



P.O. Box 718, Waldo, FL 32694

Messenger

www.floridabicycle.org



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Summer 2007

Advocating a bicycle-friendly Florida

OFFICIAL NEWSLETTER OF THE FLORIDA BICYCLE ASSOCIATION, INC.

2007 Pro Bike®/Pro Walk Florida conference set for Downtown Orlando...

Conference to focus on community designs for active, healthy lifestyles

The third annual Pro Bike®/Pro Walk Florida conference, set for late August in Downtown Orlando, will bring together the ideas of agency officials, transportation planners, bicycle and pedestrian advocates, law enforcement and others committed to positive community lifestyle change.

As the conference organizer FBA will attempt to continue the momentum established at the two prior successful gatherings of these officials.

Expectations are that attendees and presenters alike will come armed with reports of innovative downtown improvements, new programs for keeping people active and new ways to address safety and education.

Keynote presenter for the conference is Gil Penalosa (see box at right), known internationally for helping communities create greater opportunities for walking, cycling and recreation in urban settings.

During the four days, sessions will focus on traffic justice, Safe Routes to School, trails, elderly pedestrian safety and roadway analysis and design.

A current (as of June 30) list of speakers and sessions is on page 10. Go to www.probikeprowalkflorida.com/2007conference/Sessions/Sessions2007.htm for updates and more info.

Balanced transportation system can tie 'How Shall We Grow?' vision together

Comments by Phil Laurien, Executive Director, East Central Florida Regional Planning Council

The time is right to bike.

Why? The How Shall We Grow 2050 vision focuses on the 4 Cs: Conservation, Centers, Corridors and Countryside.

What is the thread that ties all these together? Transportation.

We will need a balanced transportation system in 2050.

Our first priority will be to save the most sensitive environmental lands to protect the groundwater recharge areas, the wetlands, endangered species habitat and migratory wildlife corridors.

This preservation will create green corridors that will define future urban edges, and these corridors will be ideal for greenways and bike paths.

After the green areas are set aside, the vision is to promote more growth in centers of population. These will be urban centers with large shade trees overhanging wide sidewalks, where people live near their work, and leave their cars at home.

Avenues will have coffee shops and stores below with residential above. Folks will take street cars, or scooters or

bikes to work, riding on bike lanes, or bike paths.

The centers of population will be connected by corridors of multi modal transportation. These will be higher density corridors of mixed commercial, office and residential uses in buildings that are located on the street and range from 3-6 stories tall.

Shops and stores will be on the first floor, offices on the second floor and the top floors will be apartments and condominiums. People will ride streetcars, buses, scooters and bikes in these corri-



**August 27-30
Embassy Suites Downtown
Orlando**

Gil Penalosa sessions

Monday, 11:00 am
ELECTED OFFICIALS LUNCHEON

Tuesday, 11:00 am
WALKING AND BICYCLING AND CREATING GREAT CITIES
Walking and bicycling contribute to a better environment, more efficient transportation systems and vibrant economic development. These benefits are necessary to create liveable and highly competitive cities.

Tuesday, 3:30 pm
CICLOVIA: SUNDAY BIKEWAYS
In Bogotá, Colombia Gil Penalosa led the increase of Ciclovía—closure of city streets from 7 a.m. to 2 p.m. on Sundays to allow people to walk, run, bike and skate—from 8 o 70 miles.

Keynote Speaker: Gil Penalosa

Gil Penalosa, executive director of Walk & Bike for Life, is a multicultural executive, having earned an MBA from the Anderson School of Management at UCLA and with 22 years of senior managerial experience in the public and private sectors.



He is a global thinker and marketing strategist with various experiences in Canada and Latin America in fields related to parks, recreation, urban planning, placemaking and active transportation.

He is passionate about walking and cycling as activities and about urban parks, trails and greenways as great places because of their impact on the quality of life for everyone.

He was recently appointed member of the Board of Directors of American Trails and also of the City Parks Alliance, leading organizations in those fields. He is also Senior Advisor to the Foundation PPQ in Colombia.

He also works for Mississauga, Ontario, in Building the City for the 21st Century.

He enjoys his international speaking engagements as they provide an opportunity to share experiences and to learn from the best practices of others.

Some common themes in his lectures and workshops are walking, cycling, urban parks and trails.. His emphasis is on linking these activities and places with improved personal and public health, environment, economic development, transportation and overall happiness.

Website: www.WalkandBikeforLife.com



Advocating a
bicycle-friendly Florida

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City names denote board member distribution. Is your area represented? Contact a board member today!

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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! See membership categories, below.

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Messenger Deadlines

Copy and Advertising Deadlines:

Summer Messenger - June 5, 2007
Fall Messenger - September 5, 2007
Winter Messenger - December 5, 2007
Spring Messenger - March 5, 2008

Inquiries and submissions:

FBAmessenger@aol.com

Membership Categories:

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

Membership includes a subscription to the *FBA Messenger*.

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Coastal Cruisers Bicycle Club

President's message...

Reflections on Paul Hawken's *Blessed Unrest*

Mighk Wilson



Blessed Unrest

is the latest book from noted environmental writer and businessman

Paul Hawken, and I can't recommend it highly enough.

I will go so far as to say it's one of the most important books I've ever read. The book explores the creation and growth of what Hawken calls "the largest movement in the history of the world;" the social justice/environmental movement.

They are bound together with the slash in the previous sentence because they are two sides of the same coin.

Hawken estimates there are at least one or two million social justice/environmental organizations in the world today, and the numbers are growing fast.

The Web and other technologies are helping these organizations achieve far more than they would have been able to a mere decade ago. Bicycling organizations fall naturally onto both sides of the social justice/environment coin, but I don't think we've taken full advantage of either side.

We (who bike mostly because we want to) squawk about our rights, but we don't do enough to help those who bike because they have to. And while we might tout our "envi-

ro cred," I wonder how many miles we collectively drive our cars in order to go cycling.

In bicycling advocacy we seem to keep focusing on our "problems:" crashes, unruly group rides, the "need" for bicycling facilities. Our latest cause has been to try to "reign in" those "out-of-control" group rides with our Group Riding DVD.

I'm not saying we shouldn't strive for better group ride behavior, but let's be clear; this is not a serious safety issue, it's a public relations issue.

In my recently completed study of bicyclist/motorist crashes, not one out of the 885 incidents (from all long form reports from Orange, Seminole and Osceola counties for 2003 and 2004) involved a group ride.

But when I presented the study to a group of mayors and city commissioners, they focused entirely on "those awful group riders."

The only reason people really get worked up about group rides is because they impede motorists, either by blocking the road or making them stop at intersections when the law says cyclists must yield. As the data clearly shows, it's simply not a significant safety problem.

Do we hear about motorcycle groups call-



ing for enforcement of noise laws against those with loud pipes? Bicyclists are the only road user group expected to "police their own," even though only a tiny fraction of cyclists are members of any club.

Even when we look at the entirety of the bicyclist safety "problem" it's rather insignificant.

Nationally there were over 43,000 traffic fatalities in 2005. Of that total, motor vehicle roadway departure crashes accounted for

59%, intoxicated motorists 39%, speeding 30%, pedestrians 11%, motorcyclists 10%, and bicyclists accounted for only 1.8%.

And among those relatively few cyclist deaths, only about 5 to 10% involve a cyclist obeying the rules of the road.

We FBA members and *Messenger* readers are far more likely to die in an automobile than on a bicycle.

We recognize that the majority of cycling fatalities involve people who are not in bike

clubs and don't shop at bike shops. Reaching them with media safety messages is expensive; well beyond our budget.

Instead of trying to reach them on our terms, we should be attempting to reach them on their terms. Figuring out how to connect directly with those non-club/non-shop bicyclists should be our top priority, and if we are guilty of any condescension we have to drop it.

Imagine if the civil rights leaders of the '50s and '60s said, "We need to straighten out all of our brothers and sisters who are committing crimes, or we will never gain the respect of the majority."

The followers would have said, "That's absurd; the behavior of others does not affect my rights, and we'll never be able to 'police our own'."

But we cyclists do have a very different situation from the racial minorities. Most people see cycling as a safety and environmental issue, and not a justice issue.

I would argue that it is a justice issue, but we have to make our case first.

So instead of portraying ourselves as the

Please see **President's**, page 5

"If we squander all our attention on what is wrong we will miss the prize."

-- Paul Hawken

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At Progress Energy, we're committed to finding new ways to produce energy cleanly and efficiently. Which is why we're utilizing some of the most innovative technologies in the world to reduce air emissions and improve water quality. The relentless pursuit of excellence. It's what we're all about.



FBA in its 10th year working toward better Florida bicycling

Jump in on our back wheel as we lead you toward our 10th anniversary with a review of where FBA has been and, with your encouragement and support, where we hope to be.

Fall 2002

FBA's mini-grant program calls for proposals for programs that focus on motorist and bicycle education and awareness of proper, legal roadway sharing. Grants of from \$500 to \$5,000, funded by specialty license plate sales revenues, are available. The Panama City flyers Cycling Club is the first recipient. The \$1,000 grant funds signage for the Cove bicycle route in Panama City.

Spring 2003

FBA returns from the March 2003 National Bike Summit® with renewed enthusiasm about the "strength of the bicycling community and its ability to unite for positive change..." One of the primary goals of the gathering was to encourage lawmakers to support a balanced transportation system that embraces bicycling as part of the Transportation Equity Act for the 21st Century (TEA-21), up for reauthorization debate. FBA delegates joined other Summit® attendees in visiting with some 90 Senators and more than 300 Representatives or their staff. The National Bike Summit® would become an annual FBA destination.



The 17 miles of off-road bike trails at Alafia River State Park join IMBA's list of "Epic Rides." The designation, handed out to a few trails every year for their exceptional off-road qualities, is celebrated in a two-day trail refurbishing event with one of IMBA's traveling trail crews in charge. About 45 volunteers, most from the ever-energetic Tampa Bay area SWAMP club, spend the two days working on and riding the trails. SWAMP members originally designed and continue to maintain the Alafia trail system.

