



P.O. Box 718, Waldo, FL 32694

# Messenger

Fall riding issue

[www.floridabicycle.org](http://www.floridabicycle.org)

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Fall 2006

Advocating a bicycle-friendly Florida

OFFICIAL NEWSLETTER OF THE FLORIDA BICYCLE ASSOCIATION, INC.



## Red, Bike & Blue Discovery Festival to launch touring/safety center

by Jeannie Barlow

**T**he City of Lake Helen and the Florida Bicycle Association, will launch a new year-round adult safe cycling training and touring program, the Florida Discovery Bicycling Center, with a kick-off event entitled the "Red, Bike & Blue Discovery Festival."



The event will be held in Lake Helen's Blake Park on Saturday, November 11.

The "Red, Bike & Blue Discovery Festival" combines the celebration of the opening of FDBC's bicycling training and touring program with a discovery festival to promote the preservation of our environment and to encourage a healthy lifestyle.

The 10:00 a.m. to 2:30 p.m. festival will feature an antique bike display, a children's bicycle rodeo, children's games, guided bus tours of historic Lake Helen, food, beverages, live music and tent and booth displays.

Because the event is being held on Veteran's Day, the American Legion's Post 126 will also hold a commemorative celebration honoring our veterans at 11:00 am on the main stage. This event is free and open to the public.

Earlier that morning the Florida Bicycle Association will offer supported bike rides ranging in length from 5 to 100 miles.

Registration for rides opens at 6:30 a.m. 100 and 50 mile rides begin at 8:00 a.m., 25 mile ride starts at 8:30 a.m. and the 5-mile ride begins at 9:00 a.m.

Advance registration cost for the support-

ed bike rides are \$25.00 for the 25, 50 and 100-mile rides and \$15.00 for the 5-mile ride. A \$5 discount is offered to Veterans and Lake Helen residents. Day-of-ride registrations add \$5 late charge for all distances.

Registration forms are currently available at Lake Helen City Hall and from the Website (see URL below).

FBA is offering the 5-mile ride to encourage people who are not avid cyclists to "get out and ride." Bicycling promotes physical fitness, presents an alternative form of transportation, and is a lot of fun.

The 5-mile ride will follow a route strictly limited to the Lake Helen area, so participants can bicycle for 5 miles with a tour guide without leaving the City limits.

The City expects a large number of attendees at this event as an intensive advertising campaign to promote the event is currently underway.

The Red, Bike & Blue Discovery Festival, combined with the opening of the FDBC's safe cycling training and touring project, should ensure that the day will be a success.

For more information regarding the Red, Bike & Blue Discovery Festival, please contact Jeannie Barlow at 386-228-2121. For more information regarding the FDBC, please contact Lyndy Moore at 407- 282-3245. The FDBC also has a Website located at [www.floridabicycle.org/discovery](http://www.floridabicycle.org/discovery).



New plates available in October...

## They're Here!



It took over a year of planning and preparation, a design contest and lots of waiting. The result is a brand new Share the Road specialty license plate ready for distribution this October.

Share your enthusiasm for better bicycling education for bicyclists and motorists alike. Show your support for a more bicycle-friendly state of Florida. Call your tag agency to see if new plates have arrived.

Want a personalized tag? You can determine if the personalization is available by going to: <https://www6.hsmv.state.fl.us/mvcheck/platecheck/main.jsp> and trying the combination you want.

You can print the personalization application form at this link: <http://www3.hsmv.state.fl.us/Intranet/dmv/Forms/BTR/83043.pdf>.



Advocating a  
bicycle-friendly Florida

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## Advisory Board

#### Thanks to Our Donors! (1st Q 2006)

Lifetime members  
Mr. and Mrs. H. Middleton Raynal  
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#### Boca Raton Bicycle Club makes it two-in-a-row

Boca Raton Bicycle Club's board of directors recently approved a contribution of \$5,000 "in recognition of the fine work it has been doing on behalf of bicyclists everywhere," according to Dave Dickler, club treasurer.

The club gave \$5,000 to the association in 2005 also.

#### Paceline Leaders (\$1,000+)

Fred Reynolds

#### Titanium Partners (\$500 - \$999)

Mighk and Carol Wilson  
Dan and Maria Moser

#### Golden Gears (\$250 - \$499)

James Nash

#### Silver Spokes (\$100 - \$249)

Henry Lawrence	Lois Brown
Tom Ward	Timothy and
Ken and Martha	Nanette Winzell
Scearce	

#### Bronze Pedals (\$50 - \$99)

Rachel Morrow	Dr. Mark Greenberg
Roger and Nancy	Linda Crider
Ross	Joyce and Pete
Green and	Russell
Catherine Long	Jim and Mary Burns
Charles Hofacker	Norman Lipoff
John Hopkins and	Steven Brooks
Elizabeth Warriner	Morris and Mikki
Steele and Pamela	Futernick
Olmstead	Paula Thompson

#### Club & Corporate

Boca Raton Bicycle Club  
Track Shack  
Bike Florida, Inc.

#### Welcome New and Returning Members!

Christian J Becht	Jim and Betty
Karin Sanders	Combee
Rachel Morrow	Elizabeth Knizer
Dale Crosby	Nancy Hatcher
Chris Narvaez	Larry and Barbara
Sagar Patel	Goode
John Sabatier	Thomas Chavez
Kevin Kirwin	Amy Breenblatt
Craig Holmes	

### Join FBA

Use the application form on the last page. Suggested contributions (tax deductible):

Individual	\$25
Family	\$35
Student/living lightly	\$15
Bicycle Club	\$100
Corporate/Agency	\$100

Higher donations are greatly appreciated!

#### Make check payable and mail to:

Florida Bicycle Association, Inc.  
P.O. Box 718  
Waldo, FL 32694

### Visit FBA's Website

[www.floridabicycle.org](http://www.floridabicycle.org)

#### Subscribe to FBA News, and FBA and FORBA e-mail lists

Stay up-to-date on bicycle issues with these statewide communications exchanges.

To subscribe to Florida Bicycle Association's FBAlink, send an e-mail to [fba-subscribe@topica.com](mailto:fba-subscribe@topica.com) or [forba-subscribe@topica.com](mailto:forba-subscribe@topica.com). (for daily digest, e-mail [fba-subscribe-digest@topica.com](mailto:fba-subscribe-digest@topica.com)). For FBA News, [flbicycle-subscribe@topica.com](mailto:flbicycle-subscribe@topica.com)

#### Membership Categories

Paceline Leaders (\$1,000+)  
Titanium Partners (\$500-\$999)  
Golden Gears (\$250-\$499)  
Silver Spokes (\$100-\$249)  
Bronze Pedals (\$50-\$99)

Membership in FBA includes a subscription to the *Florida Bicycle Association Messenger*.

President's message...

## Traffic justice

Mighk Wilson

**A**t the ProWalk/ProBike Conference in Madison, WI this September the National Center for Bicycling and Walking (NCBW) kicked off its newest project: the Traffic Justice Initiative.

The timing couldn't have been better. Less than two weeks earlier, the National Highway and Traffic Safety Administration (NHTSA) announced that U.S. traffic fatalities increased from 42,836 in 2004 to 43,443 in 2005, and that pedestrian deaths were a large part of that increase, rising from 4,675 to 4,881.

Traffic deaths and injuries seem to be something this country is willing to tolerate as a cost of mobility.

But who gets to decide what's acceptable? It's those who travel around protected with steel, belts, and airbags who call the shots.

NHTSA's measure of success (or failure) is biased towards increased auto use; injuries or deaths per vehicle miles traveled is a reasonable measure only if you believe driving more miles is a key goal in life.

Look at all the prominent initiatives on NHTSA's Website ([www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)). Most of these strive toward "safe crashing"—seat belts, air bags, helmets—a strate-

gy that leaves cyclists and pedestrians mostly unconsidered.

It doesn't even work terribly well for motorists; some in the field have noted that improved emergency medical care is largely responsible for keeping the fatality numbers from climbing even more. So we're just maimed, not killed.

The Traffic Justice Initiative wants to change NHTSA's safe crashing mentality to a goal of less crashing. To do this we (the cycling and walking advocates) have to broaden our scope and network of partners.

While pedestrians and cyclists suffer a disproportionate risk of death or injury, only an across the board approach to reforming traffic safety will work.

Khalil Spencer of the Bicycling Coalition of New Mexico is a chemist at Los Alamos National Laboratory, where hazardous materials and processes abound.

He proposes that the nation adopt the same approach as used at Los Alamos: it's called ALARA—As Low As Reasonably Achievable. This approach requires that we analyze and mitigate the risks imposed by

the operation of our vehicles. In Spencer's words, it "requires all users to maintain high levels of competence and 'sign on' to a safety culture that assumes that all accidents and injuries, if not completely avoidable, can be reduced drastically to rates approaching zero."

On the crash justice side of the problem, one of the key problems we see in high-profile fatal cyclist or pedestrian crashes is that carelessness that results in death bears only minor penalty.

Recklessness, which is the "willful and wanton disregard for life and property" and is a criminal offense, requires a much higher standard of proof, and drivers are rarely so charged.

So we have an enormous gap in which a careless driver who

kills is given at most a few hundred dollars fine, and a reckless driver who kills goes to jail for quite a few years.

There must be some middle way, and we must treat motor vehicles as the potentially deadly devices they are.

Carelessness with a gun that results in death will get you a prison sentence, while the same results with a car gets you only a fine.

Justice must also be a part of how our

***"The profoundly wrong-headed road regime of contemporary America is more than an engineering problem; it constitutes a deeply violent and anti-social assault on life, health and community."***

— Charles Komanoff



streets are designed and our speed limits are determined.

Traffic engineers normally use something called "the 85th percentile rule" when setting speed limits.

This "rule" says that 85 percent of drivers are good and conscientious, so the uppermost speed at which the slowest 85 percent drive is reasonable and safe.

This is presented as a democratic means of setting speed limits, but the most vulnerable users of our public ways are left completely out of the decision.

Is 45 mph a reasonable speed on an urban arterial when you're a 75-year-old woman trying to cross the street on foot? When you're an 8-year-old boy on a bicycle?

The 85th percentile rule doesn't take their needs into consideration, and is therefore unjust.

I'm only scratching the surface with this short column. The Traffic Justice Initiative is an enormous opportunity for the cycling community to take a leadership role to improve a situation for which the government has only given lip service.

Go to [www.bikewalk.org/tji.php](http://www.bikewalk.org/tji.php) to learn more.

Executive Director's report...

## What to do about these bike crashes

**H**as there been another rash of bike crashes lately? Or is it because they've hit close to home—either geographically or personally?

It's bad enough that several people lost their lives or sustained serious injuries, but it brings to the forefront the necessity of educating bicyclists and motorists on proper, legal roadway sharing.

We should be doing this on a daily basis - not when knee jerk reflexes generate anger, resentment and down right misconceptions on whether our roads are safe or not.

In reality, safe roads are contingent on both motorist and bicyclist behavior. Traffic patterns, lane width, paved shoulders or bike lanes, and time of day are all contributing factors over and above the education and awareness level of all roadway users.

I just wish we all could work together all

the time and not just when a serious crash occurs. It is the responsibility of everyone—both cyclists and motorists—every time we share the road.

My comments may seem impersonal, but every time a cyclist loses their life or suffers mental and physical injuries, it affects the bicycle movement in our state.

How tragic for a man or woman to lose their life while cycling. In the recent crashes, the cyclists were doing all the right things, obeying traffic laws and sharing the road.

We know more people would ride bicycles on the road if they felt safe. Shared use trails are great, but they don't always get you where you need to go.

It is our job to encourage more people to ride bikes—beyond their neighborhoods—so motorists will be more aware of our place on the roads.

On behalf of FBA, our sincere condolences go out to the families of Jenita Porfilio and McNair Bostick. Speedy recovery wishes go to Vicki Santello. We can only hope their lives lost and injuries sustained won't be in vain, but will encourage more people to get involved with bicycle advocacy and education.

And though he wasn't injured in a bike crash, long time cyclist and volunteer Earle

Richards, is recovering from open heart surgery. Over the past couple years, Earle has had to reduce time on the bike due to health issues, but can always be seen with his wife, Lois, at FBA and Bike Florida events as volunteers.



Last issue, I provided details of our 2007 Florida Department of Transportation concept paper developed in the hope of landing another safety grant to administer and continue a number of programs.

Since 2000, FBA has received funding from FDOT utilizing federal funds. Support has grown steadily from \$20,000 to most recently \$164,000.

But our 2007 grant request of \$298,000 was not approved. Instead, \$27,000 was awarded to administer the Pro Bike®/Pro Walk Florida conference (to be held in Orlando in August 2007), 50% support of this quarterly newsletter, and funds to print and distribute bicycle safety materials.

