



# Trail Tales

The Newsletter of

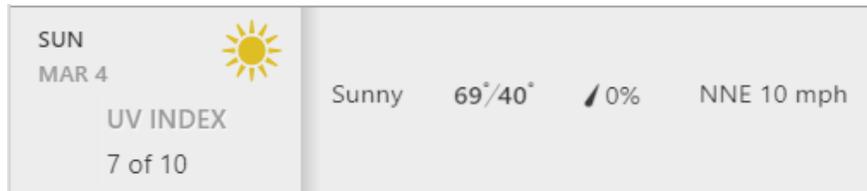
**RAILS TO TRAILS OF THE WITHLACOOCHEE, INC. (RTW)**

The Citizen Support Organization (CSO) for the Withlacoochee State Trail (WST)

*The Friendliest Trail in the Country*

## ANNUAL FUNDRAISING RIDE

The 2017 delayed-due-to-Irma Annual Fund Raising ride for our group is Sunday, March 4, rain or shine – and it looks like SHINE, so please remember your sunscreen!



The details you need:

### ALL RIDERS MUST WEAR A HELMET.

- Start time: 7 a.m. to 9 a.m. - There is no mass start
- Start/end location: N. Apopka Ave Trail Crossing (the Caboose)
- Entry fee:
  - ☞ \$35.00 per rider 13 and older
  - ☞ \$15.00 per child 12 and under (children must be accompanied by an adult)
- Amenities
  - ☞ Continental breakfast from 6:30 a.m. to 9 a.m.
  - ☞ Lunch from 11 a.m. to 2 p.m.
  - ☞ Fully stocked SAG (rest) stops



Door prize winners will be selected from all riders registered by March 2, 2018, either online no later than 3:45 p.m. or via mailed registrations received by 5 p.m.

Can't ride this month? No problem! We will return to our normal fall schedule this October! You can mark your calendars right now for Sunday, October 6, which will be the date of our 2018 Fundraising Ride.

Watch this space for news on that event!

Another way to help, even if you can't ride (or don't use the trail for cycling: JOIN US! We'd love to welcome you to our group!



## Trail Tales

### MURAL UNVEILING



On Friday, February 9 at 1 p.m., The Rails to Trails of the Withlacoochee Citizens Support Organization proudly unveiled the new mural at the Apopka Trail Head.

Candace McLean, Heather Nagy, and Linda Reiland worked more than a year developing the design, taking photographs, and fine-tuning every aspect of it. Most of the photos were taken by Heather Nagy, with being donated to the project by Peter Relson.

Fellow CSO volunteers Jim McLean and Dave Nagy designed the support frame and supervised its installation. RTW hired Jordan's Construction Company to prefabricate and install the frame – and then, during the installation, Jordan's told us that the trail is so important to this community, and to them, that they would donate 100% of the materials and labor to support the Trail. Kudos and huge thanks to Jordan's for their generosity!

Jim and Dave then installed the mural with assistance from Dennis Reiland and the Wednesday Crew. While our Wednesday Crew had not intended to be involved with the mural per se, they stepped in when flu kept part of the installation team from working.

The Friday Crew of Don Eastman, Richard Patenaude, Jerry Willert, and Regis Hampton were also instrumental in making the mural happen, as they removed the old landscaping from in front of the building in preparation for the mural.

Bob and Dale Moore prepared the building for the mural. They painted it, removed a faucet, hose hanger, and drinking fountain; removed the old decking and landscape timbers from the front of the building, and mulched the area. The Moores also maintain the landscaping around the trailhead, and removed the bell tower that is used during the ride, so that the mural is 100% visible for photos.



## Trail Tales

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### WALKING – AND OTHER THINGS – FOR YOUR HEALTH

Most of us who use the WST on a regular basis are likely trying to keep ourselves as healthy as we can. If you fall into that category, you might have heard about The Blue Zones.

The Blue Zones are areas of the world where people live far beyond the current life expectancy.

Recent news from The Blue Zones newsletter (<https://bluezones.com/2018/02/drinking-glass-wine-taking-walk-may-be-key-to-longevity/>) says that drinking a glass of wine and taking a walk may be key to longevity.<sup>1</sup>

Dr. Claudia Kawas and her team from the University of California are not the first group of researchers who have come to this conclusion, just the most recent ones (to my knowledge).

Dr. Kawas's study, begun in 2003, was conducted to find a reason for why some people live longer. It followed 1,700 90-year-olds and examined their daily habits.

Some of these habits included drinking coffee, talking to neighbors, getting out of

the house, having a positive attitude, getting 15 minutes of exercise a day, and drinking wine.

Dr. Kawas spoke about her findings and the keys to longevity at the American Association for the Advancement of Science annual conference in Austin, Texas.

She discovered that nonagenarians who consumed approximately two glasses of beer or wine a day were 18 percent less likely to experience a premature death than those who abstained. That's higher than the people who exercised moderately daily (between 15 and 45 minutes), who had an 11 percent lower risk and less than those who had a 10 percent lower risk from drinking two cups of coffee daily.

Perhaps this is in part due to the wine drinker's clear distinction of, "it's time to let go of the stress from the day." I suspect the walking helps keep the circulatory system functioning well, as I know my walking keeps me from having to take blood pressure medicine.

Anyway, it's just nice to know that what we enjoy can help us live longer, so will let us do what we like for longer!

Just be sure to have your wine after you're back home safely from your walk!

<sup>1</sup>Please note:

**The Withlacoochee State Trail is a State Park, and as such, alcohol on the trail is strictly prohibited.**

This article in no way indicates I or anyone else who is a member of the RTW CSO advocates drinking. Standard disclaimers apply: Do not drink alcohol if you take a medication where it is contraindicated. Do not drink alcohol and drive ANY motorized vehicle, including boats. Do not drink alcohol and cycle. Do not drink alcohol if you have a medical history that indicates drinking does not suit you. This article is included in this month's newsletter for informational and entertainment purposes only.



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## CYCLING HAND SIGNALS

The first step in using these signals for safe riding is learning how to perform them and practicing the motions. Most of them are very simple and easy to master.

**Left turn:** Extend the left arm straight out from the body and point to the left. You should perform this signal at least ten yards prior to the turn.



**Right turn:** Extend the right arm out straight from the body and point to the right. As with the left turn, you want to make this signal at least ten yards before the intended turn.

This signal can vary amongst groups, as some will follow the driving laws which have the left arm at a 90 degree angle, pointing up.



**Slowing down:** If you need to slow down, signal the riders behind you by placing an open hand, palm facing out on your low back. Again, the signal can vary according to driving law and instead the left arm is used at a 90 degree angle, pointing down.

**Stop:** Place your hand behind your back and make a fist.

**Draft:** To signal the rider behind you that you want them to draft, pat your butt on the side that wish them to draft.

**Single road hazard:** For a single road hazard, the rider should signal by pointing to the hazard with one finger.

**Debris/loose gravel:** Point the hand open palm down at the gravel or debris and make a shaking motion with the hand.

**Hazard on shoulder:** Put your arm out straight from the body with an open palm facing the side of the road that the hazard is on, then move the hand to the slow down signal.

**Pull through:** This signal lets the riders behind you know that you intend to drift back into the pack. With your hands still on the handlebars, make a swiping motion with the elbow on the side in which you intend to drop back.

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### RTW TRAIL TALES [www.rttwst.org](http://www.rttwst.org)

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