April 2003

FBA officials attend an "eco adventure" staged by filmmaker and long time FBA and bicycle advocate Robert Seidler. The two-day event includes getting in touch with nature via bicycle, kayak and naturalist-guided hiking. Several years later (2006 to be exact) ideas germinating during this "Adventure Fest" will coalesce into creation of the Florida Discovery Bicycling Centeroperation with "get back to nature" tours staged out of Lake Helen.

October 2003

Rural Florida gets a taste of the public relations and economic values of hosting a big-time bicycle event. Sponsored by Bike Florida and the League of American Bicyclists—and with lots of FBA support—Bikefest 2003 offers four days of riding, guided historical tours and bicycling workshops in and around Madison, Florida. The town of Madison, North Florida Community College and other sponsors go all out to help make the event a success.



At the FBA annual meeting, held during the Madison Bikefest, president Tina Russo hands the gavel over to Mighk Wilson. Tina had served as FBA president for three years and saw the association grow into a thriving, energetic force for better bicycling in Florida.

January 2004

Share the Road license plate revenues, split 50/50 between FBA and Bike Florida after a 25 percent advertising budget administered by Bike Florida,

Washington DC advocacy, off-road Epic Rides and Powwows and a growing Share the Road license plate fund for safety education highlight the 2002-05 period. A bitter dose of controversy over A1A leaves a bad taste for bike advocates.



An A1A improvement project ground to a temporary halt in the Palm Beach County area when advocates of 4- to 5-foot bike lanes specified by law ran up against a public relations campaign bankrolled by wealthy property owners along the route. FBA published a position paper that argued against Florida Department of Transportation decisions on the matter. Curiously, FDOT funding, which provided major support for FBA safety programs, dried up a few years later.

at the end of December 2003 total \$339,360. The first plates were issued in 2000. Totals move the STR plate to 35th place (out of 91 specialty plates on the market).

Spring 2004

FBA hosts its first-ever "off-Road Powwow" at Alafia River State Park. FBA holds the meeting with off-road biking advocates to brainstorm ways in which the association can help Florida's mountain bike clubs and to generally advance the interests of mountain bikers.

March 2004

FBA executive director Laura Hallam and program director Lyndy Moore take safe cycling education courses to The Villages Cycling Association. The Villages is an active retirement community of more than 37,000 north of Leesburg. The Villages Cycling Association asked FBA for the training as part of its club safety program.

April 2004

The League of American Bicyclists' Road One course gets wheels of its own as FBA instructors Laura Hallam, Paul Casazza and Lyndy Moore teach the first class held during the Bike Florida 2004 road tour.

Summer 2004

Palm Beach County planners vote for 3-foot paved shoulders up and down the A1A corridor notwithstanding the legal requirement for 4- to 5-foot lanes. The controversy pits alternative transportation options advocates against wealthy homeowners along portions of the corridor who have landscaped the highway right-of-way and argue against the lanes. The controversy will go on for years.



Spring 2005

FBA headquarters moves to Waldo. Where's Waldo? We're still trying to figure that one out.

Fall 2005

FBA and the town of Lake Helen begin to explore the Florida Discovery Bicycling Center concept of touring/training in a small-town setting.

Letters to FBA

Tandem fit, Walk bikes across bridge? etc.

Readers take issue, ask questions, 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.

Where do I find an adult/child tandem?

I have been struggling with what to do with my son who is a biking fool, but still not really ready for his own bike on a long ride. He is almost 5 and would love to be able to do some miles, but as your article [*Modified tandem proved a perfect solution to adult-child cycling dilemma, Vol 8, No. 2, Spring 2005*] mentioned, the legs just aren't there. I'm not overly mechanical, and I certainly don't have the tools or equipment to make modifications. Do you have any idea where I might be able to get it done?

— Donald L.

The Schwinn is a good bike to do it on—but make sure it fits YOU first. Every town or area has a frame builder or machine shop, both can do the tricks pretty easily. Print the FBA article and pictures and take them in. It will cost you \$50 to \$200 to get it all done, is my best guess. Both my kids had a great time on the bike and many stories—I still have it and am waiting for grandkids.

— Robert Seidler

Do we have to dismount on bridges?

I have a question concerning the legality of signs on most of the Intracoastal bridges in this area that state "Walk Bicycles Across Bridge." We usually ride across, and several times motorists have told us we should be walking our bikes.

Since a bicycle in Florida is a legal road vehicle, are we bound by the signs that say we must walk our bicycles across the bridge? Several of our club members interpret these signs to mean that if we take the sidewalk across the bridge, we must walk them. This isn't what the signs state.

— Gary Bryant

Coastal Cruisers Bicycle Club

Yes, bicycles are vehicles and must obey all traffic laws; however, sometimes there are

local ordinances that dictate where bicycles can and cannot be ridden.

Bicycles may be ridden or walked on sidewalks unless a sign [or a city ordinance] dictates "No Bicycles." In that case, a bicycle must be walked. Since the bridge sign is forbidding bicycles, then you would need to walk your bike. Doesn't make sense does it?

— Laura Hallam

FBA Executive Director

Your question involves two questions:

1. Is the maintaining agency (the county?) authorized, under the Florida Uniform Traffic Control Law and the provisions of the Manual on Uniform Traffic Control Devices (<http://www.dot.state.fl.us/TrafficOperations/Operations/MUTCD.htm>), to post a sign of regulatory design that bears the word message "WALK BICYCLES ON BRIDGE"?

2. If so, may a bicyclist who fails to obey such a sign be cited for a violation of Section 316.074, F.S.? [driver must obey official traffic control devices — ed.]

I'm sorry it seems to be a bit of a Catch-22 situation. As long as you don't pursue any clarification of the signs' legal validity, police non-enforcement of the signs could well continue, but motorists may continue to ask you to comply with the signs.

If you do pursue a clarification, the county might conceivably pass a supporting ordinance, which wouldn't necessarily result in enforcement of the signs or an improvement in bicycle safety.

This is really a question of roadway safety under potentially hazardous conditions that can arise occasionally (e.g., wet bridge deck).

Many cyclists may well find that, under most (dry) conditions, they can ride on the shoulders of such bridge decks without falling, and walking their bicycles over a bridge under normal conditions might even increase their crash risk slightly (by increasing the time they need to cross the bridge, and by distracting motorists, as riding their bicycles in apparent defiance of the installed signs already seems to be doing, but walking over the bridge could well be just as distracting or even more so to motorists, especially if the shoulders are not very wide).

Regulatory signs that ostensibly apply under all conditions and do not explain the motivating potential hazard are not well suited to addressing such conditions.

— Dwight Kingsbury
State Safety Office

Florida Department of Transportation

Laura,

Thank you so much for your help in getting some information for Bike Week at the College of Medicine. The event was a huge success, we had almost 50 riders, and handed out all the information that you were able to provide. We look forward to putting on the event again next year. Thanks again for the support from FBA!

— Darcy Rumberger

*American Holistic Medical Association,
Treasurer, UF College of Medicine
Class of 2010*

Bicycling resolutions...cell phone danger

Thank you for sending the *Messenger*. I especially liked the Top 10 Cyclist Resolutions for 2007, Winter 2007 issue. Resolution number 1 (Commit to a wild bike trip worthy of a cover spread in the *FBA Messenger* and actually send in the story with pictures) gave me the idea of submitting the attached story, the latest of dozens I've written over the years as submissions to the family newsletter. As usual, about 80% of it is dedicated to bicycle stories.

Question: Is FBA doing any lobbying vs. the use of cell phones by motorists? I believe this is a road safety issue more important than the promotion of bike helmet use. I firmly believe it should be illegal to operate a cell phone while driving. In Florida and elsewhere I'd guess that fully 50% of the dangerous road maneuvers I witness are executed by motorists talking on their phones.

— Thomas J. DeMarco, MD
Whistler, BC and Plantation, FL

Tom,

Thanks for your story. We're printing it for everyone's enjoyment on page 14. Regarding your cell phone question: We firmly believe, as do you, that driving is a full-time job and that cell phones are a distraction. As of this writing, however, we have no formal campaign and welcome member suggestions.

— ed.

President's message

continued from page 3

knights who've come to save the rights of bicyclists, or as the organization that will "police our own," we should be talking about the clear and powerful benefits of cycling, and connecting with non-cycling organizations that share some of our values and goals.

□ Health organizations strive to stem the rise of obesity, diabetes and heart disease;

□ corporations need help keeping their employees healthier to keep health insurance costs down;

□ inner city social action organizations need constructive and healthy activities for kids and families;

□ environmental organizations need help showing their members how to reduce their travel impacts.

Our fellow citizens want to bike more. They need us, experienced bicyclists, to show them how to ride comfortably, how to make cycling fun, how to make cycling practical, and yes, how to do it safely.

Doing the weekend club ride and sending FBA your annual membership dues ain't cuttin' it (but don't stop!).

Reaching out beyond our normal range of relationships (and leaving the Lycra at home) is what it will take.

Successful organisms succeed because they take full advantage of their assets, not because they try to "fix problems."

The monetary assets of the bicycling advocacy community are inconsequential to the "problems" we see all around (and if we increase them 10-fold they will still be inconsequential), but our knowledge and social assets are invaluable.

Our culture tells us that impeding a motorist is a Sin. I say our sin is withholding our gifts from those who need them most.

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 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.



Pulling the next generation of DiBritos

Roger DiBrito of Missoula Montana, granddaddy of youth bicycle safety education in the USA, enjoys a day of cycling along the St Marks Trail south of Tallahassee with his grandkids.

Photo: Robert Seidler

The doctor is on vacation... Health Matters... *by Marilyn T. Brady, RN*

The informative series of tips and products for helping you stay healthy is taking a summer break. Here's a list of the items featured in past issues.