That's the bad news. The good news is we knew sooner or later the FDOT support well would run dry so there's no time like the present to hit the ground running in search of other revenue sources to fund current and

Laura Hallam



new programs to improve the cycling conditions in Florida.

You can help by recruiting new FBA members, purchasing a Share the Road license plate, providing leads for individual and corporate donations and, most of all, continuing to support FBA—maybe a little higher this year—and its mission to inspire and support people and communities to enjoy greater freedom and well-being through bicycling.

Thank you for your membership.

And speaking of purchasing a Share the Road license plate, the new design will be available this month at your local tag office (see story beginning on page 1).

We are confident the new design will boost sales and bring us up from 40<sup>th</sup> place out of 103.

The Panther plate has been #1 the past five years and we can't help but think their

Please see **Executive**, page 4

## Executive Director's report

*continued from previous page*

redesign had a lot to do with sales. Bike Florida and FBA cooperatively develop a marketing plan each year to promote sales and we welcome your suggestions on ways to get more plates on the road.

So, how does your county stack up when it comes to Share the Road sales? Check the charts at right.

Share the Road Sales and Promotions awards were recently presented at the Florida Tax Collectors Fall Conference in St. Petersburg. Honorable Suzanne Johnston, Flagler County, received the top sales award and Honorable Diane Nelson, Pinellas County, received the promotions award.

St. Johns County actually held the top sales to population but was the recipient in 2005 so we opted to award the number two county.

Congratulations to Honorable Dennis Hollingsworth, St. Johns County Tax Collector, for keeping the crown regardless of being awarded the title.

Program director Lyndy Moore, journalist and part-time East Coast Greenway staff member Herb Hiller and I spent a better part of September touring the state to make presentations at bicycle/pedestrian advisory committees, metropolitan planning organizations and bike clubs to promote the Florida Discovery Bicycling Center.

### Top 15 sales per vehicles 2005/06

St Johns	Collier
Flagler	Seminole
Leon	Okaloosa
Alachua	Palm Beach
Walton	Pinellas
Nassau	Brevard
Sarasota	Orange
Martin	Duval

### Top 15 sales overall 2005/06

Palm Beach	Lee
Broward	Seminole
Pinellas	Leon
Miami-Dade	Alachua
Orange	St Johns
Hillsborough	Collier
Duval	Escambia
Brevard	

This program has such terrific potential and we are very excited about the inaugural tour which begins November 12, 2006.

Don't miss the kick-off Discovery Festival event November 11, 2006 to celebrate Veterans Day, enjoy a variety of bike rides, and more.

Participation at these meetings also gave us the opportunity to find out what is going on throughout the state regarding transportation planning, bicycle and pedestrian issues, plus promote FBA's other programs.

In closing, consider attending an FBA board meeting. The board meets quarterly throughout the state. We try to incorporate bike rides before and after the meetings and have made many of the meetings into week-end adventures.

In August, the meeting was hosted by board secretary David Henderson and his wife Kim in Coral Gables. Kim and David organized a happy hour Friday evening, inviting local advocates, members of the Everglades Bicycle Club, a bike shop owner and city officials. The result was a terrific gathering of folks to meet and greet one another and learn more about FBA and its mission.

This concept will be replicated when possible. The next meeting will be held in conjunction with the Discovery Festival in Lake Helen, November 11, 2006. The winter board retreat will be hosted by board vice president Dan Moser and his wife Maria in Ft. Myers, the weekend of January 12-14, 2007. Happy hour will be scheduled Friday evening, January 12, at one of the downtown establishments. Join us!

## Planned Giving to FBA

Did you know you can make a gift to FBA in cash, publicly traded securities, real estate and tangible personal property? You also can provide for future generations of bicyclists through proper estate planning.

Instructions for making gifts of securities are now online. Go to the FBA Web site, [www.floridabicycle.org](http://www.floridabicycle.org) for more details.

Planned Giving provides a method to provide assets for a bicycle-friendly future from your will or estate. You can provide for FBA in your will or as a beneficiary of a life insurance policy, or consider other gifts that may also provide you with current income.

If you have an interest in supporting FBA programs for current and future generations in this manner, FBA's executive director will be glad to discuss details of this option with you at your convenience.

## News to note

### 3-ft minimum safe passing distance law now in effect

According to the new law, "The driver of a vehicle overtaking a bicycle or other nonmotorized vehicle must pass the bicycle or other nonmotorized vehicle at a safe distance of not less than 3 feet between the vehicle and the bicycle or other nonmotorized vehicle."

Two other states, Arizona and Wisconsin, have similar legislation.

The became effective October 1. Enforcement, according to one law enforcement official, will be another story.

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### MapMuse has nationwide list of bike clubs on Website

MapMuse.com has an interactive nationwide map of cycling clubs on its Website. The direct link to the page is [http://find.map-muse.com/re1/interest.php?brandID=BIKE\\_CLUBS](http://find.map-muse.com/re1/interest.php?brandID=BIKE_CLUBS). Club administrators can add their club to the list by following online instructions at the Website.

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### Bicyclists, bicycle organizations add their 2 cents worth to Internet blogging sites

Adventure Cycling (source of "Bike Bits") has announced its entry into the blogging circle with commentary on the end-of-September Interbike trade show held in Las Vegas. Leftovers from the show can be found at [www.adventurecycling.org/blog](http://www.adventurecycling.org/blog).

□□□□□

### NYC to add painted bike lanes

(from the New York Post) New York City has announced an ambitious plan to add 240

miles of bike lanes in conjunction with a study of the 225 cyclist fatalities and 3,462 injuries that occurred over the past decade.

Over the next three years, the Department of Transportation will install five miles of bike lanes that are separated from the rest of the street, 150 miles of green-striped bike lanes and 45 miles of bike routes with new signage alerting drivers.

The Parks Department will separately add 40 miles of new paths within the parks. The striped lanes cost \$50,000 per mile to install, DOT officials said. An additional \$2 million will be added to the agency's bicycle program over the next three years.

In the safety study, the city determined that all but one of the cyclist fatalities occurred outside bike lanes, and 97 percent involved riders who were not wearing helmets.

According to the study, more than 90 percent of the cyclists killed were men, with those aged 45-54 apparently at the highest risk.

□□□□□

### New Florida Bicycle Law Enforcement Guide adds pedestrian laws

Hot off the presses is the latest edition of the Florida Bicycle Law Enforcement Guide. Flip the guide over and you have all the pedestrian-related laws.

The guides are intended to help law enforcement quickly review applicable law to help determine bicycle, motorist and pedestrian responsibilities.

Online copy: [www.floridabicycle.org/rights](http://www.floridabicycle.org/rights)



*It's not easy getting local government to install Share the Road signs. But the city of Tampa installed six in the past two weeks in response to a letter sent by marketing director Alan Snel on behalf of Carrollwood Bicycle Emporium and Oliver's Cycle Sports.*

*The bike shops presented Tampa City Transportation Manager Roy LaMotte (center) the first "Bikey" award for approving the installation of the half-dozen Share the Road signs along a 1 1/2-mile stretch of Rowlett Park Drive from Sligh Avenue to Waters Avenue.*

*Photo is from the presentation ceremony. Bay News 9 covered the event.*

## Program Director's notes... Lots of training opportunities available

Lyndy Moore

### Lake Placid Bike Rodeo Training

An email from a police chief is an unusual item in my Earthlink "in box." I have lots of officers and deputies for friends, but I now have a chief friend.

Lake Placid Police Chief Phil Williams contacted me about a training for his officers and staff so they can conduct bicycle rodeos for their citizens.

I had just been to neighboring Lake Wales in August to help their YMCA with a very well planned bike safety event, so knew that SOMETHING good was happening in Highlands County.

We set a date for the training and had 14 attendees for the 4.5 hours of learning, fun, sweat and practice.

The Highlands County Sheriff's Office, Avon Park Police Department, Parks and Rec, Lake Placid Police Department, Lake Wales YMCA and a Lake Wales citizen advocate were the exciting group that made this fast paced class so much fun to teach.

We covered programs that are available for additional trainings, resources for helmets, brochures, materials and even presentation materials.

Where and how to order helmets, how to fit them, how they work, when to replace them; games to let students get some exercise and check the fit; the always fun to do "EggSperiment" aka as the Egg Drop to show how styrofoam peanuts keep the egg shell from breaking much like styrofoam helmets keep our head from cracking.

The outside portion had us all sweating and laughing as we designed the rodeo courses, behaved like children, asked and answered many questions to make sure we all had our bases covered.

The Lake Placid Police Department now has a well trained staff to conduct their November Bike Rodeo.

One of the officers also attended the FASRO conference and we hooked up again and finalized arrangements for the helmet programs for several area schools.

I think this training benefitted FBA as much as it benefitted the students in the training class. It's all about partnering and working together to make a difference.

Check out this Web link for some of the items mentioned in this article:  
[www.sharetheroad.org/Resources/Activities.htm](http://www.sharetheroad.org/Resources/Activities.htm)



### Middle School Helmet Program

Middle School students, we all know, have a mind of their own. They still look like children, but they're adults—some days!

It's hard to tell by appearances from one day to the next which mode they are in. One thing we DO know is that peer pressure is very strong for this age group and independence is a coveted trait.

Bicycles provide the transportation that the maturity and independence this group

needs. But getting students to wear a properly fitted helmet on each bicycle trip can be a difficult task.

Enter a pilot program created by Dr. Ron Van Houten and Dr. Louis Malenfant. This program uses motivation and peer pressure to get students to "buckle up."

Students at the participating Middle Schools wear bright green t-shirts to indicate they are "Headstrong Research Assistants." In reflective ink, the back of the shirts reminds students to "Wear your helmet every time you ride." These students record bicyclist behaviors on certain days each week.

Is the bicyclist wearing a helmet? Yes, circle the happy face. No? circle the sad face. Is it buckled? Is it straight? Did the student remove the helmet when off the school grounds? Did the student ride with the helmet on the handlebars?

The results are posted on campus and the percentages announced routinely. At the end of the year, a party will help celebrate successful increases in compliance.

When students cannot afford a helmet, a helmet is provided and fitted by the research assistant students, the school resource officer or school resource deputy. The pilot program was funded by a grant through the FDOT Safety Office and had several schools statewide sign up.

A presentation was made at the Florida Association of School Resource Officers (FASRO) in July and the program waiting list increased. Several schools have recently come on board as well, thanks to a donation to the program by a private citizen.

It's through caring individuals such as our "helmet angel" that we can provide helmets and programs to keep our students safe.

One of the schools, in Broward County, requires the students to wear uniforms, so the ninth graders at the adjoining school wear the green shirts and do the tallying for community service hours.

With this approach, two schools are being educated about helmet fitting. Another school's SRO e-mailed FBA with this note: "We love your programs and are glad we were selected to participate."

More schools will be added monthly and an elementary program is also being implemented.

Sometimes the SRO will be the coordinator, sometimes it will be the DARE Officer on campus, sometimes the PE teacher and in some cases, the school crossing guards will be the ones to identify students who need helmets and refer them to the appropriate authority on campus to obtain a helmet.

There are many ways we can all work together to educate our students (and their families) and to help students better understand bike safety.

They are our future, so we need to make sure they become injury free adults.

Hopefully some of these same students will be our future helmet angels and help us continue keeping students' heads protected.

## BikeWalk Network gets STR mini grant

BikeWalk Network, Inc. received a Share the Road mini grant in the amount of \$2,000 to kick off their organization at an October 7 fundraiser/promotional event.

The grant also helped to establish their Website, [www.bikewalknetwork.org](http://www.bikewalknetwork.org), to provide area residents in Tallahassee and Leon County with information on roadway sharing, as well as local cycling issues.

Network members will also act as an information resource for local educators, law enforcement officers, city and county staff and the Capital Regional Transportation Planning Authority (CRTPA) on issues pertaining to the promotion of the concept of roadway sharing.

Members are discussing ways to reinvigorate Leon County's in-school bike education program and planning to assist non-profit organizations, schools and others with bike rodeos and safety awareness events.

The network was founded in August 2006 to address implementation of the Bicycle Pedestrian Master Plan (BPMP) commissioned and adopted in 2004 by the Tallahassee/Leon County Metropolitan Planning Organization (MPO). The BPMP became part of the Long Range Transportation Plan used by Tallahassee and Leon County to plan their projects. But it has been largely ignored. BikeWalk Network wants to make sure it gets implemented.

