie. One day a planned 60 miles turned into a 100 mile day. Around mile 93, Doug McCutcheon had to exercise some authority and pull

Ernie off the back of the tandem. Ernie did not want to quit, as that word was not in his vocabulary, but it was apparent to the rest of us that he had gone as far as he should go for that day.

None of us who rode with him will ever forget him. He is one of those once in a lifetime people who enter our lives on occasion. Even those of us who rode thousands of miles with him did not know until his funeral that he was "Dr." Lambe. He earned a doctor of chiropractic degree before we ever knew him. He never told us.

His PABA friends will miss him. May we all meet again someday around that last bend in the road.

A compilation by Doug McCutcheon, Barbara Carey, Barbara Kelly, and Geri Carlton. More on Ernie, page 5.

Officers

President	Richard Fansler (863) 688-7303
Vice-President	Don Stewart (863) 688-0147
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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	9
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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 a 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.

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or contactus@polkbiking.com

Visit us at
www.polkbiking.com

Upcoming Rides and Events

August 20-22, 2010 - Suwannee River State Park *Dog Days Open House* - Enjoy a relaxing weekend of road and off road rides at **Suwannee River State Park**, close to Live Oak. **Saturday afternoon**, enjoy a relaxing float or paddle on the river. SBA tubes are provided or you can bring your own boat. **For information, contact Sharon Shea at sharon-allen.shea@gmail.com or 904.534.4417**

September 18 (Saturday) Bartow FL Tour de Tow - Road Tour & Criterium

Two days of Polk County Bike Racing, kicks off with the Tour de Tow Road Tour on Saturday, September the 18th, 2010. The Tour de Tow is an on-road cycling tour along the scenic back roads of southern Polk County. After you cross the finish, relax as we give you a yummy re-energizing lunch and watch the Florida Cup Race Criterium on Main Street. Racing will be going on for this exciting Cup Series into the night. The Road Tour will feature a 17 mile Family Fun Ride, 35 mile & 65 mile ride. Tandem riders are welcome, (we love you guys) just add \$15.00 for the extra rider. **For info**, please call ride coordinator, Trish at @863.640.1024. www.bartowchamber.com/

Saturday October 2, 2010 to Sunday October 3, 2010- Bike MS: PGA TOUR Cycle to the Shore Jacksonville, FL

Bike MS PGA TOUR Cycle to the Shore is a 2 day bike ride starting in St. Augustine with an overnight stay in Daytona Beach and back the next day. The route is fully supported with food, water, medical and safety support and guidance. This route will take cyclists along scenic back roads and along the beautiful Florida coastline.

For 23 years, *Bike MS PGA TOUR Cycle to the Shore* has been the largest collective effort from the community to raise awareness and funds to help create a world free of MS. The North Florida Chapter provides funding for local programs, services and national research.

Email: emily.nathanson@fln.nmss.org or **phone:** 904.534.4417



Two days, three routes and seven mountains make this year's event another great adventure.

It's only **HORRIBLE** if you miss it.

Florida Freewheelers
Horrible Hundred
November 21, 2010

Contact:
horriblehundred@floridafreewheelers.com

If you have a ride or event to advertise on this page, please send details to:

Carol Stewart @ PABAEitor@polkbiking.com or contactus@polkbiking.com by the 15th of the month before the next issue.

Got a birthday ride coming up? Let us know - PABA will help you celebrate!

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. July/August 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 - July - August 2010

* 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

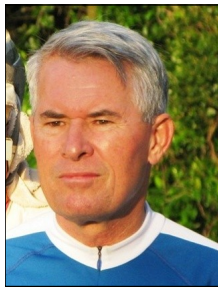
Date	From	To: City, Restaurant	Miles	Leader	Contact
26-Jun-10	Lakeland - Regions Bank 1310 Lakeside Village Boulevard	Hopewell - <i>Marriott Courtyard (end of ride breakfast)</i>	40	Richard Fansler	688 7303
3-Jul-10	Bartow Post Office parking lot; Stanford St. & Wilson St.	Ft. Meade - <i>Townhouse Restaurant</i>	40	Donnie English	648 2643
10-Jul-10	Lakeland - Southgate Shopping Center - 2515 S. Florida Ave.	Plant City - <i>Buddy Freddy's</i>	35	Richard Fansler	688 7303
17-Jul-10	Lake Wales - Lake Trailhead lot - Lakeshore Dr. E of Tower Blvd	Nalcrest - <i>Nalcrest Community Center</i>	40	Bob Sampson	529 7820
24-Jul-10	Auburndale - West Park St. - N side of park, across from Civic Center	Polk City - <i>Country Angel's</i>	40	Donnie English	648 2643
31-Jul-10	Winter Haven - Central Church of Christ - 142 Avenue C SW	Haines City - <i>Diamondback Golf Club</i>	37	Dan Clark	937 7513
7-Aug-10	Lakeland - Publix - 2040 Shepard Rd (west of Florida Ave.) Mulberry	<i>Tim's via the Welcome Loop</i>	40	Barbara Kelly	646 5659
14-Aug-10	Lakeland - Distribution Center @ Griffin Rd & George Wheeler Rd.	Lakeland - <i>Airport Hilton Garden Inn</i>	35	Kris Johnson	640 3156
21-Aug-10	Bartow - Post Office parking lot; Stanford St. & Wilson St.	Homeland - <i>Flightline Grill at the Bartow Airport (end of ride breakfast)</i>	36	Darryl Melby	712 4690
28-Aug-10	Bartow - Post Office parking lot; Stanford St. & Wilson St.	Ft. Meade - <i>Townhouse Restaurant</i>	40	Donnie English	648 2643

****** 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**

August 1	All rides Start @ Auburndale - Downtown park Next to C of C Bldg.	Polk City	12-15 mph	22 m.
August 29		Haines City	12-15 mph	22 m.