Remember, when you order by calling 800-864-2489 and mentioning account no. 5790501, all profits go to FBA. Ask about the 60-day empty box guarantee.

Archived articles include:

- Osteo Essentials – cartilage rebuilding (item 4057)
- VISUtein® – pharmaceutical grade eye-sight protection (item 14634) listed in PDR
- Prostate TLC – men's health (item 18137)
- BiosLife Complete – cholesterol reduction (item 228880) listed in PDR
- LowOz™ – hydration solution (item R21424) I.O.C. certified
- LoveRx® Men (item 16189)
- Rx® Women (item 16188)

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XTRA XTRA XTRA XTRA

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

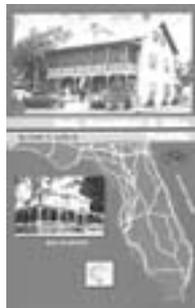
by Dale V. Lally Jr.

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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*.



LAB recognizes St Petersburg as a 'Bicycle Friendly Community'



FBA Executive Director Laura Hallam with City Council Chairman John Bryan (middle) and Joe Kubicki after accepting Bronze Award from the League of American Bicyclists designating St Petersburg as a Bicycle Friendly Community.

St. Petersburg garnered a bronze "Bicycle Friendly Community" award in LAB's "engineering" category. The city joins past awardees, Boca Raton, Gainesville and Orlando.

The League program analyzes bicycle friendliness in five areas: education, enforcement, encouragement, engineering and evaluation. Communities are rated platinum, gold, silver or bronze and the award is subject to renewal each year.

The League based its decision on St. Petersburg's acquisition of a 2.1 mile abandoned rail corridor that will be used to connect the very popular

Pinellas Trail with downtown St. Petersburg.

The corridor acquisition was completed after a two-year effort that required extensive multi-agency cooperation from the Trust for Public Land, Florida Department of Transportation, and the City of St. Petersburg.

When construction is completed as anticipated in 2008, this will complete a 3.0 mile connection and ultimately provide a 36.7 mile facility from Tarpon Springs to St. Petersburg's downtown. Current estimates indicate that the Pinellas Trail is used by approximately 90,000 people each month.

Ceremonies for Treasure Island bridge opening to include bike club participation

The City of Treasure Island has approved bike club participation in the new bridge opening celebration scheduled for August 25, 2007.

The event celebrates completion of bridge replacement that began in late 2003 after earlier engineering assessments revealed that all three bridges along the causeway across Boca Ciega Bay between Treasure Island and St. Petersburg were structurally deficient.

The causeway bridges first opened in 1939, providing the main access road to the island and its beaches.

According to Jeff Jensen, City of Treasure Island public information officer, the last big push to get the bridge ready will require closure of all four lanes of the new bridge for

four days at the end of July. After that, both new bridges will be open, subject to temporary lane closures.

On August 25 the bridge will be closed from 9:00 a.m. to 12:00 noon for the official ceremony.

City public works director Don Hambridge recommends that bike riders approach from the east side and arrive no later than 10:15 a.m.

After speeches, political recognitions, hand shakings, photo ops and other activities typical of this sort of event, a ribbon cutting ceremony will take place at approximately 10:45.

Bike riders will then be released to cross the bridge west-bound and may use the automobile lanes while on the bridge.

Executive Director's report...

LAB Bike Ed conference report

FBA president Mighk Wilson, former FBA president Tina Russo and I recently attended the Bike Ed 2007 Conference in Austin, TX.

This conference, presented by the League of American Bicyclists (LAB), is the only national conference dedicated to bicycle safety and education.

Building on the successes of LAB's three previous education conferences held bi-annually, this event brought together the leading experts in the field to discuss best practices, opportunities and challenges in bicycle education. It was also a great opportunity to network, learn from other peers and brush up on teaching techniques.

Tina and I were the house guests of home stay host Tami Gustafson. The Austin Cycling Association was very generous in providing home stay resources for participants attending the conference.

Tami was not your typical host. Tina and I were expecting a place to lay our heads at night, but we were rewarded with a charming host who provided limo service to and from the airport, furnished loaner bikes (coincidentally we were all about the same height), dropped us and our new bikes off at a local bike shop to begin our bicycle tour of Austin before the conference, suggested "must see" and dine places during our stay, made us feel very welcome in her beautiful home (along with two black lab buddies) and transported us to and from the conference site each day.

Tami also hosted Jean Anderson from the San Luis Obispo (CA) Advisory Committee. FBA member and Kimley-Horn planner Oxo Slayer of Tallahassee used to be the executive director of SLOAC before relocating to Tallahassee a couple years ago. Jean remembers Oxo well and had high praises for him.

You never look a guest horse in the mouth, but Tina and I both realized our loaner bikes weren't what we expected.

Tami had a garage full of bikes, but thought we'd enjoy her two Swiss commuter bikes, one of which was a circa 1947 Swiss Army bike she brought back from Switzer-

land that must have weighed 50 lbs.

"It's a little too short for me but rides like a Cadillac," she said.

The Swiss Villager was a lot lighter and was sized much better.

Tina and I pedaled all afternoon around Austin and the Town Lake Hike & Bike Trail, which connects to the Colorado River.

Our ride took us to the conference hotel for registration and then to dinner before heading back to the conference hotel for a reception. Tami joined us for the reception and then chauffeured us back to her place. The bikes stayed at the hotel.

At the conference, Mighk, Tina and I were panelists in a session titled "Best Practices - Florida Bicycle Association" where we showcased the Alternative Transportation Education program, Florida Discovery Bicycling Center program, and other bicycle safety education programs presented in cooperation and/or on behalf of the Florida Traffic and Bicycle Safety Education Program championed by Linda Crider.

The FTBSEP targets K-12 children including regional trainings for teachers and law enforcement, and FBA targets adults. Our two agencies work hand in hand to promote education for all ages.

We complement rather than compete with one another. For years, the FTBSEP was the only game in town when it came to bicycle safety education, but thanks to Linda Crider and many others, children and adults are benefiting from traffic safety education programs provided by FTBSEP and FBA.

Mighk was also a panelist on a session titled "BikeEd for Engineers and Planning Professionals."

Following the opening night reception, the conference was held over a two-day period including pre and post session bike rides, two keynote luncheons and two outdoor sessions offering group riding skills and teaching parking lot drills, culminating with a ride to the Texas Bicycle Coalition reception and to see South East Austin.

One of the highlights was the keynote address at Saturday's luncheon provided by former Austin Mayor and current State Senator Kirk Watson.

Senator Watson opened his address with a quote by Bob Bullock, a former Lt. Governor of Texas: "There is no limit what someone can accomplish if they are willing to let someone else take credit for it." He continued with his 10 + 1 Rules of Success.

1. You must throw away labels if you want to initiate change. Think. Be willing to hear.
2. Listen carefully and speak plainly.
3. You are never going to meet everyone's concept of perfection so don't try - 84% Rule
4. Be biased toward action. Too often we fall into failure because we don't succeed. We can't be paralyzed by waiting for a better deal to come around.
5. Hope matters - it is what drives people to get out of bed.
6. Have a short focus but with a long time vision - Live Strong.
7. Know your core values, core assets and be willing to admit your weaknesses
8. Avoid the nickpickers, naysayers and know-it-alls. They cause too much negative energy so get them out of the room.
9. Create new and different constituents -

always be on the look out. Don't create unnecessary enemies.

10. Focus on the positive even when situations seem to be desperate.

11. Know when to quit.



Farewell and all the Best to Program Director Lyndy Moore

Best wishes to Lyndy Moore, longtime volunteer and program director for the past few years. Lyndy has moved on to pursue other endeavors in a full time capacity. Lyndy can be proud of the many programs she has spearheaded including the Helmet Safety, Pro Bike®/Pro Walk Florida conference, Florida Discovery Bicycling Center, Alternative Transportation Education, various bicycle education workshops and overall bicycle safety and advocacy programs. Lyndy will be missed and we hope she will remain active as a volunteer.



FBA names new conference director

Bill Richards has stepped up as director for the Pro Bike®/Pro Walk Florida conference. He has big shoes to fill as Lyndy moves on to another position. Through Lyndy's excellent organizational and coordination skills in planning the third annual conference, the transition should be smooth. Please join me in wishing Bill success in this new position. Bill has spent the past 20 years working to improve conditions in North Central Florida. After receiving his master's from the University of Florida in 1987, he began work with the Governor's Council on Physical Fitness & Sports in 1988 and served as development director from 1996 to 1999.

Since 1996, he has worked at two Olympic Games (Atlanta and Salt Lake City) and has assisted several non-profit organizations move forward in their missions. Bill turned his attention to management consulting and then to political consulting in 2002. For the past 10 years, he has served on numerous advisory boards and committees in Alachua County and at the state level in Florida. Bill served on the Florida Department of Health/Department of Education Comprehensive School Health Consortium (1998-99).

He served as chairman of the City of Gainesville's Recreation Advisory Board from 1999-2001, vice-chair of Alachua County's Recreation and Open Space Committee from 1998-2001, the Alachua County Tourist Development Council from 1997-2001. He has also been involved with homeless issues since 1997 and staged two benefit concerts for Gainesville's St. Francis House homeless shelter in 2001.

In September, 2005, he traveled to Moss Point, Mississippi to volunteer in the disaster relief effort following Hurricane Katrina, which devastated the Gulf Coast.

In January of 2006, Bill traveled to Tanzania to climb Mt. Kilimanjaro to raise money for the Climb for Cancer Foundation.

He's currently in his third term as vice-chairman of Alachua County's Tourist Development Council and chairman of the Original Florida Tourism Task Force, a 14-

Laura Hallam



county tourism promotion organization committed to economic development through tourism marketing. He has also served on Visit Florida's Rural Tourism Committee.