## Letters to FBA

*Readers take issue, offer suggestions, or otherwise stir the pot. We reserve the right to edit your letters for length and to make your English more better. The opinions offered here do not necessarily reflect those of the Florida Bicycle Association, its officers, staff, board of directors or FBA Messenger editors.*

**Re: Share the Road signage**  
(you saw the picture on page 4)

In June, I contacted Tampa Mayor Pam Iorio about a dangerous, narrow road that connects a key Tampa neighborhood with the Busch Gardens and University of South Florida areas. I urged widening Rowlett Park Drive slightly for bike lanes and to at least install "Share the Road" signs to warn drivers to expect bicyclists and to share the road with them.

I was told by some city staffers and local cyclists that the city was not keen on installing such signs. So I didn't hold out much hope.

But about a month later, an e-mail came from the city's transportation manager [Roy LaMotte] agreeing that signs should be installed and that the signs should be up with four weeks.

Sometimes the squeaky wheel DOES get the oil.

—Alan Snel, Tampa Bay

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November 19, 2006

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[www.floridafreewheelers.com/ffw\\_forms/Horrible2006.pdf](http://www.floridafreewheelers.com/ffw_forms/Horrible2006.pdf)



Rest stops every 20 miles. Pre-ride fruit and bagels, post ride hot dogs and soft drinks. Last rest stop closes at 4:00 p.m. and all ride support ceases at 5:30 p.m.

This is a recreational ride. Cyclists of all abilities are invited to take up the challenge. Helmets required, headphones prohibited.

## Health Matters...

# Do you know your numbers?

by Louis P. Brady, MD

## Two startling facts

1. Every other adult in the U.S. has a cholesterol problem.
2. Seventy percent (70%) of this group is not aware that he/she has a cholesterol problem.

Are you one of them?

The one single most important thing you can do to insure your health is to have what is known as a lipid panel blood test—including a test for blood sugar. These tests will alert you as to which half of the population you are in.

The next step if you are in this group, is to make yourself knowledgeable about what an elevated cholesterol and/or blood sugar bodes for your future health.

## What's cholesterol good for?

Cholesterol is a soft, waxy substance found

among the fat (the "lipids") in your bloodstream and your body's cells. It's an important part of a healthy body because cholesterol is used to form cell membranes, some hormones, and tissues.

Cholesterol is produced in the liver, stored in your gall bladder, and is an integral part of the proper digestion and metabolism of food.

There are several components to cholesterol. The two most well known are:

1. LDL, the "bad" cholesterol which causes cholesterol to build up in the walls of your arteries.
2. HDL, the "good" cholesterol that helps your body get rid of the excess bad cholesterol in your blood. So, if your HDL levels are low, your risk of heart disease also increases.

## How does cholesterol help digestion?

When we eat, the gall bladder contracts, pushing bile into the upper intestine.

This bile is loaded with cholesterol. Part of the cholesterol-containing bile is used to help digest food and the unused portion of that bile is reabsorbed into the blood stream, returned to the liver, and eventually adds to the body's pool of cholesterol levels.

## Is more better?

Not in the case of LDL ("L" for lousy). The lower your LDL is the better. This excess LDL causes plaque to form not only in the heart but in the body's major vessels such as the neck and legs causing these vessels to slowly narrow and hamper blood flow.

## What are your risk factors?

□ **Diet:** Saturated fat and cholesterol raise total and LDL-cholesterol levels.

□ **Obesity:** There is a direct correlation to obesity and elevated cholesterol; however, being slim or having an athletic build is no assurance that you are not in that other 50 percent.

□ **Physical activity:** Regular exercise can help lower LDL-cholesterol and raise HDL-cholesterol levels.

□ **Heredity:** Here's something that's beyond your control—your genes influence how your body makes and handles cholesterol. It's important to know whether your family history indicates high cholesterol.

□ **Age and gender:** Cholesterol levels begin to elevate at about age 20 in both men and women, although prior to menopause, most women have lower levels than men. After menopause, a woman's LDL-cholesterol level goes up.

## Suspect high numbers?

Go see your doctor. The majority of physicians as of this writing will probably start a patient on one of the popular statin drugs (e.g. Crestor, Lipitor), recommend a program of regular exercise and weight loss down to a body mass index of 18 to 25.

## Is it for you?

Due to the fact that all of the statin drugs have a myriad of potential side effects, the physician will recommend a blood test every three months to warn of the most serious, liver damage.

Aside from a more common side effect of muscle pain, one that has only recently been appreciated is the loss of CoQ10. This particular enzyme is depleted by the ingestion of statins and may lead to cardiac myopathy if CoQ10 is not prescribed along with the statin drug.

It is a known fact that about 20% of the patient population who would be candidates for a statin drug cannot take them.

## What do the experts say about the heart's good friend, fiber?

□ **American Pediatric Society:** children should have their diet augmented with fiber as soon as a child starts eating solid food—using a formula of the child's age plus five. For example if a child is 10 years old, his/her diet should be augmented with 15 grams of soluble fiber per day.

□ **JAMA 2002** (The Journal of the American Medical Association): intake of 10-20 gms of soluble fiber should be the first course of treatment in treating elevated cholesterol levels.

□ **The American Heart Association and the American Cancer Society:** fiber intake of 25 to 30 grams per day has been shown statistically that this much soluble fiber per day will reduce the risk of heart disease and stroke by as much as 40%.

## What is the problem?

The problem with getting that much fiber from food intake is that we would have to either radically alter our dietary patterns or graze all day with attendant weight gain. A diet low in cholesterol and saturated fat (saturated fat raises your blood cholesterol level more than anything else you eat) and more vegetables and dietary fiber, especially soluble fiber, will lower your blood cholesterol and reduce your risk of heart disease.

## What is a solution?

The most clinically recognized fiber matrix today, BiosLife2, was discovered at Stanford University and is now listed in the PDR (Physicians Desk Reference). This fiber formulation has undergone a double blind study at the Cleveland Clinic and, in 98% of the patients tested, found a significant reduction in their bad cholesterol (LDL) and a significant rise in the good cholesterol (HDL).

As effective as this fiber was in reducing ones blood cholesterol, there is now an improved product, *BiosLife Complete*, that is even more effective.

*BiosLife Complete*, the only all natural, clinically proven alternative to statin drugs, reduces cholesterol in four ways:\*

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2. Helps block absorption of cholesterol that comes directly from food.
3. Reduces liver-produced cholesterol.
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Clinical studies have shown average reductions of LDL (bad) cholesterol of 31% and increases HDL (good) cholesterol an average of 29%. It does all this with NO side effects.

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□□□

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Archived articles include:

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## Bed, Breakfast & Bike Florida

by Dale V. Lally, Jr.

This informative guide describes several dozen wonderful inns or B&Bs, with at least two rides originating from each inn or nearby.

Accommodations are described down to the smallest nuance; rides are illustrated by handy maps and detailed cue sheets. *Bed, Breakfast & Bike Florida* features one circular route and five interconnected cross-Florida routes covering areas from Pensacola in the panhandle to Key West in the southeastern part of the state.

**"Touring by B&B" is a great way to see more of Florida.**

An avid cyclist, Dale was a longtime member of the Broward County Bicycle Advisory Committee and was an FBA advisory board member. He passed away in mid-2004 while attending the Tour de France.

### Bed, Breakfast & Bike Florida

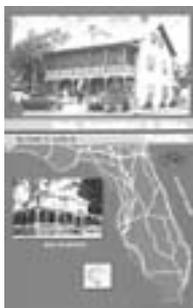
by Dale V. Lally Jr.

ISBN: 0-933855-24-9

208 pages, paperbound, \$16.95

Order from [www.anacus.com/bb.html](http://www.anacus.com/bb.html) or [Amazon.com](http://Amazon.com)

Do you have a favorite B&B or inn you've encountered on a bicycle trip? Send us the details (or point us to a Web site) and we'll feature it in the *Messenger*.



# Safe Routes to School program aims: more kids safely walking and biking to school

Safe Routes to School (SRTS) is a new federally-funded program designed to increase both the number of children walking and bicycling to school, and their safety.

Under the SRTS program, each state receives both infrastructure funds for engineering (designed to improve the physical routes along which children need to walk or bike to school), and non-infrastructure funds for education, encouragement, enforcement and evaluation.

Florida will receive an estimated \$27.4 million for Safe Routes to School during the five-year program, through 2009.

Although this amount will by no means solve all of the school transportation problems in Florida, it will serve as a catalyst to get schools involved in finding creative solutions to these problems.

The target age group for the Safe Routes to School program is kindergarten through eighth grade.

The goals of the program include giving children the knowledge and skills needed to make safe alternative transportation choices, increasing the physical activity level of children, reducing diabetes and other diseases resulting from inactivity and obesity, and improving the environment.

These broad-based goals include some that are very different from what most state departments of transportation are used to working on, but for the Florida Department



of Transportation, this program is a logical extension of research and programs on children's safety and health issues that have been conducted over the last 20 years.

Research projects conducted on these topics include the Home to School study, the

Safe Ways to School pilot project and Toolkit, and Safe Ways to School: The Role in Multimodal Planning.

Educational programs benefiting children which have been developed or funded by Florida DOT during that time include the

Florida Traffic and Bicycle Safety Education Program, the Florida School Crossing Guard Program and the WalkSafe Program.

The SRTS Program in Florida is off to a busy start. Recent months have been a whirlwind of presentations, training and program development. SRTS coordinator Pat Pieratte made presentations at two conferences, attended two national training conferences, conducted a one-day training meeting with the district personnel who will be administering the program, and is in the process of developing a Web page ([www.dot.state.fl.us/safety/SRTS.htm](http://www.dot.state.fl.us/safety/SRTS.htm)) and statewide application and guidelines for the program.

Pieratte will coordinate the projects at the central office. FDOT District Safety Engineers or Safety Program Managers will administer the program, assisted by the district community traffic safety team coordinator and the district bicycle/pedestrian coordinator in most districts. The accompanying map shows the district contacts for the SRTS program in Florida.

Pieratte became SRTS Coordinator, July 14. She has over 20 years' experience in bicycle and pedestrian issues at FDOT.

She served as assistant bicycle/pedestrian coordinator for 11 years and was bicycle/pedestrian grants administrator for nine years. In these capacities, she was involved with the many child-oriented research projects and education programs developed by FDOT over the last 20 years.

## When flesh meets earth

by Gale Bernhardt

If you are a cyclist, one day your flesh will meet the earth—and not in a nice way.

Call it a scrape, a strawberry, minor abrasion or road rash; but they are all basically the same injury. Sometimes this fall can include hitting your head as well.

After damage assessment, the question becomes how to heal as quickly as possible, while minimizing time off the bike.

Last season, I became intimately interested in fast wound healing when I fell in love with mountain biking and fell going around a loose gravel corner. Like most endurance athletes, I have no time for injuries and I needed to heal fast.

Lucky for me, only days after my crash, I traveled as coach support to a World Cup triathlon race—on the same trip was athletic trainer Diana Palmer. She introduced me to moist wound care.

Wound care is one of Diana's specialties in her job as the head athletic trainer and sports medicine program director for Westmont College in Santa Barbara. She has extensive experience patching up cyclists and various other outdoor athletes. Her suggestions and strategies helped me quickly heal from the mountain bike crash.

I had a chance to retest the protocol this season when I went down on my road bike for the first time in 20 years of training and racing. Her protocol healed a good case of

road rash in four to seven days. (The deeper wounds took a few days longer than the surface wounds.)

The wound care process includes a product called Tegaderm®, manufactured by 3M. A thin, clear dressing with adhesive on one side, it keeps water, dirt and germs away from the wound, yet lets skin breathe.

This keeps the wound healthy and does not allow deep, scaring scabs to form. Because it is clear, you can constantly monitor the wound healing process—a real advantage. It is available over-the-counter at some drug stores and pharmacies.

For serious wounds, you need to be checked out by a medical professional. If your wounds are the self-care type, the tips below may help you heal quickly.

If the injury included hitting your head, you may want to take a trip to the emergency room. Even if the hospital does a head scan that comes up negative, internal bleeds (i.e. Saul Raisin) can develop 24-hours to 7-days post-trauma.

Concussions don't show up on scans or MRIs. If you've had a head injury, avoid holding your breath when lifting. Steer clear of pushing down hard and holding your breath, such as when using the toilet.

Avoid sharp changes in pulse rate or blood pressure, such as suddenly standing

on the pedals of your bike to climb hard.

Give your head a rest for a few days.

Clean the wound with clean water (not stagnant stream water), a soft child's toothbrush (or a sponge) and soap. Sterile saline wound wash can be used in place of water and often used in athletic trainer kits because it puts out a stream that helps flush wounds.

Baby shampoo works well for the soap because it is mild. The biggest issue in this part of the process is cleaning the wound thoroughly.