Reflections - Richard Fansler, PABA President



As we look forward to the summer months fast approaching, one can only ponder the heat and relative humidity that lies ahead.

The cold months that embraced us in the beginning of this year kept more than a few of us inside from the frigid (that is my term) weather. We will now be facing the hot and humid temperatures of summer which will be equally challenging to ride in as the cold.

It seems we are never happy with our lot in life. We always want what we don't have, it seems!

Donnie English did a great job orchestrating the **Ride of Silence** on Wednesday around Lake Hollingsworth, May 19, 2010 at 7:00pm and want to thank him for his efforts and for giving freely of his time. As you know this ride is an international effort to have all riders ride on this date, at this time to honor all cyclist that have died while cycling. And you know Florida has one of the highest, if not the highest cycling deaths in the country. Again, thanks Donnie for taking on the responsibility to lead this event.

We will miss our Winter **PABA** members and friends who have returned to the north country to stay comfortable and get out of the heat and for whatever other reason and have left the rest of us to stay here and "sweat" our way through the summer months.

When you are traveling and choosing to ride in unfamiliar areas, please be careful and we look forward to your return once again to ride with the club.

Richard Fansler

PABA President

The picture, taken by Bob Markisello, is of the start of the

Bartow to Bradley Junction ride.

May 1, 2010



Remembering Ernie

Well, I first started riding with Ernie on Sunday, because that is where all the cool people were. OK, it was the only day I had off.

Anyway, Ernie rode almost every Saturday and Sunday. He rode the Tandem with Mae at that time and she would tell him to slow down if he started to leave others. We as a group always rode to the slowest riders speed which would steadily increase as they became better riders. Ernie would talk to every person on the ride at least once and usually for a while.

My first 100 mile ride was with Ernie and Bob Edwards as we seemed to ride the same style. Ernie said we would stop once, I thought once each way, he just meant once total. Ernie liked to ride week long rides in the 1980's and we would do two a year. There weren't any chicks on those early rides and we still managed to survive.

Once Ernie's bike got wrecked crossing a bridge. I managed to repair it to a single speed and he rode it the rest of the day. He had Mae pick him up and went home to get his other bike (*Rule #1: always have more than one bike*). He met Bob and I that night and we finished the ride. He went back the next month and rode the 100 miles he missed that day with us. Ernie would have us meet in places 50 or so miles away to ride so we could see other areas of the state. It was fun doing those rides with him.

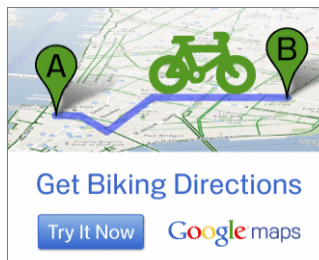
Ernie was, to say the least, very focused on his maps, and it would annoy him when I suggested that we change a route because the traffic on a road may run our butts over.

He did mellow over the years and allowed women to coerce him into sight seeing. I rode all over the state of Florida with Ernie and stayed in some unusual places (*Ernie Motels*). Ernie would call ahead and book motels by their low cost. The motels were worth their cost, for sure.

Once in North Florida on a ride the group got split, three of us arrived at a motel so-o-o bad I would not stay there. We told the check-in person to tell the other riders we would be down the rode at the next place. When Ernie arrived with his friend Bob Howard of the *Orlando Sentinel*, even they felt that his place was too bad to be true and came on down the road.

There never was any doubt in my mind that Ernie was the catalyst that drove many people to ride as often as they did. I missed him when he quit riding and will think of him often when riding some place new. *Doug McCutcheon*

Cool Bike Stuff



A Killer App! & it's free

- Go to *Google Maps* and choose *Get Directions - bicycling*

The appearance of the map changes for bicycling: bike trails with no auto traffic, light traffic, hills, and you can map your own route.

Use Google Maps to:

Get turn by turn biking directions

See trails and bike lanes directly on the map

Drag and drop points to customize your route

Add biking directions to our website

Add a [biking directions gadget](#) to our website to help visitors bike to your ride location or find bike routes in the area.

Treasurer's Report - No treasurer's report for this issue.

Board Meeting Minutes - *The regular Board Meeting for this quarter was cancelled due to most of the board members unable to attend: vacations, etc.*



Speaking of vacations: *Don & I are in the lovely state of Maine as this issue goes to press.*

Hope everyone receives it - I have never published "on the road" before! Please excuse the errors you find.

We still get email most of the time or you can leave a message on the phone for us - we check those every-day when we get cell phone service.

Hope you all are having a great Summer!

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

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