Bill has lived on Bivens Arm in Gainesville since 1995, and has guided numerous trips to North Florida's best natural rivers and springs, including the Withlacoochee, the St. Mary's and the Suwannee. He founded The Walden Group in 2005.

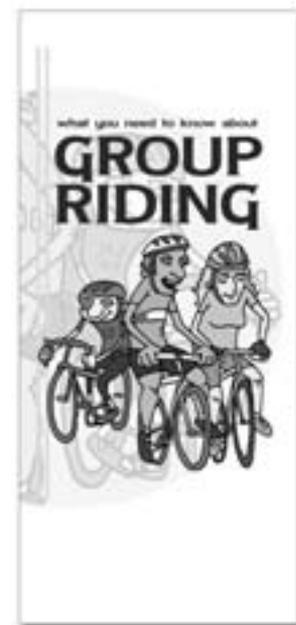
'Group Riding' brochure lays out rules for club rides

The brochure, available for download (pdf) from the FBA Website is a companion to the Group Riding DVD, eight public service announcements plus narrative, for only \$5 to cover shipping and handling.

Get a bunch and share with your local TV stations.

The brochure gives 11 important rules for traveling in a group of bicyclists—rules that can mean the difference between an enjoyable, safe ride and a ride in an ambulance.

The report was prepared for the State Safety Office, Department of Transportation, State of Florida, in cooperation with the National Highway Traffic Safety Administration, U.S. Department of Transportation and/or Federal Highway Administration, U.S. Department of Transportation.



Help us identify attendees for Pro Bike®/Pro Walk Traffic Justice Coalition workshop

It's not too late to offer your recommendations of people to attend the Traffic Justice Coalition workshop to be held August 27 as a pre-conference activity.

The sooner we get the word out to these folks, the better, especially the agency contacts.

We're also working on an Elected Officials gathering the same day prior to the TJC. Go to http://www.probike-prowalkflorida.com/2007conference/Sessions/Elected_Officials.htm for details.

Email invites have already gone out, to be followed by snail mail invitations in late July.

Conference keynote presenter Gil Penalosa hopes to convince the room how livable communities can happen now—not 15 years down the road.



Elected officials to discuss community improvements at pre-conference luncheon

Florida's elected officials have been invited to attend a special pre-conference luncheon to share opinions on how cities might encourage development that provides a competitive edge in economic development.

"Every municipality's main challenge," says luncheon and conference keynote speaker Gil Penalosa, "is to attract and retain the most creative and educated people." Walkable and bikable communities, according to Penalosa, are critical components in achieving the quality environment, enhanced recreation options, more efficient transportation system and better personal and public health that make cities more desirable.

"The means to achieve these objectives are not technical," says Penalosa, "they are political. They require political will, leadership, 'doers' in the public sector, and community engagement."

"The benefits are well worth the effort," says Penalosa.

'Enhanced recreation options, more efficient transportation system and better personal and public health make cities more desirable. The means to achieve these objectives are political.'

— Gil Penalosa

See tentative agenda highlights on page 10

Pro Bike®/Pro Walk Florida

Healthy Community Makeovers: Designs and Programs for Active and Healthy Lifestyles
August 27—30, 2007

You should attend if:

- You walk or ride a bicycle
- You care about your community
- You care about the environment
- You are an educator
- You want to make a difference
- You are a health or safety professional
- You are an elected official
- You are a member of Law Enforcement
- You work for a planning or transportation entity
- You work for a state agency or department
- You have a program or idea to share

www.ProBikeProWalkFlorida.com

Partnership or Registration Questions contact: Laura Hallam, FBA Executive Director
 P O Box 718, Waldo, FL 32694-0718
 Phone/Fax: 352-468-3430
 E-mail: laura@floridabicycle.org

Warning—group walk around downtown & Lake Side
Evening—bicycle rides and/or walks
 All the time—networking

Embassy Suites Downtown
 Orlando, Florida

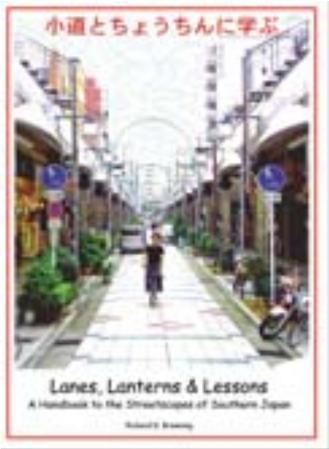
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Polk County offers endless opportunities for extreme family fun. Cyclists can pedal along rolling country roads or attack our off-road trails. Enjoy high-energy excitement with roller coasters and water sliding, or try your hand at bass fishing and golf. Experience award-winning theatres and museums, celebrate nature with an airboat ride or a relaxing walk in one of our beautiful gardens. Central Florida Lakes District offers you the vacation value you deserve.

For more information and a free guide to Central Florida Lakes District call 800/828-7655, code FB or log on to www.visitcentralflorida.org.

Urban transportation styles revealed in 'Lanes, Lanterns and Lessons'



Do you look towards Europe as bicycle nirvana?

With a 39% "mode split" for bikes, legendary European cities like Amsterdam are at the top of most bike advocates' list of positive urban examples. But what about a city three times as big as Amsterdam, with a richer, better educated population where bike mode splits were over 50%? Where over 90% of the work force walked, rode a bike or took transit to their job every day?

It might sound impossible, but Osaka, Japan is actually such a place. And many other Japanese cities have similar transportation profiles.

New FBA member Rick Browning has just completed a 110 page handbook titled "Lanes, Lanterns and Lessons," which graphically describes a selection of urban streets in five Japanese cities.

A discussion of bicycle and pedestrian behaviors, facilities and relative volumes make up a large portion of the book's content.

Profusely illustrated with color photos and sketches, the handbook gives a Western reader a good sense of what life on the street is like in urban Japan.

With sidewalks almost impassable due to parked bikes, businessmen in three-piece suits and women in cocktail dresses and high heels riding by, it is a world totally unlike American—or even European—cities

that most Westerners know.

Rick's trip and the subsequent publication of the handbook were made possible by a grant from two progressive, Portland-based nonprofit organizations: the Oregon Community Foundation and the Architectural Foundation of Oregon.

As a Portland architect, Rick received the grant for the purpose of transplanting designs from Japan to improve the built environment for bikes and pedestrians in Oregon.

Besides observation and analysis of Japanese streets, the handbook includes a few lessons for American city streets.

One of the primary messages of the book is that limited public right-of-way spaces could be shared more effectively by bikes, cars and pedestrians if American designs and policies for separating these users were more flexible.

Although he is looking for a commercial publisher interested in putting out an expanded version, the handbook is currently only available directly from Rick.

To satisfy his original grant conditions he



is self-publishing a limited number of both bound, full-color hard copy and a digital version on CD. Rick can be contacted locally in Gainesville at (352) 379-7591. His e-mail address is rick@browningshono.com. Check his Website:

www.browningshono.com

Window stickers to publicize 3' passing law

FBA and Broward County Commissioners have developed a window sticker to help convey the new 3 ft. Passing Law.

Broward County Special Projects Coordinator/Bicycle Coordinator Mark Horowitz provided the opportunity for FBA to promote the new law that requires passing vehicles to leave at least 3 ft. between the bicycle and passing vehicle.

The county's graphic artists completed the 7 in. x 4 in. design with guidance from the bicycle pedestrian committee.

Funding for printing was provided by the committee's trust fund.

According to Mark Horowitz the primary use for the decals will be for county vehicles. The county operates a fleet of about 1,200 cars and trucks.

Remaining decals will go to area bike shops and special events, said Horowitz.

They also may end up in driver license offices and selected public buildings.

FBA executive director Laura Hallam said she's shown the decals around on her trips



around the state. Representatives of other counties have eyed the decals with interest.

Provided funding is available, decals may see even wider distribution.

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Tentative Conference Agenda Highlights

Monday, August 27

PRE-Conference Sessions

9:00 am - 4:00 pm

SAFE ROUTES TO SCHOOL

Non-Infrastructure Workshop (by invitation)

Moderator: Pat Pieratte, FDOT SRTS

Coordinator

11:00 am - 1:00 pm

ELECTED OFFICIALS LUNCHEON

(by invitation) *Guest speaker:* Gil Penalosa

for commissioners, mayors, council members of Central Florida cities/counties/towns

1:30 pm - 4:30 pm

TRAFFIC JUSTICE COALITION OF FLORIDA

Panel discussion, small group sessions, recap and action plan

Moderator: FBA Board of Directors

Tuesday, August 28

6:45 - 7:30 am Guided Walk

8:30 - 9:00 am Welcomes

9:00 - 9:45 am

FBA Annual Awards and Meeting

9:45 - 10:15 am

National and State Updates

Bob Chauncey, NCBW, Dennis Scott, FDOT, Office of Greenways & Trails

11:00 am - 11:45

WALKING AND BICYCLING AND CREATING GREAT CITIES

Keynote speaker: GIL PENALOSA

11:45 am - noon

CLOSING COMMENTS/CONFERENCE CHALLENGE

Presenter: Harold Barley, METROPLAN Orlando Executive Director

1:30 - 3:00 pm Conference Sessions

1A Trails & Cross County Connectivity

Susanne Inman/John Harper, Jim Wood

1B WALKSAFE & Elderly Pedestrian

Safety Gillian Hotz, Carl Schulman

1C Healthy People, Healthy Streets,

Healthy Communities Ali Jaglowski, Dom

Nozzi, Leah Nash

1D MPO/BPAC/CTST/RPC:

Tuesday, August 28

Understanding the Roles Gena Torres,

Laura Minns, Robin Butler, Tara McCue

3:30 - 5:00 pm

2A Ciclovía: Sunday BikeWays

Gil Penalosa

2B Completing the Streets in Downtown

Orlando: Downtown Transportation Plan

Jamie Krzeminski, Malisa McCreedy

2C Public Speaking/Public Meetings:

Selling concepts that Lead to Active

Living Jon Sewell, Raphael Clemente, Bob

Chauncey

2D Roadway Analysis & Design for

increasing Level of Service Linda Crider,

Martin Guttenplan, Peyton McLeod

Wednesday, August 29

6:45 - 7:30 am Guided Walk

8:30 - 10:00 am Conference Sessions

3A Effective Bicycle Advocacy: Creating

Public and Private Partnerships with

Results Laura Hallam, Bob Chauncey, Julie

Bond, John Sinibaldi

3B Three Visionary Trails Herb Hiller, Jim

Wood, Lance Larsen

3C Crash Countermeasure Effectiveness

Mighk Wilson, Herman Huang

3D Bike Ed Programs, Schools &

Communities Pat Pieratte*, Yukari Takata,

Stephen McCloskey, Bill Poniatowski

3M CPTED - Crime Prevention Through

Environmental Design Laura Minns, Mark

Lichtenheld, Malisa McCreedy

10:30 - 12:00 pm Conference Sessions

4A Traffic Control Plans for Shared Use

Paths & Trail Crossings Joe Kubicki,

Mary Anne Koos, Theo Petrtsch

4B Peak Oil: The Car is the Enemy Sean

Masters, Dom Nozzi

4C Safety Updates: Crash

Countermeasures and Strategic Highway

Safety Plan Mighk Wilson, Marianne

Trussell

4D Florida School Crossing Guard

Program Pat Pieratte, Leigh Matusick,

Linda Moss, Consultant

4M ADA Awareness: Designs make a dif-

ference Ken Sides, Sheryl Bradley, LYNX,

Center for Independent Living

1:30 - 3:00 pm Conference Sessions

5A Colorized Bicycle Lanes, Lighting &

Other Safety Treatments Joe Kubicki,

Huaguo Zhou, one other TBD

5B Road to Ruin: Dom Nozzi, others TBD

5C Maintenance of Traffic for Bicyclists

& Pedestrians Mary Anne Koos, Dennis

Scott, local expert

5D How Shall We Grow? Creating a

Shared Vision for Central Florida Phil

Laurien, Harold Barley, Shelly Lauten

3:30 - 5:00 pm Conference Sessions

6A Sidepaths - How to maintain safety

and provide mobility Christopher

Fellerhoff, Peyton McLeod

6B Healthy Communities - Addressing

Obesity Ali Jaglowski, Daniel Parker,

Orange County DOH

6C Safe Routes to School: Non-

Infrastructure focus Pat Pieratte, Bevin

Maynard, Joan Carter

6D GPS and Wayfinding Walking tour

guided by GPS units around downtown

OGT Staff

6M Downtown Facilities Design Tour (by

bike) Mighk Wilson, Jamie Krzeminski

Thursday, August 30

6:45 - 7:30 am Guided Walk

8:30 - 10:00 am Conference Sessions

7A Realizing and Recovering the

Sustainable Green Dollar & More Robert

Seidler, Don Braverman

7B Designing Facilities for Pedestrian and

Cyclists Cheryl Stacks, Mary Anne Koos,

Steve Diez

7C Active Living and Healthy Lifestyles

Dan Moser, others TBD

7D Brevard Bicycle and Pedestrian

Master Plan - "A Tool Kit for Community

Stakeholders" Andrew Murray, Kate Ange,

Barbara Meyer

7M Mobile Trail Design Workshop Tara

McCue, Malisa McCreedy, Mark Lichtenheld

10:30 am - 12:00 pm Conference Sessions

8A Road Diets Dan Burden, Billy Hattaway

8B Safe Routes to School Infrastructure

Focus Pat Pieratte, Peter Hsu, Tony Nosse,

Michael Moule

8C Traffic Justice Coalition Recap Linda

Crider, Mighk Wilson

12:00 pm CONFERENCE ENDS

1:00 - 4:00 pm

9A FDOT State Coordinators Meeting

9C Local Bike Ped Coordinators Meeting

Bikes for Tykes recycles bikes for deservng children by Skip Riffle

Since 1987 Bikes For Tykes, Inc. Naples, has rebuilt tired worn-out bikes to as nearly new as possible and put them into the hands of underprivileged children.

The program is a non-profit, 501C(3) and every penny goes into the finished product. The entire staff (10-15 men and women) are volunteers; there is NO payroll.

Bikes for Tykes is a year-round program. Discarded bikes are collected, washed (this part of the triage allows us to see the condition of the bike), and evaluated to determine what work is needed.

Painting takes the most time, so if the paint is in good condition it speeds up the process.

Rust is removed with steel wool and sand paper. The tires and tubes, seats, peddles, chain and handlebar grips are looked at. If all of these things are in good condition, the bike is then dismantled, needed paint work done and other parts washed and degreased, then dried and re-lubricated.

Next comes the rebuilding process followed by an inspection by another Bikes for Tykes member to give a better perspective of the final job.

Once the bike is deemed "ready" it is tagged and sent to storage where many more like it await Christmas.

The bikes are turned over to the Children's Network which has councilors assigned to families given assistance by the Florida and Collier County.

Children who will not have food for Christmas without government aid are targeted first and get first choice of the bikes.

The Children's Network decides where the rest of the bikes go.

The Bikes for Tykes, Inc. program is a simple one; because of this it has spread to over 100 cities in four countries.

There are no rewards except for the smiles on the faces of the children.

Well maybe one....the warm feeling in the hearts of the Bikes for Tykes volunteers.

For more information on the Bikes for Tykes, Inc. program please contact Skip Riffle (founder) at 239-774-5846 evenings.

Multi-tasker bikes for sale



FOR SALE: (left) Multi-tasking outdoor exercise and yard maintenance device. What, you don't have one of these yet? (Picture by Linda Martian, we think; submitted by Rudi Miller)

If this picture looks vaguely familiar (it did to this editor—but then so does everything once you reach a "certain age") it may be because it's an upgrade to "last year's model" sure to be stuffed in the corner of almost everyone's garage. We had a shot of this eco-friendly hybrid model (left) in our Fall 2004 issue.



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 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@cempo.com russmuller@colliergov.net jdavis@swfrpc.org vgriffin@leegov.com pat_moser@doh.state.fl.us ryankordek@polk-county.net	FDOT Dist 3 Safety Prgm Manager 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, 863.943.5334 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 6 Safety Engineer Maria Vilches-Landa, 305.470.5722 maria.vilches@dot.state.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
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@lakesumtermmpo.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 CTST 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 2 CTST Coordinator Andrea Atran, 904.360.5416 andrea.atran@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 3 CTST Coordinator-East Quinton Williams, 850.415.9426 quinton.williams@dot.state.fl.us FDOT Dist 4 CTST 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 305.470.5346 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 Yukari Takata 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	Other organizations Bike Florida Linda Crider, 352.392.8192 Lbcrider@aol.com Rails-to-Trails Florida Office Ken Bryan, 850.942.2379 rtcflo@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 Vacant Martin Guttenplan Amy Datz	850.245.2052 850.245.9924 850.414.4359 850.414.4815 850.414.4817 352.392.2371x227 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 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 Salvas, 850.245.4440x2774 ralph_salvas@doh.state.fl.us

Words from the 'Bike Ape' Too many still think bikes belong on the sidewalk *by Raphael Clemente*

THIS IS A HORSE that has been thoroughly beaten, but I'm beating it some more with the hope that it will suddenly jump to its feet and run.

I just sat down at my desk after a 10-minute bike ride in to work. My route this morning (because I ate breakfast at a restaurant) took me through my neighborhood and then on to a moderately traveled two-lane one-way that goes right into the heart of Downtown West Palm Beach.

This is a good road for riding—relatively low volume of traffic and most importantly, low speeds due to a narrower cross-section and a succession of lights.

It is my top choice when riding to work from the direction I came this morning.

Despite the fact that I was going along pretty well (about 18mph compared to the 25-28 of traffic) and vehicles had pretty much no problem passing me, I was told no less than six times during my 10-minute commute to "get on the sidewalk" or "get out of the road."

Most were polite and mouthed it to me from behind their closed windows as they pointed toward the roadside.

Two of them blasted the horns and hurled insults. One of this pair decided to swerve back in front of me after he passed and tap his brakes.

I could have caught him to tell him that, aside from the fact that bikes are legal vehicles, it is against the law to ride a bicycle on the sidewalk in downtown West Palm Beach...

But why? So I could be insulted some more? So he could threaten me some more with his Ford Explorer?

My blood pressure is still up as a result of a mild sense of fear and a good dose of frustration.

Florida Dept of Transportation: Survey of motorist knowledge, attitudes is first step in campaign

According to Dennis Scott of the Florida Department of Transportation Safety Office, FDOT funded a 2006 survey to gather information about motorist knowledge and attitudes toward bicyclists and pedestrians.

The intent of that effort, according to Scott, was to provide a more scientific basis for a statewide public awareness campaign directed toward motorists.

FDOT has received at least one proposal for a campaign and will weigh its merits against others received.

In an e-mail response to Raphael Clemente's call for action (see story at the top of this column), Marianne Trussell, FDOT's chief safety officer, commented that the greatest obstacles to motorist education and awareness are limited funding, competition and appropriate analysis of data to determine a best course of action.

In St Petersburg, bicycle commuter Kimberly Cooper has waged her own information campaign for several years.

In 2001 she began distributing "Bicycles are Vehicles" and "Share the Road" fliers on her daily commute, primarily targeting those

My point is this: until Florida steps up and does something—ANYTHING—to educate drivers about the rights of cyclists, no one except the most hard-core will make the choice to commute by bike.

No matter what is done to train cyclists on vehicular cycling, safety, manners, and how to coexist with other road users, nothing prepares anyone to deal with the horde of motorists who think bikes belong on the sidewalk.

Drivers who do understand the law aren't too bad when they pass cautiously because they think you are suicidal.