Most people won't clean their own wounds well enough because it really hurts. If you cannot do a good job of really cleaning the wound, go to an urgent care office to get cleaned up. The last thing you want to deal with is a nasty infection.

If the wound is an abrasion and not free-bleeding, use hydrogen peroxide for the first day only.

Get a Tetanus shot if you have not had one within the last 10 years.

Put an antibiotic on the wound (examples include Bacitracin, Polysporin, Neosporin) and cover it with Tegaderm®.

Antibiotic ointments can be overused and can cause skin reactions, allergic responses and set up a resistance-bacterial growth cycle. If you prefer an ointment on your minor wounds, follow these suggestions:

Apply any antibacterial ointment to a well-cleaned wound to avoid "sealing in" bacteria.

Apply a very thin layer of ointment. This will coat and protect the wound.

Use a clean swab or sterile gauze to apply the ointment. Do not apply ointments direct-

ly from the tube, to avoid contaminating the tube and any future wounds.

You can apply ointments up to two times daily; however, always clean the wound before each new application of ointment. Remove the Tegaderm® by peeling it from the top to the bottom.

Unless there are signs of infection, you can stop using antibacterial ointments after 24 to 48 hours; but continue to cover the wound with Tegaderm®.

Watch the wound daily. Change the Tegaderm® as needed, particularly if excessive exudate (wound pus) develops. Some fluid build up under the Tegaderm® is normal.

Watch for dark yellow, green or brown exudate, excessive redness, increasing pain, fever or red streaks moving up the extremity.

Change the dressing as necessary and see your medical professional if any worrisome conditions develop.

Keep the wound covered with Tegaderm® until the redness, the wound or both are gone. Protect the newly healed wound from the sun by using sunscreen with a sun protection factor of 30+. New skin is very sun sensitive.

If it is your turn to take a tumble, perhaps this process can help you heal as fast as possible.

Many thanks to Diana Palmer for her contributions to this column and my personal wound care.

— Gale Bernhardt was the 2003 USA Triathlon Pan American Games and 2004 USA Triathlon Olympic coach for both the men's and women's teams. For more information, visit <http://theactivenetwork.com/>.



# The Sanibel Bicycle Club—Pedaling in Paradise

SANIBEL ISLAND IS A PLACE best known for its sand, seashells, lush tropical vegetation, wildlife and countless birds. But lately you're likely to spot packs of smiling cyclists roaming the island in identical bright yellow riding jerseys.

The club was founded in 1994 by a small group of Sanibel Island residents interested in promoting bicycling and creating opportunities to ride and socialize with other like-minded folks. Twelve years later, the Club is still going strong and has grown to almost 300 members.

### A Unique Cycling Environment

Through the first half of the 1900s, Sanibel Island was a naturalist's paradise, a quiet place with few people, reached only by ferry or private plane. To protect the island from overdevelopment after the Sanibel causeway/bridge opened in the mid 1960s, island residents founded Sanibel's city government in 1974. The City of Sanibel declared itself a sanctuary island and adopted a vision statement and restricted development plan to make sure all future endeavors on the island would protect its natural environment and abundant wildlife.

The island's first bike path system was born in the mid-70s. Starting with a single

mile, funded by \$10,000 of privately raised seed money, the path system has grown to a 23-mile network of shared-use paths.

Broad community and city government support for the path system has been a hallmark of Sanibel since the beginning, making it one of the earliest examples in the U.S. of a city-supported path system.

Sanibel considers its path system one of the "crown jewels" of the island. The path system is an important quality of life attraction for the island's 6000 permanent residents, and a major draw for the many visitors who come to the island every year.

Reaching all parts of the island, the path system serves as a recreational resource as well as an every-day transportation alternative for on-island commuting or running errands, helping to ease traffic congestion during busy months of the peak tourist season. As it winds through the island's lush tropical setting, the path system allows users to experience first hand Sanibel's unique natural environment.

### The Sanibel Bicycle Club

Members of the Sanibel Bicycle Club are a diverse group. They include permanent, year-round residents of the Sanibel area and seasonal visitors from all over the country. Says club President Patti Sousa, "We wel-



*A Sanibel Bicycle Club member puts the finishing touches to one of the many shared-use path signs on the island. The club regularly volunteers its labor toward upkeep of the path system.*

come members at all levels of cycling skill and experience, from hard-core to casual to beginners. We even have members who don't ride, but join the club to express support for our advocacy goals or to participate in the club's non-riding social activities."

The club's activities are guided by its three-part mission:

- ❑ **Pedaling:** To promote enjoyment of bicycling for recreation, transportation and health.
- ❑ **Partying:** To provide an opportunity for bicycle enthusiasts to socialize together.
- ❑ **Pushing:** To advocate for improvement of the safety and infrastructure of the Sanibel

Shared-use Path System. In support of this goal, the club submits an annual report to the City on the state of the path system, recommending short and long term needs for repairs and expansion, and pointing out safety issues.

The club regularly provides volunteer labor to repaint path warning signs throughout the system. It has periodically contributed from its budget to help fund path-side amenities. In 2005, the club raised \$25,000 to help the City pay for the first phase of a professionally-done Comprehensive Master Plan that will guide future development of Sanibel's shared-use paths.

**Nov. 11, 2006 ~ Blake Park**  
493 S Lakeview ~ Lake Helen, FL

**Kick off event for the Florida Discovery Bicycling Center**  
includes a fun-filled day both on and off the bike:

- Ⓜ Supported Bike Rides from 5 - 100 miles (8am - 4pm)
- Ⓜ Entertainment in the park 10:00 am - 2:30 pm FREE
- Ⓜ Children's Bike Rodeo 10:00 am - noon FREE
- Ⓜ Food and beverage vendors
- Ⓜ Tent and booth displays, something for all ages
- Ⓜ T-shirts, ride maps, safety information and more!

For more information: 407-282-3245 9am - 7pm  
www.floridabicycle.org/discovery  
FDBC - P O Box 555 - Lake Helen, FL 32744

Out with the old In with the new!

Trade in you're old, outdated weatherbeaten tag—whatever variety—for a shiny new "Share the Road" specialty plate. Proceeds from the "Share the Road" license plate are split between Bike Florida and FBA to promote safe cycling.

**Your purchase helps pay for:**

- ❑ Education and awareness programs for bicycle and motorist safety
- ❑ Training, workshops, and educational materials for children and adults
- ❑ Promoting Safe Routes to School programs

Visit the website: [www.ShareTheRoad.org](http://www.ShareTheRoad.org)

Include with your registration fee an additional \$27 to receive your Share the Road plate by mail from your local license plate agency. Fee includes a one-time \$10 charge for a new metal plate. Subsequent annual renewals are \$17. **Be sure to specify "Share the Road Specialty Plate" on your license renewal form.**

# National ProWalk/ProBike® conference... A Positive Experience

by Bret Baronak, Palm Beach MPO Bike/Ped Coordinator

**O**ver 600 pedestrian and bicycling advocates and professionals, including many from the Sunshine State, converged on Wisconsin's capital, Madison,

collaborating to ensure that walking and biking plays a paramount role in the transportation system and society.



The conference theme, "Making Connections," guided discussions on the need to connect with one another to create a unified voice that will bring together new ideas, energies, opportunities and participants.

This year's event, the 14th of these annual international symposia on walking and bicycling, was the best attended to date, and this writer's first.

Having enjoyed Florida's state conference in St. Augustine, I had high expectations for this event, which would provide a national and international perspective.

It certainly did not disappoint. With a plethora of distinguished presenters and key note speakers, the conference covered the gamut on topics relevant to addressing walking and bicycling.

Sessions focused on street design, livable communities concepts, traffic calming, and similar important topics. What really stood out were the many sessions that addressed safety issues for school children, combating childhood obesity and granting opportunities for kids to bike and walk.

Children are impressionable and represent the next generation of advocacy groups, policy makers and educators. They hold the key to ensuring that walking/bicycling become more integrated into our culture.

The only problem created by having so many diverse and interesting sessions, and I guess it is a good problem, is that I found myself jumping in and out of rooms to hear at least a small portion of great presentations that were happening simultaneously. I know that I was not alone either.

Madison's Menona Terrace Convention Center was the perfect venue for fellowship and enlightenment, but there was a reason the conference was held in Madison, and I was chomping at the bit to explore the best the "Capital City" had to offer in the way of bicycle friendliness and culture. In fact, I elected to stay through the weekend so I could maximize my time in exploring and learning about Madison.

Each afternoon after the



Scenes from the host city: Above, downtown State Street closed to motorized traffic; far left, a bicycle/pedestrian path near the university; below, view of the skyline from a lakeside path.

sessions ended, I set out on two wheels to find out why Outside Magazine recently rated Madison as the top road bicycling city in the U.S. It literally takes only a few seconds to see that bicycles rule in this town. Coming from all different directions, college students, Wisconsin political brass, blue collar, white collar—you name it—they were on their bicycles. It was pretty surreal. Streets reserved only for bikes and buses, bike racks loaded to capacity, miles of dedicated bike paths that extend beyond the city limits into the pastoral countryside, bike lanes and unique bike shops proved beyond a shadow of a doubt that this town is in the bicycling "big league."

I cannot overstate the positive experience

I had participating in this marquis conference for the first time and spending time in this unique city. The conference allowed me to meet many new people, gain new ideas and perspectives, and gain a sense of humility when seeing the overwhelming passion of many of the participants.

Big challenges lie ahead to get these ideas on the ground. Locally I am working hard with tireless advocates and elected officials to make biking and walking a relevant part of our social and physical infrastructure. In my short time in Florida and at this position, I have already witnessed many great accomplishments locally and all over this state, and knowing who my colleagues are, I am very confident about the future.

The next conference is scheduled for 2008 in Seattle.



Photos: Bret Baronak

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## Group Riding Ethics and the Law

by Robert Seidler

**S**eidler Productions—that's Robert Seidler, Lee Berger, Greg Wilson and Nic Christie, recently created a new one-of-a-kind campaign package dealing Group riding ethics and the law.

This is all funded through FBA and FDOT. The group riding program takes issue with the problems generated by group rides that impact all the roadway users and features a co-exist philosophy.

Eight PSAs wrapped into bike racer/planner Raphael Clemente insights about group riding and transportation inspire the viewer to think differently about roadway sharing and the images that cycling promotes.

The PSAs can be customized for any group or municipality and in fact Seidler Productions with this years businesses partnership will be providing this customizations service at no cost to Florida based users in need of the PSAs.

We are all hoping to get both cyclists and motorists more aware of each others needs. Hopefully a lot of show and tell will happen if we can get the program out and about.

We re-master the program with your logo and informational tag line and return to you to air on TV or public access channels. You can also use them for group or PowerPoint presentations.

Eventually, the program will available on the FBA Website to view.

Seidler team members have been busy little bikers this year with their transportation programming. They have upgraded the Florida School Crossing Guard program that they originally produced in 1993.

The newly expanded and easy to use materials were developed for use in the master training program administered and crafted by Leigh Matusick, the long time visionary leader of crossing guards.

A DVD with 18 segments will provide future guard trainers with all the visual tools that they need to get a total grip on what a crossing guard needs to know and do. Florida State University's Urban and Regional Planning Department was the client.

A new K-5 helmet program was introduced with Dr. Ron Van Houten at the lead. This program is just like the Middle School Helmet program produced last year except

instead of the School Resource Officers' involvement the school safety patrols check helmet use and also fit helmets to willing cyclists.

The new program should make it much easier to get the middle school user pre-trained.

The Technology Transfer (T2) Center at the University of Florida was the client.

FBA program director Lyndy Moore worked hard all year getting the Middle School program going strong.

A new pedestrian



enforcement program where officers are trained in the field to stop and educate motorists about yielding to pedestrians will be released.

Dr. Ron Van Houten and Dr. Louis Malenfant have had great success over the last eight years getting drivers to yield and keep yielding.

They now have an upgraded toolset of DVD components that gives great insight

**Programs directly relate to bicycle and pedestrian issues and reflect an ongoing investment in getting the correct information out to the general public.**

into the culture change needed to get the driving public informed, educated and yielding.

This includes much bicycle information delivered in the classroom. The bike materials come from the three bicycle law enforcement programs produced over the last three years for FBA. The T2 Center at the University of Florida was the client.

Dr. Ron has fully integrated the bicycle with the pedestrian in the enforcement training and the police love it. It was a hard week in Jacksonville and Key West, though, with temps in the 100s. The police were all great to work with—and all parties involved learned much about each other. Drivers just don't know the law and the hands-on approach works well.

For teenagers, a Slowdown, Pay up or Crash program complete with PSAs dealing with Work Zone Safety is available.