The problem arises when the driver thinks that since the bicyclist is breaking the law and/or endangering themselves that they are now stripped of all rights as a human being and should be treated with impunity, disrespect, or even aggression.

Why would anyone in their right mind, despite real or perceived safety, WANT to ride a bike on the road when they are harassed, yelled at and looked down upon? It's my belief that the only people in Florida who commute by bike are those who have no other options, are activists/advocates for the bike or environmental causes, or are athletes trying to get some miles in.

Is anyone out there listening? Training cyclists to be safe, wear their helmets, and act nice is great but you're only preaching to the choir.

Cycling will remain on the fringe as a form of transportation in Florida as long as the state's agencies—from the chief executive to the legislature to the transportation departments to law enforcement continue to ignore their responsibility to educate motor vehicle drivers about the rights of other road users.

motorists who gave her a hard time or showed disdain for bicyclists' rights on the road.

Kimberly wrote in a recent e-mail to the FBA forum that "nine years ago, bicycling in St. Petersburg was hideous because so many motorists weren't educated on road laws and safety techniques."

Cooper went one-on-one in a non-confrontational way to explain the laws and the necessity for sharing the roads.

She reports numerous successes in her campaign while acknowledging that much work still needs to be done.

"Now, we have tons of bicyclists safely bicycling in St. Petersburg," reports Cooper, "[but] with the constant need to educate motorists who are new to our area."

Continual education programs are needed, she says, because new motorists are coming to Florida all the time.

Most of these new Florida residents, according to the Department of Highway Safety and Motor Vehicles, do not need to take a driver exam when they switch to a Florida license.

Tampa Bay bike shops join fight for bicyclists' rights

Six bicycle stores in the Tampa Bay area have joined forces this year to fight for bicyclists' rights, grow bicycling in the Bay region and stage an annual signature bicycle festival called the Bicycle Bash by the Bay.

This new group is called the South West Florida Bicycle United Dealers—SWFBUD. It was formed in February 2007.

SWFBUD's founding member bike stores are: Bicycle Outfitters in Seminole; Carrollwood Bicycle Emporium in north Tampa; Chainwheel Drive in Clearwater and Palm Harbor; Flying Fish Bikes in south Tampa; Oliver's Cycle Sports in new Tampa and Revolution Bicycles in St. Petersburg.

It's unusual that retail stores that normally compete for business would band together. But the owners of these bicycle stores believe that by collectively working as a bicycle advocacy coalition, they can work together to grow bicycling for the benefit of its member stores. Alan Snel of Tampa, a former Tampa Tribune business reporter and a bicyclist who has written extensively about bicycling, is the SWFBUD coordinator.

Typical causes taken up by SWFBUD include lobbying the city of Tampa and Hillsborough County to follow the city of St. Petersburg lead on enacting policy to include bike lanes on any new road repaving or improvements; prompting the city of Tampa and the DOT to clean up debris dangerous to cyclists at two intersections along 30th Street in the USF/Busch Gardens area; and getting Pinellas County to remove parts of a speed bump that was hazardous to bicyclists on

Weedon Road, a popular road for bicyclists in the St. Petersburg area.

SWFBUD has also asked Pinellas County to install bike lanes on Tarpon Springs/Keystone Road, an essential east-west road that connects with Gunn Highway in Hillsborough County and the

Hillsborough County Expressway Authority to consider opening the upper deck of the Selmon Expressway to bicyclists.

SWFBUD coordinator Snel published a lengthy opinion story on the safety issues facing bicyclists in the Tampa Bay area for the Tampa Tribune's Sunday's Commentary section on March 18.

And three SWFBUD member stores were sponsors of Tampa BayCycle, the bike-to-work initiative that kicked off in May.

In addition, SWFBUD plans to hold the "Bicycle Bash by the Bay" -- a bicycle festival scheduled for November 4 at the Vinoy Park on St. Petersburg's waterfront.

SWFBUD was featured in an April 1, 2007 story in the Bicycle Retailer and Industry News, the retail bicycle industry trade publication.

"I was hoping all the bike shops could join because I don't see it hurting any of us. Joining this group isn't any form of competition in business," Adam Beland, owner of Bicycle Outfitters, told the Bicycle Retailer.

"It helps us all, really. By having more shops, we get more ideas," Beland said.

Contact Snel at alansnel@yahoo.com and check out www.alansnel.com for more information.



IMBA mounts campaign to keep Divide access

According to the International Mountain Bicycling Association, bike access the the 3,100-mile Continental Divide National Scenic Trail is in jeopardy.

The Forest Service just released a draft rule that would encourage land managers to kick bikes off existing routes, and not include bicyclists on future segments.

"Your voice is needed to help preserve our access," a recent IMBA press release said.

According to IMBA, Congress banned bikes from the Appalachian Trail years before the sport was even popular. Then access was eliminated to the Pacific Coast Trail while off-road advocacy was still in its infancy, without a coordinated voice.

IMBA is asking bikers to file formal comments with the Forest Service and has provided an easy-to-use form accessible from the www.imba.com Website.

The Forest Service's deadline for comments is Monday, August 13.

Boca Raton Bicycle Club is LAB Region 3 'Club of the Year'

Although the more than 600 clubs and advocacy organizations that belong to the League of American Bicyclists all do excellent work, some consistently rise above the rest.

To honor these outstanding clubs and advocacy organizations, League board members select one club from each region as Club of the Year.

The 2007 regional clubs of the year are: Region 1: MassBike (MA); Region 2: Washington Area Bicyclist Association (DC); Region 3: BOCA RATON BICYCLE CLUB (FL); Region 4: Hancock Handlebars (OH); Region 5: Spokes & Folks Bicycle Club (WI); Region 6: Santa Rosa Cycling Club (CA).

If your club deserves to be on this list ... tell your board member. Nominations open in the fall, but you can suggest anytime.

Beginning with the May/June issue, the American Bicyclist bimonthly will highlight one or two of these clubs and advocacy organizations, and speak about how they help count cyclists in.

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@piercepages.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/.

September

September 1 (Sat) *Indian Harbour Beach*
Brevet Series South: 200 km / 125 mi
"Coastal A-1-A & Banana River, Melbourne - Cocoa Beach"
 125 miles, SOUTH CENTRAL REGION. Brevets are limited supported long distance rides which offer a greater challenge than century events. They start with a 200km (124mi.) and go to 600km (375 mi.) in this Region. Brevets are NOT RACES, but do have time limits and control points where one checks in along the route. They require conditioning, perseverance, and dedication, but riders of ALL ABILITIES (A, B, and C riders) can participate. A series of four brevets qualify riders for longer 1200km (750 mi.) events such as The Paris-Brest-Paris held in France and The Boston-Montreal-Boston held in USA. More information: Michael Grussemeyer, RBA, (239)549-7459. CELL (239-699-9548) Email: RBAcentralFlorida@bike4one.com www.bike4one.com/brevets/

September 1-2 *Sebring*
Tour of Sebring
 Call Kenilworth Lodge now (800)423-5939 if you want to try for reservations. 25th Annual. This event is produced by the Kenilworth Lodge. Daily 62/30/12 mile rides, Riders of all levels. Fully supported: well-stocked rest stops, sag vehicles, road markings and maps. Continental breakfast and full mid-day meals included. Key West Poolside Party on Saturday night. Linda Leeds, Event Director, (561)683-2851. Email: lindamarie7@juno.com WWW: KenilworthLodge Active.com Online Registration

September 8 (Sat) *St Augustine*
The 6th Annual Patriots Memorial Bike Ride
 Honor the victims and heroes of 9/11. It is 91.1 km on four lane highways and scenic country roads. Wear red, white & blue. Short memorial ceremony at 6:50 a.m. Suggested "for experienced road riders"-no official rest stops SAG services provided by ABC, Champion and Open Road. Pre-registration for a T-Shirt. Any proceeds after expenses will be donated to the Cody's Challenge MS150 Bicycle Team. Email: pelley@codyschallenge.com www.codyschallenge.com/patriots.htm Active.com Online Registration

September 8 (Sat) *Vero Beach*
Tour de Vero
 Ride with the Kodakgallery.com / Sierra Nevada Pro Cycling Team to benefit Dollars for Scholars of Indian River County. Enter a chance to win team gear and apparel at the raffle and silent auctions. 33/66/100 mile rides available. Email: velosport@bellsouth.net www.verovelo.org/main.html

September 9 (Sun) *Baldwin*
Endless Summer Watermelon Ride
 A classic one-day bicycle event, all bicyclist skill levels welcome. 30/45/65/80/103 miles primarily on lightly traveled country roads. Email: WatermelonRide@nfbcs.us www.nfbcs.us Active.com Online Registration

September 23 (Sun) *Glen St. Mary*
YMCA Natl. Forest Swampman 100

7:30 a.m. start at Baker County High School Lunch at the High School cafeteria, 11:00 a.m. - 3:00 p.m. Entry fee \$25 (by Sept. 13) includes a T-shirt. \$30 (Sept. 14+) No T-shirt. Order an extra shirt on ride day for \$10. Distances marked at 15/33/46/70/100 miles. Maps. Motels in nearby MacClenny: Days Inn at 904-259-5400 Econo Lodge at 904-259-3000. Baker County Family YMCA, Shawn Eastman, 98 W Lowder St, MacClenny, FL 32063-2676. Phone: (904)259-0898. www.swampman.org Active.com Online Registration

September 29-30 *St Augustine*
PGA Tour MS 150 Bike Tour
 St. Augustine to Daytona Beach and Back. Email: mona.hover@fl.nmss.org

October

October 6 (Sat) *Clewiston*
Brevet Series South: 200 km / 125 mi
"Lake O' Lark - Around Lake Okeechobee & Brighton Indian Reservation"
 125 miles, SOUTH CENTRAL REGION. See September 1 listing for details.