Its main component gets the viewer understanding visual noise and how it distracts and confuses motorists. Teen motorists get to experience and understand what you need to do and not do in work zones. The T2 Center was the client.

The Group Riding program pre-event that Bike Florida premiered this year gets riders to see and understand the issues large multi-day events cause.

It focuses on crash prevention through understanding causation. We show and explain the why of crashes. Bike Florida, using Share the Road license plate proceeds, was the client.

All these programs directly relate to bicycle and pedestrian issues and reflect an ongoing investment in getting the correct information out to the general public.

Florida leads the nation in pedestrian crashes with 11% of the total in 2005 and bicycle crashes aren't far behind. You can help us promote these programs to their intended audiences.

A special thanks to the FDOT safety office for being the lead agency in almost all this fine work.

## Can't win for losing dept.... Drivers give helmeted cyclists less room

Motorists give greater leeway to cyclists who do not wear safety helmets, according to a study by an academic in Britain who was hit by traffic twice as he rode his bike to carry out his research.

Researcher Ian Walker from the Department of Psychology of Britain's University of Bath found drivers were up to two times more likely to get close when passing cyclists wearing helmets than when overtaking bare-headed pedalers.

He said wearing a helmet might therefore make a collision more likely, but a safety-advocacy group cautioned against giving up a helmet's protection against head injury in hopes of avoiding a crash.

To conduct his experiment, Walker rode a bicycle fitted with a computer and an ultrasonic distance sensor and recorded data from more than 2,500 overtaking motorists.

He spent half his time wearing a helmet and half bare-headed. He says he was struck by a bus and a truck while wearing the helmet but was uninjured.

Walker, whose research has been accepted for publication in the international journal Accident Analysis & Prevention at a date not yet set, said his study followed previous research that found many drivers saw cyclists as a group of "lycra-clad street-warriors."

"This may lead drivers to believe cyclists with helmets are more serious, experienced and predictable than those without," he said in a statement released on Tuesday.

Walker found drivers passed an average of 3.3 inches (8.5 cm) closer to cyclists with a helmet than without, giving cyclists the room needed to avoid drain covers and potholes.

As part of his experiment, Walker found drivers gave an average of 5.5 inches more space when they passed what appeared to be a female cyclist.

"We know helmets are useful in low-speed falls, and so definitely good for children, but whether they offer any real protection to somebody struck by a car is very controversial," said Walker. "Either way, this study suggests wearing a helmet might make a collision more likely in the first place."

A spokesman for Britain's Royal Society for the Prevention of Accidents said the study highlighted the vulnerability of cyclists and the need for drivers to take greater care.

"But we would not recommend people stop wearing cycle helmets because of this research. Helmets have been shown to reduce the likelihood of head and brain injuries in a crash," said the spokesman.

—Contributed by Steven Mitnick, M.S., A.R.N.P., M.B.A. Acting Administrator Charlotte County Health Department

## 'Orlando Area Bicycle Guide' available in print

The Orlando Area Bicycle Guide is now available in local bicycle shops. This 50-page guide includes maps of Orange, Seminole, and Osceola Counties, plus tips on making cycling both practical and safe. The maps have been available on the sponsoring agency, METROPLAN ORLANDO's Website ([www.bike-orlando.org](http://www.bike-orlando.org)) for quite some time, but now you can get them in a convenient 4" X 8" booklet. The practical and safety tips are now also available on the Web at the same site. The guides are currently available for purchase at Bike Works, David's World Cycle, and Orange Cycle. METROPLAN ORLANDO hopes other shops will carry them soon. METROPLAN ORLANDO is the metropolitan planning organization (MPO) for Orange, Osceola and Seminole counties.

# Selected State-wide Contacts Here's whom to call about your bicycle/pedestrian/transportation concerns.

We ran out of room, so many contacts are not included. Go to [www.floridabicycle.org/statecontacts.htm](http://www.floridabicycle.org/statecontacts.htm) for the complete list.

AGENCY/functional responsibility	NAME	TELEPHONE	E-MAIL	Other FDOT (continued from below)
FDOT Central Office State Ped & Bicycle Coordinator State SRTS Coordinator Asst. Ped & Bicycle Coordinator	Dennis Scott Pat Pieratte Dwight Kingsbury	850.245.1527 850.245.1529 850.245.1520	dennis.scott@dot.state.fl.us pat.pieratte@dot.state.fl.us dwight.kingsbury@dot.state.fl.us	FDOT Dist 1 Safety Prgm Manager Gary Amig, 863.519.2507 gary.amig@dot.state.fl.us
District 1				FDOT Dist 2 Safety Engineer Holly Walker, 904.360.5629 holly.walker@dot.state.fl.us
Charlotte County MPO Collier County Community Development/evuew Collier County Transportation/pathways project Lee County MPO Lee County DOT Lee County Health Dept/bike-ped safety education Polk County TPO Sarasota County Public Works Trans. Planning	Gary Amig Sarita Taylor Gary Harrell Russ Muller Trinity Caudill-Scott Julia B. Davis Victoria Griffin Dan Moser Ryan Kordek	863.519.2666 863.519.2216 941.639.4676 239.403.2462 239.417.6027 239.338.2550x219 239.479.8580 239.332.9514 863.534.6558 941.861.0931	gary.amig@dot.state.fl.us sarita.taylor@dot.state.fl.us harrell@ccmpo.com russmuller@colliergov.net jdavis@swfrpc.org vgriffin@leegov.com dan_moser@doh.state.fl.us ryankordek@polk-county.net	FDOT Dist 3 Safety Prgm Manager Anthony Nosse, 954.777.4334 850.415.9534  FDOT Dist 4 Safety Prgm Manager Gilbert Soles, 954.777.4358 gilbert.soles@dot.state.fl.us
District 2 City of Gainesville Trans. Svcs/Bike-Ped Prog Assist First Coast MPO Duval County Health Dept/Injury Prevention	Randy Warden Dekova Batey Elizabeth DeJesus Stephen McCloskey	904.360.5631 352.334.5074 904.306.7505 904.630.3300x2308	randy.warden@dot.state.fl.us bateydt@ci.gainesville.fl.us edejesus@fcmpo.com stephen_mccloskey@doh.state.fl.us	FDOT Dist 4 PD&E Mgmt Engineer Beatriz Caicedo-Maddison, 954.777.4336 beatriz.caicedo@dot.state.fl.us
District 3 Panhandle MPOs (West Fla RPC) Capital Region Transportation Planning Agency (MPO)	Mary Anne Koos Mike Ziegler Peter Koepffel	850.415.9547 800.226.8910x215 850.891.8090	maryanne.koos@dot.state.fl.us zieglerm@wfrpc.dst.fl.us koepfel@talgov.com	FDOT Dist 5 Safety Engineer Anthony Nosse, 386.943.5334 anthony.nosse@dot.state.fl.us
District 4  City of Boca Raton Mun Svcs Eng/trans analyst City of Boca Raton PD/traffic safety educ Broward County UrbanPlann & Rdvlprmnt/Special Projects & Bicycle Coordinator City of Delray Beach Parking Mgmt City of Fort Lauderdale Planning & Zoning Dept/bicycle-pedestrian coordinator Martin County MPO Palm Beach County MPO	Larry Hymowitz Jeff Weidner Daphne Spanos Joy Puerta Lori Wheeler  Mark Horowitz Scott Aronson  Adrienne Ehle Felix Castrodad Bret Baronak	954.777.4663 954.777.4670 954.777.4483 561.416.3410 561.620.6056  954.357.6641 561.243.7286  954.828.5798 772.419.4081 561.684.4163	larry.hymowitz@dot.state.fl.us jeff.weidner@dot.state.fl.us daphne.spanos@dot.state.fl.us jpuerta@ci.boca-raton.fl.us lwheeler@ci.boca-raton.fl.us  mhorowitz@broward.org aronson@ci.delray-beach.fl.us  aehle@fortlauderdale.gov fcastrod@martin.fl.us bbaronak@co.palm-beach.fl.us	FDOT Dist 7 Safety Prgm Engineer Peter Hsu, 813.975.6251 ping.hsu@dot.state.fl.us  FDOT Elder Road User Prgm Gail Holley, 850.410.5414 gail.holley@dot.state.fl.us  FHWA Fla Div Safety Engineer Hussein Sharifpour, 850.942.9650x3024 hussein.sharifpour@fhwa.dot.gov
District 5 Brevard County Transportation/Bike-Ped-Trails Prgm Coordinator Brevard County Transportation/traffic safety education Lake-Sumter MPO Ocala-Marion County MPO City of Orlando Transportation Planning/bicycle-pedestrian-transit Metroplan Orlando (MPO) Seminole County Trails & Greenways Volusia County MPO	Joan Carter  Barbara Meyer Kim Smith Michael Woods Jeff Shrum  Malisa McCreedy Mighk Wilson Cindy Matheny Stephan Harris	386.943.5335  321.690.6890 321.690.6890 352.315.0170 352.629.8529  407.246.3347 407.481.5672x318 407.665.2095 386.226.0422x34	joan.carter@dot.state.fl.us  bmeyer@brevardmpo.com ksmith@brevardmpo.com mwoods@lakesumtermpo.com jshrum@ocalafl.org  malisa.mccreedy@cityoforlando.net mwilson@metroplanorlando.com cmatheny@seminolecountyfl.gov scharris@co.volusia.fl.us	Community Traffic Safety Program District Coordinators  FDOT Dist 1 CTSP Coordinator Debra Stallings, 863.519.2347 debra.stallings@dot.state.fl.us
District 6 City of Key West Parks & Rec/bicycle-pedestrian coordinator City of Miami Beach/bicycle program coordinator Miami-Dade County MPO Monroe County Planning	Ken Jeffries  Jim Malcolm Christine Leduc David Henderson Jose Papa	305.470.6736  305.293.6495 305.673.7080x6768 305.375.1647 305.289.2514	ken.jeffries@dot.state.fl.us  jmalcolm@keywestcity.com cleduc@miamibeachfl.gov davidh@miamidade.gov papa-jose@monroecounty-fl.gov	FDOT Dist 3 CTST Coordinator-East Quinton Williams, 850.415.9426 quinton.williams@dot.state.fl.us  FDOT Dist 3 CTST Coordinator-West Barbara Lee, 850.415.9231 barbara.lee@dot.state.fl.us
District 7 City of Clearwater/bicycle-pedestrian coordinator Citrus County Sheriff's Office/traffic safety educ Hernando County MPO Hillsborough County MPO Hillsborough County Parks&Rec Hillsborough County Public Works/bicycle- pedestrian coordinator Hillsborough County Public Works/Manager, Bicycle, Pedestrian & School Safety Prgrms Pasco County MPO City of Pinellas Park Planning Pinellas County MPO City of St. Petersburg Transportation & Parking/bicycle-pedestrian coordinator City of Tampa Public Works City of Tampa/Parks & Rec Dept/Greenways & Trails Coordinator	Michelle Greene Felicia Leonard Kristen Reinhard Steve Diez Gena Torres Charner Reese  Deborah Carreno  Gary Tait Doug Uden Ron Hull Brian Smith  Cheryl Stacks Jan Washington  Mary Helen Duke	813.975.6411 727.562.4852 352.726.4488 x307 352.754.4057 813.273.3774x357 813.276.8388  813.307.1852  813.307.1871 727.847.8140x8230 727.541.0704 727.464.8200  727.892.5328 813.274.8303  813.231.1332	michelle.greene@dot.state.fl.us felicia.leonard@myclearwater.com kreinhard@sheriffcitrus.org stevend@co.hernando.fl.us torresg@plancom.org reesec@hillsboroughcounty.org  carrenod@hillsboroughcounty.org  taitg@hillsboroughcounty.org duden@pascocountyfl.net rhull@pinellas-park.com bsmith@co.pinellas.fl.us  cheryl.stacks@stpete.org jan.washington@ci.tampa.fl.us  mary.duke@tampagov.net	FDOT Dist 4 CTSP Coordinator Carmen Pullins, 954.777.4092 carmen.pullins@dot.state.fl.us  FDOT Dist 5 CTST Coordinator Barry Wall, 904.943.5324 barry.wall@dot.state.fl.us  FDOT Dist 6 CTST Coordinator Lewis Sayre, 305.470.5346 lewis.sayre@dot.state.fl.us  FDOT Dist 7 CTST Coordinator Jeanette Rouse, 813.975.6256 jeanette.rouse@dot.state.fl.us
Program coordinators under FDOT contract Fla Traffic&Bicycle Safety Educ Prgm/director FTBSEP assistant Fla School Crossing Guard Training Prgm/administrator FSCGTP Assistant	Linda Crider Hope Howland-Cook Leigh Matusick Carol Dunn	352.392.8192 352.392.8192 386.943.5600 386.943.5601	lbcrider@aol.com safetyed@grove.ufl.edu leigh.matusick@dot.state.fl.us carol.dunn@dot.state.fl.us	Bike Florida Kristina Roberts, 352.392.6755 info@bikeflorida.org  Rails-to-Trails Florida Office Ken Bryan, 850.942.2379 rtcfldora@transact.org
Other FDOT, state & federal agency staff FDEP Ofc of Greenways & Trails FDOE Student Transportation/Director FDOT ADA Coordinator FDOT CO Policy Planning FDOT CO Policy Planning Florida Tech Transfer (T2) Center/co-directors FDOT CO Roadway Design FDOT CO Systems Planning FDOT CO Transit Planning	Jim Wood Charlie Hood Dean Perkins David Blodgett Melanie Weaver Carr Janet Degner, Nina Barker Gladys Griggs Martin Guttenplan Amy Datz	850.245.2052 850.245.9924 850.414.4359 850.414.4815 850.414.4817 352.392.2371x227 850.414.4321 850.414.4906 850.414.4239	jim.m.wood@dep.state.fl.us charlie.hood@fdoe.org dean.perkins@dot.state.fl.us dave.blodgett@dot.state.fl.us melanie.carr@dot.state.fl.us jdegner@ce.ufl.edu gladys.griggs@dot.state.fl.us martin.guttenplan@dot.state.fl.us amy.datz@dot.state.fl.us	Fla. Ped-Bike Resource Center Joy Riddell, 954.762.5680 jridell@fau.edu  Fla. SAFE KIDS/state coordinator Ralph Salvias, 850.245.4440x2774 ralph_salvias@doh.state.fl.us



(Left to right) Robin Butler, principal coordinator of Seminole County Traffic Engineering, FBA program director Lyndy More, detective (Help take a bite out of crime) McRuff and FBA executive director Laura Hallam take time out from the Florida County Court Judges conference to pose for a picture. During the event, FBA promoted the Alternative Transportation Education program to the judges to encourage them to mandate this class for citizens of their county who lose their driver license. Seminole County is the only county that mandates the ATE course. Seminole County's traffic fatalities committee found that most of the pedestrians and bicyclists who were killed had suspended licenses. The committee reasoned that victims were not using alternative transportation well and others in the same circumstances would benefit by alternative transportation education.

Robin and Lyndy came out one day to help staff the booth. Robin Butler was one of the champions responsible for the creation of the ATE program in Seminole County. Lyndy coined the name.

## Bike Florida 2007

March 17 - 23, 2007

Deland, Flagler Beach, Daytona Beach  
New Smyrna, Deland



### Register online!

Look for registration forms by mid-November. All-in-one registration with meals and jersey options.

Bike 300-400 miles during the week, beginning and ending in Deland.

### Highlights

The ride covers historic points of interest which in the past has included such sites as St. Augustine, fishing towns, forts, recreational areas and parks as well as an intimate interation with quaint Florida towns.

*Bike Florida is a non-profit organization whose mission is to promote safe cycling in the state of Florida.*

[www.bikeflorida.org](http://www.bikeflorida.org)

## St Petersburg Share the Road ride: 4 years and still growing

*What began early as a partly cloudy July morning, turned into a partly sunny day for 350 bicyclists who rode together to show support for FBA's Share the Road efforts.*

In the predawn light, SPBC Vice-President Matt Blaine, Board of Directors Member Patrick McNulty, SPBC President Wendy Menne and Tampa Bay Freewheelers President Ruben Watson unloaded the U-Haul truck full of coolers, tables, chairs, water and "munchies" for the riders.

Shortly before dawn 20-30 riders arrived at the parking lot to unpack bicycles and accessories for the rides ahead. This would appear to be a good sign of high attendance; organizers kept their fingers crossed, hoping the word had got out, that people would respond.



Not to worry. By 7:00 a.m. the registration tables were packed with people awaiting their turn to pay and receive a t-shirt and rider packet.

Valued announcer, John Sinibaldi, Jr., showed up bright and early to begin the day's festivities. Always upbeat and enthusiastic, John donated hours of his spare time to the event as well as a large monetary sponsorship in the name of John Sinibaldi Insurance.

Other large donations from dedicated sponsors included bicycles, bicycle accessories, gift certificates and the like from Revolution Bicycles (whose owner, Bill Addler, seems to come through for the bicycle club at every opportunity), Bicycle Outfitters, Outspokin' Bicycles, Florida Bicycle Sports, Low Oz and Boston Bill Sunglasses. The Mad Dogs donated the hot dogs and buns.

This year's Share the Road Ride was supported by three bicycle clubs from around the area. St. Petersburg Bicycle Club, Inc., the Suncoast Cycling Club, which draws its main membership from the northern part of the county, and the Tampa Bay Freewheelers from across the bay in Tampa.

"Bringing the three clubs together in this way was a great idea and one that we'd like to continue to support and encourage," said St. Petersburg Bicycle Club president, Wendy Menne.

Approximately 170 riders either signed up online through [active.com](http://active.com) or mailed in their registration. The other 180 riders showed up that morning to register; the crush of day-of-ride registrants put registration table workers to the real test.

Those volunteers worked diligently to get everyone signed up as quickly as possible so that every rider got out on time to do their ride.

The volunteers who made that happen were Paulette Pavelski, Mary Hildebrand, Audrey Gibson, Lynn Yetman and Sue Chaffman.

The Pre-registered table worked like a well oiled machine and the volunteers who made that happen were Mary and Charlie Shaw, Joyce Runion, Ron Regan, Gwen Cooper on t-shirt duty, Joel Wright & the ever ambitious and tireless Patrick McNulty who acted as a runners between day of registration and pre-registration where their services were not only valued but needed.

Former SPBC President, Patrick Ruta drove a SAG truck and helped load and unload supplies.

Special thanks go out to all volunteers who showed up that morning and just pitched in and started working without even being asked or told what to do.

St Petersburg commuter and long-time share the road advocate Kimberly Cooper led the 10 mile family route with David Michael Hayes who brought up the rear as ride sweep.

Several children came out with their parents to do this ride. It was nice to see that the sport of bicycling is being so consciously and positively handed down from generation to generation. It bodes well for the future of cycling in the St. Petersburg area.

This ride is still in its inception phase, the hope is that it will only get bigger and better.

Conceived after a tragic crash in July of 2003, the ride has taken on a meaning all its own.

Currently promoted as the only urban ride in the area, the Share the Road Ride not only benefits a very worthy cause, The Florida Bicycle Association, but also helps to raise motorists awareness of cyclists' presence on the streets and promotes a safe coexistence between cyclists and motorists in this ever growing metropolitan area of Tampa/St. Petersburg/Clearwater.

The 4th Annual Share the Road Ride raised over \$3,000. The money is donated to the Florida Bicycle Association.

Keep in touch with this annual event at [www.sharetheroadride.com](http://www.sharetheroadride.com).



## Upcoming Bicycle Touring Events in Florida

ABRIDGED from promotional material provided by tour organizers. We're not responsible for accuracy of information or quality of these rides. Use the contact information for more details about each ride. Ask your friends. Data are from a calendar maintained by Roger Pierce. To add an event to his (and our) calendar, e-mail to [fbtc@piercepapes.com](mailto:fbtc@piercepapes.com). See complete calendar, including many out-of-state rides we don't have room to print here, and all the hype we edited out at [www.floridabicycle.org/fbtc/](http://www.floridabicycle.org/fbtc/).