October 7 (Sun) *Inverness*
Rails to Trails 13th Annual Bike Ride
 Ride the Withlacoochee State Trail-any distance. Registration from 7:00 a.m. to 9:00 a.m. at the North Apopka Trailhead in Inverness. Asphalt trail is 46 miles; include an 8 mile loop at the north end for 100 miles. Five SAG stops. Most of the trail is level with light rolling hills. Continental breakfast and a light lunch included. Door prizes (two \$500 bicycles included) and a theme t-shirt for pre-registered riders. Pre-registration postmark deadline: Sept. 21: \$15 After September 21: \$20.00 (t-shirt not guaranteed). Application available at Web site, but no on-line registration. Rails to Trails of the Withlacoochee, P.O. Box 807, Inverness, FL 34451. (352) 527-3263 Email: octbikeride@earthlink.net www.railstotrailsonline.com

October 12-14 *Mt Dora*
Mount Dora Bicycle Festival
 33rd Annual. Two days of supported rides/Friday on-your-own to enjoy the other area activities or check out the vendor area set up on Friday. Sponsor: Mount Dora Chamber of Commerce, P. O. Box 196, Mount Dora, FL 32757. Phone (352)383-2165. Email: chamber@mountdora.com www.mountdora.com/bikefest

2007 **Gainesville Cycling Festival**
 Two centuries in two days! (Or enjoy the shorter options for a weekend of bicycle touring.) Info and application at Website. Or e-mail festival@piercepages.com for a snail-mailed brochure/entry application in Aug.

October 20 (Sat) *Gainesville*
15th 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 a.m., North West Bikes Club, 2700 NW 51st St., Gainesville. 100/55 mile road ride, 18/28 mile Millhopper Ramble. Well stocked rest stops. \$35 includes a T-shirt, IHOP breakfast, and pizza.

October 21 (Sun) *Gainesville*
27th Annual Horse Farm Hundred
 The Gainesville Cycling Club's tour

through the picturesque horse farms of northern Marion county. Best rest stops in Florida! 102 miles/55 miles (not in horse farm territory) start at 8:30 a.m., Morningside Nature Center, 3540 East University Ave. Bagels and muffins available before the start. 45/30/25 mile touring rides start at 8:30 am in Flemington (northernmost [Irvine] 1-75 exit in Marion county). For More Details and Registration Forms: festival@piercepages.com <http://gccfla.org/gcfl>

October 21 (Sun) *Ormond Beach*
The Classic Y-100
 100/65/35 mile rides start and end at the YMCA on 51 N. Center St. Century RIDERS MUST start at 7 a.m. All other rides start at 8 a.m. Fees: Early bird Until July 31: \$40. Until Sept. 30: \$50. Thereafter: \$60. Children under 10: \$12. Benefits the YMCA youth program. Goodie bag. Power breakfast with muffins, Danish, cereal, fruit, bottomless coffee, and more. Fully stocked support stations, Gatorade, spring water, fruits, and more. Post ride lunch. FREE T-shirts for riders registered before September 30. Route sheet, roads clearly marked. Route is north along the Intracoastal Waterway through parks and along the Atlantic coast. (a great safe route for beginners). Information: 386-673-9622 Email: events@earthlink.net Active.com Online Registration

October 21 (Sun) *Dade City*
Hilly Hundred
 Tampa Bay Freewheelers. 18/34/63/100 miles through the beautiful rolling hills of Pasco and Hernando Counties. Pasco-Hernando Community College, Dade City, FL 33523-7599 (1-75 to exit 293). Mass start 7:30 a.m. Support ends 3:00 p.m. Rest stops, SAG and mechanical support, door prizes, short-sleeved T-shirt (guaranteed for pre-registration), sports massages available (fee determined by massage team). (813)404-5721. Email: RubenWatson@hotmail.com www.TBfreewheelers.com/

October 22-26 *Cross City*
Gulf Coast Highlight Tour
 Ride on Florida's west coast rail trails. Email: GlenMorey glenma21499@peoplepc.com www.proeventsflawestcoasttours.com/

October 26-28 *White Springs*
Fat-Tire Festival
 Stephen Foster State Park. Camping, meals, T-shirt. All skill levels, ride guides and sweeps. Suwannee Bicycle Association, PO Box 247, White Springs, FL 32096. Email: bikesba@aol.com www.suwanneebike.org/

October 28 (Sun) *Cocoa*
The 19th Annual Intracoastal Waterway Century
 Cocoa Village, 100/63/28/14 miles. Registration opens Saturday, Oct 27, 12:00 noon to 5:00 p.m., Cocoa Village Civic Center, Delannoy Ave., Cocoa Village. Day of ride registration, at 6:00 a.m. same place. Mass start at 8:00 a.m. for 100/63 miles, then 28/14 mile riders. \$35 registration fee includes 5 rest stops with plenty to eat and drink, roving SAG support, after-ride meal, t-shirt, well-marked route. Weekend of the ride registration is \$40 and t-shirt is not guaranteed. Contact Herb Jordan, 321.961.8863. tennistoad@prodigy.net www.spacecoastfreewheelers.com/

Active.com Online Registration

November

November 2-4 *Madison*
26th Annual North Florida Tour
 Camp Cherry Lake, 3861 NE Cherry Lake Circle, Madison , FL. Great Route Maps for cycling: Friday, 55 to 80 mi. to Madison/Greenville; Saturday, 50 to 100 mi.; Sunday, 48 mi. to Quitman. Active.com Online Registration

November 3 (Sat) *Cape Coral*
Brevet Series South: 200 km / 125 mi
"Tour De Lee - Lee County Barrier Islands and Bridges Plus Interior"
 125 miles, SOUTH CENTRAL REGION. See September 1 listing for details.

November 4 (Sun) *Bradenton/Sarasota*
Gulf Coast Cycle Fest
 Choose 15, 31, 62, or 100 mile route options. Each pre-registered participant will get a Polar Insulated water bottle. Additional water bottles will be distributed on event day until they run out. Sponsored by Sarasota-Manatee Bicycle Club, Box 15053, Sarasota, Florida 34277-1053. Email: kchenderson@verizon.net www.smbc.us Active.com Online Registration

November 10-11 *Cooper City*
South Broward Wheelers 23rd Annual Century
 Sat. Nov.10 Pre-Century rides and Crit races (USCF license required); Sun. Nov. 11 Ride 28/62/100 miles in western Broward County. Marked route, fully-stocked rest stops SAG. Post-ride pasta lunch and massage included. T-shirt & giveaways to first 350 registrants. Brian Piccolo Park 9501 heridan Street Cooper City, Florida. Email: vp@southbrowardwheelers.com www.southbrowardwheelers.com Active.com Online Registration

November 11-17 *Key Largo*
Bubbafest Florida Keys
 Biking vacation on the beautiful Florida Keys. Loop ride starts and ends in Key Largo. Bike to Key West and back. Daily average mileage, just over 30. Seven-day, six-night camping tour with motel options. Most breakfasts and dinners, route sheets, sag support, and baggage shuttle included in the \$495 registration fee. Complete details from Website. Bubba, PO Box 560189, Rockledge, FL 32956. 321-759-3433. Email: BikerBubba@aol.com www.bubbaspamperedpedalers.com/

November 17-18 *Tampa*
Inaugural Ride Without Limits
 Benefits United Cerebral Palsy. Contact: Christy Van Heugten phone: (888)547-3239 x813. Email: tampabay@ride-withoutlimits.org www.ridewithoutlimits.org/ Active.com Online Registration

November 19-23 *Cross City*
Gulf Coast Highlight Tour
 Ride on Florida's west coast rail trails. Email: GlenMorey glenma21499@peoplepc.com www.proeventsflawestcoasttours.com/

December

December 1 (Sat) *Jupiter*
Brevet Series South: 200 km / 125 mi
"Ocean Ramble"
 125 miles, SOUTH CENTRAL

REGION. See September 1 listing for details.

December 2 (Sun) *Ft Lauderdale*
Kids In Distress Inlet Challenge
 Mass start at 7 a.m., South Beach Picnic Area on A1A across from Bahia Mar. The Century route travels up A1A to the Palm Beach Inlet and circles back. The Metric turns around at the Boynton Beach Inlet and the Half Century at the Boca Raton Inlet. Arrive no later than 6 a.m. to ride. 954-677-1511. www.inletchallengebikeride.org/

December 3-7 *Cross City*
Gulf Coast Highlight Tour
 Ride on Florida's west coast rail trails. Email: GlenMorey glenma21499@peoplepc.com www.proeventsflawestcoasttours.com

December 8-9 *White Springs*
Secret Santa Open House & Cycling Weekend
 The Suwannee Bicycle Association invites you to a memorable 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. Secret Santa Open House is scheduled to coincide with White Springs Festival of Lights and the Christmas Parade. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-397-2347 mail: bikesba@aol.com www.suwanneebike.org/santa.htm

Dec 30 - Jan 4 *Cocoa Beach*
Pampered Bicycle Tour
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Other Touring Calendars

National Bicycle Tour Directors Association
www.nbtnda.com

Georgia Bicycle Federation Calendar
<http://bicyclegeorgia.com/gac.html>

National Multiple Sclerosis Society - MS 150s
www.nmss.org

American Diabetes Association - Tour de Cures
www.diabetes.org/tour

The Good Cyclist - charity rides nationwide
www.goodcyclist.org

Florida Discovery Bicycling Camp
www.floridabicycle.org/discovery

Tom-a-Talk...

Enlightenment via covered bridges and corn fields

by Tom DeMarco

With Labour Day on the horizon I'm reminded of, as a kid, dreading the impending next 10 months of impoundment. For me, and I suppose for many of my chums who tried to squeeze the most out of the all too brief Canadian summers, Labour Day was the most depressing day of the year.

To extend summer's freedom, I was tempted to run away from home.

Or bicycle away. On September 4, 2006, after attending a family reunion, I finally indulged that fantasy.



While my favorite nieces, Kestrel and Castilleja, and others of their generation returned to school, I embarked on my first ever overnight bike

tour from Oakleigh.