- October 21 (Sat) *Milton*  
**Fenner McConnell-Matt Wantz Memorial Ride**  
 West Florida Wheelmen. Blackwater State Forest. Ride to benefit Big Brothers/Big Sisters of Northwest Florida and the Citizens Support Organization for the Blackwater Heritage Rails to Trails bike path. West Florida Wheelmen Bicycle Club P.O. Box 9321 Pensacola, Florida 32513.  
 Email: [wfwinfo@wfw-pensacola.com](mailto:wfwinfo@wfw-pensacola.com)  
[www.wfw-pensacola.com/](http://www.wfw-pensacola.com/)  
 Active.com Online Registration
- October 21 (Sat) *Gainesville*  
**14th Annual Saturn Santa Fe Century**  
 A tour through the lush forest and pasture land north of Gainesville up through the Santa Fe River valley. Rides start at 8:30 am from the North West Boys Club at 2700 NW 51st Street in Gainesville. 100/55/18/28 miles. Rest stops. \$35 includes a T-shirt, IHOP breakfast, and Domino's pizza.  
 Active.com Online Registration
- October 22 (Sun) *Gainesville*  
**26th Annual Horse Farm Hundred**  
 The Gainesville Cycling Club's tour through the horse farms of northern Marion county. The 102 mile ride (and a 55 mile option that doesn't get into horse farm territory) starts at 8:30 am at the Morningside Nature Center at 3540 East University Avenue. Bagels and muffins available before the start. The 45, 30, and 25 mile start at 8:30 am in Flemington (northernmost [Irvine] 1-75 exit in Marion county).  
 Active.com Online Registration (transaction fee applies)  
 Email: [festival@piercepapes.com](mailto:festival@piercepapes.com)  
<http://gccfla.org/gcfl/>
- October 22 (Sun) *Dade City*  
**Hilly Hundred**  
 Tampa Bay Freewheelers. 18, 34, 63 or 100 miles through rolling hills of Pasco and Hernando Counties. Pasco-Hernando Community college. Dade City, FL 33525 (I-75 to exit 59). Mass start 7:30 am. Rest stops, SAG and mechanical support, short-sleeved T-shirt (guaranteed for pre-registration), sports massages available. Price: Pre-registration 22\$. Day-of-ride 25\$. (813)404-5721.  
 Email: [RubenWatson@hotmail.com](mailto:RubenWatson@hotmail.com)  
[www.TBFreeWheelers.com/](http://www.TBFreeWheelers.com/)  
 Active.com Online Registration
- October 29 (Sun) *Homestead*  
**Speedway Century**  
 Rides are 25/62/41/100 miles. The ride will start at 7:30 am at the start line of the Homestead Miami Speedway then continue thru rural South Miami-Dade. SAGS provided. Rest stops at 20/40/60/80 miles. (786)419-3300.  
 Everglades Bicycle Club, Miami.  
 Email: [ebcmiami@aol.com](mailto:ebcmiami@aol.com)  
[www.everglades-bicycleclub.org/](http://www.everglades-bicycleclub.org/)  
 Active.com Online Registration
- October 29 (Sun) *Lake Wales*  
**Spook Hill Century**  
 Start and finish at: 216 E. Stuart Ave. Lake Wales FL 33853 Time 7:30 A.M. Choice of 35, 65, and 100 mile rides. Tour the with citrus trees saturated hill country of Florida's outback. Amenities: Power breakfast, support stations, post ride lunch. Fees:\$45  
 Email: [slf161604@allstate.com](mailto:slf161604@allstate.com)  
 Registration: Active.com
- October 29 (Sun) *Port Charlotte*  
**4th Annual FURdride**  
 Benefits the Charlotte County Homeless Coalition. 9/30/63 miles Start: Cape Haze Pioneer Trail at CR 771 and CR 776 with routes in Rotonda and South Gulf Cove. Start: 8:00 a.m. Packet pickup at 7:00 a.m. The registration includes tee shirt, refreshments, support van and post-ride pasta hosted by Carrabba's. Helmets required. Information: 941-627-4313.  
 Email: [connie.thrasher@cchomeless-coalition.org](mailto:connie.thrasher@cchomeless-coalition.org)  
[www.cchomelesscoalition.org/](http://www.cchomelesscoalition.org/)  
 Active.com Online Registration
- November 3-5 *White Springs*  
**Florida Fat-Tire Festival**  
 At Stephen Foster State Park Camping, meals, T-shirt. All skill levels, ride Guides and Sweeps. Sponsored by the Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096.  
 Email: [bikesba@aol.com](mailto:bikesba@aol.com)  
[www.suwanneebike.org/](http://www.suwanneebike.org/)
- November 4 (Sat) *Lake Wales*  
**"Spoke N Word" Fun Ride**  
 A cycling opportunity designed to create an awareness of Lake Aurora Christian Assembly and Retreat Center in the area of kids, family, and ministry needs. Level #1 Fun Ride (6-12 miles) 9:30 am, Level #2 Intermediate Ride (15-26 miles) 9 am, Level #3 More Fun Ride (25-55 miles) 8:30 am.  
 Email: [Scott@lakeaurora.org](mailto:Scott@lakeaurora.org)  
[lakeaurora.org/swfr2005.htm](http://lakeaurora.org/swfr2005.htm)
- November 5 (Sun) *Cooper City*  
**South Broward Wheelers 22nd Annual Century**  
 Brian Piccolo Park. Ride 28, 62, or 100 miles in western Broward Fully-stocked rest stops SAG, post-ride pasta lunch and massage, t-shirt and give-away to first 350 registrants. Saturday, Nov. 4, 7:30am Warm-up ride with Continental breakfast 11 A.M. to 3pm Registration and Packet pick-up. Sunday, Nov.5, 7:30 A.M. 100 & 62 mile start; 8am 28 mile Family ride start. Contact: Alan Mandel (954)474-4829. South Broward Wheelers, PO Box 290723, Davie FL 33329.  
 Email: [starrn@nsu.nova.edu](mailto:starrn@nsu.nova.edu)  
[www.southbrowardwheelers.com/](http://www.southbrowardwheelers.com/)  
 Active.com Online Registration
- November 5 (Sun) *Bradenton/Sarasota*  
**Gulf Coast Cycle Fest**  
 15, 31, 62, and 100 mile rides on mostly flat country roads with rest stops, sag, continental breakfast, and post ride meal. Contact - Karl Henderson (941)360-0612, Sponsored by Sarasota-Manatee Bicycle Club Sarasota-Manatee Bicycle Club, Box 15053, Sarasota, Florida 34277-1053.  
 Email: [kchenderson@verizon.net](mailto:kchenderson@verizon.net)
- www.smbc.us/  
 Active.com Online Registration
- November 5 (Sun) *Heathrow*  
**Boys & Girls Club Salute to Freedom Century Bike Ride**  
 100/66/33 miles. Registration opens at 7 am in the parking lot of AAA on International Parkway. Ride through scenic back roads in north Seminole County and south Volusia County. SAG stops, mechanical support, ride marshals, t-shirts, breakfast, picnic lunch and entertainment. Rodeos for children. Heathrow Arts Festival. Pre-registration \$25, \$35-day of ride. Information (407)841-9839 X31 (Sandra).  
 Email: [sbrown@bgccf.org](mailto:sbrown@bgccf.org)  
[www.bgccf.org/](http://www.bgccf.org/)  
 Active.com Online Registration
- November 9-12 *Madison*  
**North Florida Tour**  
 Cherry Lake, 3861 NE Cherry Lake Circle, Madison , FL. For the road riders, there'll be several options out of Cherry Lake for the three days ranging from 30 to 100 miles. 30 mile option is remote start or century option as the longest of the day. For the mountain bikers, Anderson Springs is just 2 miles. Canoes are free to use at Cherry Lake or utilize one of the outpost rentals for boating down the river. (770)313-7553.  
 Email: [marg@margaretbokros.com](mailto:marg@margaretbokros.com)  
 Active.com Online Registration
- November 10-12 *Lithia*  
**Alafia Fat Tire Festival**  
 Alafia River State Park, South of Brandon, FL. With unique topography that offers some of the most radical elevation changes in Florida, the Alafia trails are the most challenging in our riding area. Guided rides at both locations each day. 813-689-5109.  
[www.swampclub.org/](http://www.swampclub.org/)  
 Email: [julianne@SWAMPclub.org](mailto:julianne@SWAMPclub.org)  
 Active.com Online Registration
- November 11 (Sat) *Lake Helen*  
**Red, BIKE & Blue Discovery Festival**  
 100/50/25/5 mile rides in Volusia County. Registration opens at 6:30 am. See ads in this issue and go to the website for complete details.  
[www.floridabicycle.org/discovery/](http://www.floridabicycle.org/discovery/)  
 Active.com Online Registration
- November 11 (Saturday) *Cape Coral*  
**Brevet Series South: 200 km / 125 mi**  
 "Tour De Lee - Lee County Barrier Islands and Bridges Plus Interior"  
 Michael Grussemeyer, RBA, (239)549-7459. CELL (239-699-9548)  
 Email: [RBACentralFlorida@bike4one.com](mailto:RBACentralFlorida@bike4one.com)  
[www.bike4one.com/brevets/](http://www.bike4one.com/brevets/)
- November 12 (Sun) *Lehigh Acres*  
**Everyone Rides**  
 A charity fun ride to raise money for bicycles for children currently involved with the Boys and Girls Clubs of Lee and Collier County Florida. 4 separate Loops will be provided. 100 Miles starting at 7:30. 62 Miles starting at 7:45. 30 Miles starting at 8:00. 15 Miles starting at 8:15
- Email: [Contact@Everyonerides.org](mailto:Contact@Everyonerides.org)  
[www.everyonerides.org/](http://www.everyonerides.org/)  
 Active.com Online Registration
- November 12-18 *Key Largo*  
**Bubbafest Florida Keys**  
[www.bubbaspamperedpedalers.com/](http://www.bubbaspamperedpedalers.com/)
- November 17-18 (Fri-Sat) *Pt Charlotte*  
**Pasta Bash**  
 Friday night is a wine-and-cheese party and Saturday is a continental breakfast and pasta lunch. Rides of 61.6, 32.3 and 16 miles with SAG support and a well-stocked rest stop. For more information, contact Audrey Norman at (941)426-5906, or  
 Email: [nordnorm@aol.com](mailto:nordnorm@aol.com)  
[www.coastalcruisers.net/](http://www.coastalcruisers.net/)
- November 19 (Sun) *Clermont*  
**Horrible Hundred**  
 See ad in this issue
- November 19 (Sun) *Dunedin*  
**Diabetes Challenge - 10th Annual**  
 100K - 8 AM, 50K - 8:30 AM, 25K - 9 AM, Family Ride - 9 AM. Suncoast Cycling Club and Frenchy's Restaurants to benefit the American Diabetes Association. Fundraising is not required but encouraged; a commemorative jersey or be top fundraiser and earn a new Orbea! Rider Amenities: Pre & post ride meals, mechanical sag support and well stocked rest stops.  
 Email: [dcinfo@diabeteschallenge.com](mailto:dcinfo@diabeteschallenge.com)  
 Email (American Diabetes or fundraising questions): [gberry@diabetes.org](mailto:gberry@diabetes.org)  
[www.diabeteschallenge.com/](http://www.diabeteschallenge.com/)  
 Active.com Online Registration
- December 1-2 *South Miami*  
**The Smart Ride**  
 A 2 Day 165 mile bicycle ride from Miami to Key West to raise money for 5 Florida AIDS charities. 100% goes to charity. Contact Glen Weinzimer at 1-866-696-7701, 954-931-1771. Location: Shops at Sunset Place South Miami FL 33143.  
 Email: [glen@thesmartride.org](mailto:glen@thesmartride.org)  
[www.thesmartride.org/](http://www.thesmartride.org/)
- December 2 (Sat) *West Palm Beach*  
**Brevet Series South: 200 km / 125 mi**  
 "A-I-A - Hobe Sound - Hutchinson Island - Vero Beach - Old Dixie Hwy"  
 Michael Grussemeyer, RBA, (239)549-7459. CELL (239-699-9548)  
 Email: [RBACentralFlorida@bike4one.com](mailto:RBACentralFlorida@bike4one.com)  
[www.bike4one.com/brevets/](http://www.bike4one.com/brevets/)
- December 3 (Sun) *St Augustine*  
**Victor D'Alessio Memorial River Ride**  
 Start Time 9 am. 30/40/50 miles. Riverdale Park on SR 13, in St. Johns County, FL, approximately 12 miles West of St. Augustine, FL. NO FOOD OR WATER STATIONS ON THE ROUTES. Convenience stores available if needed. Donations for the Lance Armstrong Foundation will be accepted. If you bring some, there will be food available after the ride. Bring a covered dish to share with others. Ice will be available as well as coolers.  
 Email: [daytonabikeclub@aol.com](mailto:daytonabikeclub@aol.com)
- December 3 (Sun) *Ft Lauderdale*  
**Kid's In Distress Inlet Challenge**  
 Mass start at 7 am. South Beach Picnic Area on A1A across from Bahia Mar. There are four distances: Century - 100 miles, Metric Century - 62.5 miles, 31 miles, 20 mile Family Ride. Arrive no later than 6:00 am to ride! 954-677-1511.  
[www.inletchallengebikeride.org/](http://www.inletchallengebikeride.org/)  
 Active.com Online Registration
- December 8-10 *Sebring*  
**Highlands Bicycle Festival**  
 62, 30 and 12 mile rides, plus Highlands County Century on Saturday. Rolling hills, citrus groves, cattle ranches, small towns, and lakes of scenic Highlands County. For riders of all levels. Fully supported with rest stops, sag vehicles and maps. Continental breakfast and full mid-day meals are included. Linda Leeds, Event Director, 561-683-2851. Hotel reservations at 1-800-423-5939.  
 Email: [lindamarie7@juno.com](mailto:lindamarie7@juno.com)  
<http://www.kenlogde.com/rec.html>  
 Active.com Online Registration
- December 9-10 *White Springs*  
**Secret Santa Open House & Century Ride**  
 The Suwannee Bicycle Association. Weekend of preholiday cycling activities and festivities at the Secret Santa Open House and Century Ride. Both on-road and off-road rides will be conducted each day. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-397-2347.  
 Email: [bikesba@aol.com](mailto:bikesba@aol.com)  
[www.suwanneebike.org/santa.htm](http://www.suwanneebike.org/santa.htm)
- December 28 - Jan 4, 2007 *Fr Myers*  
**Gator Country Hell Week Training**  
 Tour 100 mi/day loop tour of Southern and Central Florida led by former RAAM Director Nich Gerlich. (806)499-3210.  
 Email: [info@hellweek.com](mailto:info@hellweek.com)  
[www.hellweek.com](http://www.hellweek.com)
- Feb 25, 2007 *Orlando*  
**Tour de Cure** 12/25/50/100 miles. Ride headquarter: Fort Christmas Park in East Orange County. For information contact Sara Prevost at [SPrevost@diabetes.org](mailto:SPrevost@diabetes.org)
- March 24-25, 2007 *Sebring*  
**Sebring Tandem Weekend**  
 Daily 62/30/12 mile rides. Rolling hills, citrus groves, cattle ranches, small towns and lakes of scenic Highlands County. Riders of all levels. Road riders will especially enjoy the low-traffic back roads. Fully supported with well-stocked rest stops, sag vehicles, and great road markings and maps. Continental breakfast each day and a banquet on Saturday night, a tradition at most tandem rallies. Lots to do in town. Linda Leeds, Event Director, 561-683-2851. Hotel reservations at 1-800-423-5939.  
 Email: [lindamarie7@juno.com](mailto:lindamarie7@juno.com)  
<http://www.kenlogde.com/rec.html>  
 Active.com Online Registration

## Suncoast by Happenstance

by Clark Getz

APART FROM CASUAL cycling, I also like to kayak. This brought me to an obscure location in Florida called Chassahowitzka River (think “case-o-whiskey”).

It’s a small dot on the map just south of Homosassa on the west coast and about a two-hour drive from Orlando.

The river run was slated for Sunday with the Wilderness Trekkers group, but the Saturday bike ride was to be a solo venture without any particular route in mind.

During the leisurely backcountry drive, and just a few miles short of the Chassahowitzka hamlet, I observed an imposing interchange where the Suncoast Parkway empties out onto lonely U.S. 98.

This is an under-utilized 42-mile expressway that will take you southward into the northern reaches of Tampa. Right next to this flowing four-lane tollway is the Suncoast Trail. [We wrote about the opening of a northern trail section in the Summer 2003 *Messenger* —Ed.]

Built as part of the expressway, this 5-year-old bike trail has a great many surprises. Foremost is the fact that the expressway possess very little distraction, or at least that’s so in Hernando county.

Not only is the traffic light, but frequently there is a buffer between the trail and the road.

And unlike a Rails-to-Trails conversion, this pathway follows the grade of the hilly terrain typical of the Brooksville region.

While the highway sweeps gracefully through this predominately wooded landscape, the trail never ceases to match the

vertical relief of sand hills, creeks, and hardwood lowlands.

The beauty of the trail is found on its western edge where the diversity of woodlands include sand pine, turkey oak, pignut hickory, blackjack oak, sweet gum and varieties of long leaf pines.

Yet in this uniquely Florida flora is that ever looming scourge of eventual development.

Actually, the entire 11.5-miles between the northern terminus and Hwy 50 was developed decades ago as small acreage property that seems to have never made a go of it.

Though very few properties do have homes, the vacant ones are left to grow wild, and the limestone streets are narrowing with each season’s march of saplings, while for-sale signs plead with inferred “unload me” urgency.

In spite of this encroachment of unfulfilled development dreams, from the perspective on the trail you have a sense of being in a forest.