Despite the 25,000 km I pedaled as a boy in Essex County, within 25 minutes' cycling from my home, I was on roads I'd never seen before.

On the ferry across Lake Erie from Kingsville to Sandusky, OH, I opened the novel *L'homme qui tuait des voitures*. But if this was supposed to be a mission to destroy cars, I could not have chosen a worse route.

Not counting tractors in fields, I was to see generally only a few vehicles per hour over the next eight days' travel across the Midwest states.

But even for a fanatical cyclist like myself who can revel in pedaling the monotony of

large parking lots, eight days of peace and quiet could have become a bit dull if they'd all been spent riding past rows of corn and soy beans.

No, there weren't any conventional tourist attractions along the way, but for a fan of old-growth forest, tall grass prairie, small university towns, and covered bridges, there were dozens of interesting mini-destinations.

Travel time between these points was at times deceptively long, however, as the consistent grid pattern of county roads can add as much as 44% to straight-line diagonal distances.

Luckily, on a rare ride planned against prevailing winds, it was mostly dead calm. The eight foot corn stalks often provided effective protection from occasional cross-breezes.

The warm, humid, still air hanging over this flat landscape reminded me how I came to enjoy summer cycling in this environment as a boy: the bike is essentially an effortless pedal-powered fan.

In Amish country, the locals win my favor with their disdain for post-Victorian era technology. Like me, they do not own motors, computers, cell phones or washing machines.

But, they also eschew modern birth control methods, so their ecological footprint is nevertheless substantial.

The 17-year old boy I met who was delivering a load of

corn already has 31 nephews and nieces.

Speaking of family, I just rode under a busy bridge that has borne every DeMarco over the years since our first family trip to Florida in 1975.

It's the I-75 near Piqua, OH not far from where many of us were stranded for hours in

Despite the 25,000 km I pedaled as a boy in Essex County, within 25 minutes' cycling from my home, I was on roads I'd never seen before.



a broken-down motor home about 30 winters ago.

Western Ohio looked like a God-forsaken wasteland that dull December day, but interstates never do a place justice. Like airports, divided highways are nowhere, geographically speaking.

Little did we know that we were in the vicinity of a long, covered bridge, historic rail bridges, a big sycamore and old growth forest.

Piqua now also boasts miles of paved roadside bike paths and its own bicycle postcards.

Tulip trees grow like weeds in the myrtle of the gardens of Wabash State College in Crawfordsville, IN.

Ohio and Indiana both have towns called Sycamore along my route and all three of

the states I visit have the cardinal as their official bird.

West of Indianapolis, Parke County legitimately claims to be the "Covered Bridge Capital" of the world. Nowhere else is there such a concentration of such. Many are over 100 years old, often made of tulip tree wood.

For the first time since childhood, I spot one of my favourite birds, a red-headed woodpecker in Shades State Park, IN.

Most of Parke County's covered bridges are on gravel roads devoid of traffic so I'm baffled by a "Congested Area" road sign warning—maybe there's a lot of hay fever here due to wild flower pollen?

The hilly, wooded country contrasts with the more typical Midwest landscape further west. After crossing into Illinois, I visit another natural prairie reserve.

Tall coreopsis doesn't grow quite as high as the 12-foot prairie dock. Both plants also occur at Ojibway Park, near Oakleigh.

My ride ends at Champaign-Urbana, a city that remarkably contains two patches of old-growth Carolinian forest.

There's a bike box in my motel room, courtesy of Dr. Ken Robertson, an ecology professor at University of Illinois. Ken had helped me plan this trip providing me with valuable material on prairie ecology as well as with a series of bike maps.

There's likely no place in the world of comparable size that has so thoroughly documented its botany and its cycle routes as has done Illinois—my kind of place.

Ken's too: he's a rare kindred spirit, a cycling naturalist. Maybe that's why he kindly provides a lift to the airport the next morning for my flight to Detroit.

I've now pedaled a daily minimum of 150 km for the last 24 days of solo bike touring, and a minimum of 100 km for 146 consecutive days in that mode of travel.

It's a monomaniacal streak that perhaps only another Keith Richards, who once asked, "Why in the world would you ever stop doing what you like to do?" could understand.



Young rider profile...

Michelle Cherie Bike...er...Blake

by Lyndy Moore

Blake is Michelle's legal last name, but Bike is her other name.

Born into a long time biking family, it is no wonder that Michelle spends so much time on a bicycle.

Her mom, Diane, rode while she was pregnant, so Michelle has spent more than her 12+ years on two wheels. She was born February 27, 1995, and I first met her about seven months later on a Florida Freewheeler social ride along the West Orange Trail.

She was in a trailer for that day (and a few other rides) and soon graduated to a baby seat behind her mom's bike.

Her first ride was at 4 months old. That's probably the longest she's ever been "off the bike."

Through the years, we've watched Michelle grow up and, although she (as most of us) has not yet matured, she certainly has turned out to be a beautiful, talented and friendly young lady.

We all seem to have Michelle stories; some of mine are Michelle doing tandem rides and bringing bubbles for me and the other kids for fun at stops or while pedaling; Michelle refusing to have her picture made (boy could she pitch a fit and hide, but she's gotten over that, thank goodness); Me watching her doze on the back of the tandem with her feet up and friends trying to keep her awake; Michelle laughing as she collected rocks at stops for loading her mom's jersey pockets. And we could go on and on.

Michelle's life off the bike is that of a normal girl going into 7th grade at Lee Middle School. She's had the same best friend, Grace, since 2nd grade.

Her favorite color is pink (yes, she has a pink bike) and she likes Pinball Wizard and CSI.

At school, she runs track—good cross training or prep for biathlons. That's about as normal as you can get.

But Michelle, in spite of her young age, has ridden week-long rides with Bike

Florida, RAGBRAI and Florida Bicycle Safari and attended multi-day antique bike and tandem events.

She has done three centuries, two on an antique tandem and one on her single bike.

Her racing bike is a Trek Madone 5.2 and her time trial bike is a Trek Equinox. She also has a BMX race bike and a mountain bike; and she's been seen on an assortment of other wheels: unicycle (since age 7), micro mini bike, high wheel—you name it she can pedal it.

Her first solo bike event ride was on a highwheel her mother built for her - she did 10 miles in Salisbury, Maryland at age 6 after having only a year's experience on the highwheel. She has ridden in 13 states and 2 countries.

Michelle is the 2007 state criterium champion for the 10-12 age group and the 2006 state road and time trial champion as well.

For the 2006 Florida Point Series, she won first with 176 and 40 points. She's also the International Veteran Cycling Association reproduction highwheel women's champion - now THAT's a title!

About Diane, her biking mom, Michelle says, "She knows what she's doing and can give me good tips on how to do better. My mom also works on my bike to keep it from falling apart and cheers for me at races."

Best thing about club rides: "getting to know people who enjoy cycling just like me."

And the most fun on a bike ride: "mountain biking with all my racing friends because we just hammer along the trail (or make our own) and then ride into the Econ River when the grown ups have to take a break."

There are many adults who claim part responsibility for Michelle being who she is; I confess I'm one. But, as a single mom myself, I can tell you there is no one more special to Michelle than her mom, and no one more special to Diane than Michelle.

Author's note: I intentionally saved Michelle for last in my YOUTH PROFILE

series. In this, and all the rest of the stories about youth cyclists, I have attempted to showcase their skills and love of the sport. If you know of other young people who exemplify the spirit of bicycling, either through outstanding achievement or merely a note-

worthy commitment to two-wheeling, let the FBA Messenger staff know. There are lots of great kids and their stories out there and there's no reason why these profiles can't continue.

— Lyndy Moore, age 12 wannabe

Alachua County Area Bicycle Workshop set for October 17-19

You are invited to participate in the October 17-19, 2007, Gainesville and Alachua County Area Community Bicycle Workshop.

This workshop is being supported by funds from the Rails to Trails Conservancy, by in kind contributions from the Office of Greenways and Trails, Bike Florida, and the Florida Bicycle Association, and hosted by the Alachua County Bicycle Alliance.

Thursday, Oct. 18, 1:30-3:30pm
Florida Community and Design Center
Presenters: Dekova Batey, City of Gainesville; Laura Hallam, FBA; Linda Crider, Bike Florida; Charlie Wise, Alachua County School Board
Sunset ride on Gainesville-Hawthorne Trail 5:00pm

Workshop 1: Local and Regional Planning

Wednesday, Oct. 17, 2:30-4:30pm
Florida Community Design Center
Presenters: Robin Turner, Office of Greenways and Trails; Martin Gold, Florida Community Design Center; Matt Dube', City of Gainesville, Community Redevelopment Agency
Evening urban mountain biking ride, 6:30

Workshop 2: Linking with Health and Sustainability

Thursday, Oct. 18, 9:00am-noon
Florida Community Design Center
Presenters: Theo Petritsch, Sprinkle Consulting DOT "Conserve of Bicycle" & "Shared Use Path Level of Service Calculator: A User's Guide"; Mandi Hall/Yukari Takata, UF/Bike UF; Linda Dixon, policy planning and transportation demand management

Workshop 3: Linking with Education

Workshop 4: Trail Building

Friday, Oct. 19, 8:00-noon, 1:00-3:00pm
Prairie Creek Conservation Area
*Workshop includes walk and mapping session on the trail using GPS; discussion on trail building and issues and design; and hands-on development of trail map for Prairie Creek Conservation Area.
Presenters: Edwin McCook, Water Management District; Mickey Thomason, Office of Greenways and Trails

Workshop 5: Building Bicycling Through Tourism

Friday, Oct. 19, 4:00-5:00pm
Florida Community and Design Center
Presenters: Kerstin Storm, Alachua County Visitors and Convention Bureau; Hope, Howland-Cook program, Bike Florida

Contact Kiara Winans, Coordinator
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352-335-3959

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And LISTEN to the tags out there!

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.

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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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