Given more time, I would have liked to explore south of Hwy 50 to see if it was similarly landscaped with challenging hills. [The section south of Hwy 50, actually more than two thirds longer than the portion north of the SR 50 trailhead, is similarly scenic. —Ed.]

A Titusville cyclist I met along the way was ecstatic about the investment made by the state to make such a lengthy and traffic free bike path; and he griped about the fact there is no equivalent on the east coast.

The next time I am in the neighborhood, I



Some parts of the Suncoast Trail wander away from the Parkway; you can almost forget this trail is the Florida Turnpike system’s only facility to include a recreation trail in the design of a limited-access roadway. The bold decision to include a trail alongside a highway proved to be winning one—the trail not only provides an 42-mile corridor for recreation, but also serves as an alternative route for safe bicycle and pedestrian commuting for local residents.

A cooperative effort of Hillsborough, Pasco and Hernando counties, the trail was designated by the Whitehouse Millenium Council as a “Millenium Trail.” Not to be outdone, the U.S. Department of the Interior named it a “National Recreational Trail.” (information and photo from the Florida Turnpike System Website. More information about the turnpike system and the trail is at [www.floridasturnpike.com/about\\_system.cfm#3](http://www.floridasturnpike.com/about_system.cfm#3))

will definitely include this trail on the agenda. Its rolling landscape, unique and diverse Florida woodlands and no motorized traffic are a great combination.

In warm weather, an early morning or evening ride is better, as there is no canopy of tall trees.

An official Suncoast Trail web site with a map and individual web sites with written logs, commentary and pictures give a good representation of what to expect.

Some links:

Official site:

[www.dep.state.fl.us/gwt/guide/regions/west\\_central/trails/suncoast.htm](http://www.dep.state.fl.us/gwt/guide/regions/west_central/trails/suncoast.htm)

Commentary on the route:

[http://outdoortravels.com/biking\\_fl\\_overview\\_suncoast.html](http://outdoortravels.com/biking_fl_overview_suncoast.html)

The Central Pasco Chamber of

Commerce Website has a great map that includes an elevation profile and points of interest:

[www.centralpascochamber.com/pdf/TrailMap.pdf](http://www.centralpascochamber.com/pdf/TrailMap.pdf)

## Bicycle Friendly Community Campaign recognizes Orlando and St. Petersburg

*The Bicycle Friendly Community Campaign is an awards program that recognizes municipalities that actively support bicycling.*

A Bicycle Friendly Community provides safe accommodation for cycling and encourages its residents to bike for transportation and recreation.

The League of American Bicyclists administers the Bicycle Friendly Community Campaign.

The League recently announced 12 new Bicycle Friendly Communities including St. Petersburg and Orlando.

The award, given at levels from Bronze to Platinum, recognizes those communities that are improving conditions for bicyclists and bicycling.

Eight cities were awarded the BFC designation for the first time.

### Silver

Jackson, WY

### Bronze

Carmel, IN  
 Louisville, KY.  
 Roswell, GA  
 St. Petersburg, FL  
 Sacramento, CA  
 San Jose, CA  
 South Lake Tahoe, CA

Four communities successfully renewed their designation.

### Silver

Eugene, OR

### Bronze

Chandler, AZ  
 Lawrence, KS  
 Orlando, FL

“We salute these communities for their tremendous commitment to improving condi-

tions for bicyclists,” said Andy Clarke, executive director of the League of American Bicyclists. “They are making the streets safer for bicycling, educating bicyclists and motorists to share the road, promoting a wide range of bicycling activities and even stepping up the enforcement of traffic laws to protect bicyclists.

“One reason we are so pleased with this round of awards is that three of the new awards went to communities that re-submitted their applications,” Clarke said. “These communities took the advice of the League and its reviewers, applied it, and successfully created a bicycle friendly community!”

**About the BFC Program & the League**  
 The BFC program was initiated in 2003 and has received applications from more than 150 communities.

Designations have been awarded to 63 cities and counties. Applicants complete a detailed on-line form with numerous questions in five key areas: engineering, education, encouragement, enforcement, and evaluation/planning.

Local cyclists, national experts, and League staff review the applications.

### How to Apply

There are two steps to apply for Bicycle Friendly Community status: First, complete and submit Part 1 of the application. After a review of your general community profile, the League will inform you if you have met some of the basic criteria required.

Part 2 is a detailed audit of the engineering, education, encouragement, enforcement and evaluation efforts in your municipality. This comprehensive inquiry is designed to yield a holistic picture of your community’s work to promote bicycling. Technical assistance for completing Part 2 is available.

You and other bicyclists in the community can bring this program, particularly the application, to your mayor or county council to initiate positive change in your neighborhood.

To learn more about the program and find out how your community can apply, visit the site at [www.bicyclefriendlycommunity.org](http://www.bicyclefriendlycommunity.org).

# 'Bicycle Law Enforcement – Officer Training Program'

by George Martin

**A**bout three years ago, Raphael Clemente and I spoke to the Palm Beach County Law Enforcement Planning Council (LEPC) (All police chiefs, the sheriff, and other senior law enforcement officials) about bicycle law enforcement in the county.

The fact that the county and Florida are among the worst in deaths and injuries of cyclists was central to our discussion. Our intent was to encourage a consistent and effective program of education and enforcement of the laws associated with bicycling.

We stressed that most cyclists and motorists do not know the laws and that many police officers do not ride bicycles and therefore do not fully appreciate the problems of cyclists.

The LEPC was receptive and felt that a detailed training program to raise the level of understanding of the laws and cycling practices would be appropriate.

Since the police are the key to education and enforcement, they wanted to achieve a base level of officer training throughout the county to begin a comprehensive program to address the problems.

They asked FBA to develop a training program for police officers. FBA received a grant for \$30,000 from the Florida Department of Transportation (FDOT) in FY 2006 to develop the curriculum for a training program.

The concept was a two-hour, web-based, interactive program which would be available for all officers in Florida. The video, computer production and web development would follow in a second phase upon com-

pletion of the curriculum.

I was contracted to write the curriculum, which has just been completed. The second phase was to have been accomplished with a FY 2007 FDOT grant, but that was not approved. The future of a state-wide program as originally conceived is uncertain at this time.

The information in the curriculum will be reviewed for legal sufficiency and content, and will be available to program developers to design and produce custom training programs.

The curriculum is entitled Bicycle Law Enforcement - Officer Training Program.

Many training programs about bicycle laws cover only Florida Statute 316.2065—bicycle regulations, helmets, lights, keep right except.... and so on.

This program emphasizes that bicycles are vehicles and that most traffic laws also apply to bicycles.

Although many officers and others generally know that, they do not necessarily have the depth of knowledge of the laws as they apply to cyclists, and they do not understand why cyclists do some of the things they do.

They do not automatically associate some of the traffic laws with cycling situations.

This program will provide the in-depth knowledge of the laws as they apply in interactions of cyclists and other drivers on the roads. One section also addresses cyclists on sidewalks.

The curriculum, as it presently exists, is not a finished product. As mentioned earlier, it was intended to be the first phase in the production of a web-based program.

The video and computer components are critical to a good training program. The curriculum provides a narrative description of the laws and suggested video clips and other visual aids to demonstrate the concepts.

Those video components can be produced

by program designers and incorporated with the narrative to develop programs for various training opportunities. Some of those might be:

- 3-5 minute modules to address specific problems at roll call.
- 15-30 minute modules for other training opportunities.
- A two-hour program as originally conceived.
- A full one or two day "Train the Trainer" program.

Flexibility, affordability and ease of use were requirements of the LEPC for any training programs.

The curriculum provides the analysis of cycling situations to

explain the details of the many laws that apply. Most of the materials are conducive to use in training programs for cyclists and driver training as well.

- Some of the topics that are covered are:
  - When cyclists are required to "keep right" and when they can use the full roadway.
  - Unsafe conditions that require cyclists to take certain actions.

- The duties of cyclists and motorists on narrow roadways and in wide curb lanes and bike lanes.

- Overtaking and passing cyclists on narrow roadways.

- Cyclists' duties and rights of pedestrians on sidewalks.

Ideally, this curriculum will be the basis for development of many programs which will be made available for general use through the FDOT and FBA throughout the state.

As programs are designed and produced, they can be centrally coordinated and distributed as needed. The materials can be revised and adapted to various training programs.

A catalog of video clips, photos and text visual aids developed for use with the curriculum materials can be generated and maintained.

**This program emphasizes that bicycles are vehicles and that most traffic laws also apply to bicycles.**

For now though, the information will be available for training program designers to adapt for their own purposes.

We believe this in-depth analytical approach to traffic laws as they apply to cycling situations is unique. It will give officers and others a view of the laws and cycling that they would not otherwise have if they do not regularly ride bicycles on the roads and study the laws.

Eventually, this will lead to comprehensive education and enforcement programs that will make cycling in Florida safer and more enjoyable.

Although the full program has not yet been finished, the most important concept to take away from this is that cyclists can have a major impact on their own destiny.

By being involved and participating in the local governing process, you can find opportunities to help the officials solve your problems. The "I just want to ride my bike" approach won't work if we don't have places to ride.

We can control our future. Get involved with the FBA and local organizations and seek out opportunities to help resolve your cycling problems.

## Sample of 3-minute training video...

**Narrator:** Bicycles are vehicles and are required to ride in the same direction as other traffic. Although some believe that they are safer riding against traffic, they are mistaken, and are placing themselves and others in danger.

**Video:** Cyclist going the wrong way.

**Narrator:** This is one of the most dangerous practices for bicyclists, and results in more casualties than almost any other violation. These violations should be aggressively discouraged through education and enforcement.

**Video:** Crash scene with cyclist on wrong side of road...

**Add your voice for the future of bicycling in Florida.**

**JOIN FBA TODAY**

Membership includes the FBA Messenger!

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel (H) \_\_\_\_\_ (W) \_\_\_\_\_

Bike Club Affiliation(s): \_\_\_\_\_

**Member Category:**  \$15/student/living lightly  \$25/individual  \$35/household  \$100/club/corporate/agency

Ride Preferences:  On-road  Off-road  Touring  Racing  Commuting

I have taken a Road I (formerly Effective Cycling) class  Yes  No; Approximate year taken: \_\_\_\_\_

I have taken a Road II class  Yes  No; Approximate year taken: \_\_\_\_\_

I am a League cycling Instructor (LCI)  Yes  No

May we contact you about volunteer opportunities?  Yes  No

List any special skills or interests: \_\_\_\_\_

Charge my  Visa  MasterCard

Card No: \_\_\_\_\_ Expires: \_\_\_\_\_

Signature: \_\_\_\_\_

Please make checks payable and mail to:  
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## Florida Discovery Bicycling Center update *by Herb Hiller*

Safer cycling, a more supportive transportation community, more people on bikes, more effective cycling advocacy and improved FBA revenues and stature head the list of gains that FBA can expect from a successful launch of the Florida Discovery Bicycling Center.

FBA members, who want to ensure that success, can register themselves, encourage others and otherwise help get word out.

"Media will join early tours to help get word out, and we know that once people tour with us and talk about it that word of mouth will follow," says FBA Program Director Lyndy Moore.

"But now we very much look to FBA members to do their part."

Safety training tours begin November 12th and will operate approximately twice a month through May. Tours through summer will depend on demand. The schedule and complete details are online at [www.floridabicycle.org/discovery](http://www.floridabicycle.org/discovery).

Although many FBA members are veterans of safe cycling, others can benefit from the course. FBA members in the work force with significant others who might benefit from the program can make vacations out of the tours, which run six days, five nights, Sunday afternoon through mid-Friday.

West Volusia County, home of the tours, offers triple-digit miles of easy touring including routes into west Flagler County and east Lake and Putnam.

The mission of the Florida Bicycle Association (FBA) is to inspire and support people and communities to enjoy greater freedom and well being through bicycling.

The Florida Bicycle Association was incorporated in 1997 for educational and charitable purposes. FBA is a nonprofit, tax-exempt corporation under Section 501(c)(3) of the Internal Revenue Code. Donations, including membership dues, are tax deductible. A copy of the current financial statements may be obtained by contacting FBA, P.O. Box 718, Waldo, FL 32694. To join FBA complete the form below and send with your dues.

The *Florida Bicycle Association Messenger* is published quarterly as a service to members and advocates for a bicycle-friendly Florida by the Florida Bicycle Association, P.O. Box 718, Waldo, FL 32694.

[www.floridabicycle.org](http://www.floridabicycle.org);  
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Phone: 352-468-3430.

Membership in FBA includes a subscription to the *Messenger*.

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I'm sorry Mr. Smith, that's an impressive bicycling mileage figure, but the standard mileage deduction is for *motorized* vehicles only.



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We're proud to support FBA and its mission to promote good health and well-being in our communities through bicycling.

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