



P.O. Box 718, Waldo, FL 32694

Messenger



www.floridabicycle.org

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Advocating a bicycle-friendly Florida

OFFICIAL NEWSLETTER OF THE FLORIDA BICYCLE ASSOCIATION, INC.

Central Florida: great bike-riding terrain plus a unique learning experience with FBA's Discovery Center tours

by John D. Hopkins

The gentle hills north of Orlando reward a bicyclist's energy and curiosity with natural delights for the ear and eye. Whether your tastes run to birdcalls or to charming vistas, surprises wait along the curving, oak-shaded roads of western Volusia County.

Here in the tiny city of Lake Helen, 11 riders in November and 12 in December embarked on the first five-day tours offered by the Florida Discovery Bicycle Center, a pioneering program of the Florida Bicycle Association.

The idea is to help riders brush up their skills while bicycling with a certified instructor—and especially to refresh their awareness of how to stay safe on the road. I call it bike camp for grown-ups.

You check in on a Sunday afternoon, start Monday in the Road 1 training of the League of American Bicyclists, then daily pedal out from town as weather and other variables allow.

This is a vacation with a second purpose, the greater enjoyment of a hobby that also offers growing numbers of Americans a healthy escape from abject dependence on the car.

Lake Helen stands a minute or two off Interstate 4 between Orlando and Daytona Beach. It's about 50 years removed from either one.

This little place has limited its growth in order to preserve the gentle pleasures of small-town life. Motor traffic is slow, front lawns deep and shady, and the people warmly welcoming.

As we pedaled through town on our excursions to nearby sights such as DeBary Hall, some of us virtually glowing in lightweight garb of neon lime or international orange, smiles and friendly waves greeted us along the way.

The welcome was more than outward. Residents had us into their homes and back-



yards that first week for two of our evening meals, tasty indulgences in Southern favorites—barbecued ribs and chicken one night, ham, black-eyed peas and fried green tomatoes another. Naturally there was icy sweet tea.

Some other meals were served by two local bed-and-breakfasts, the Ann Stevens House, built in the 1890s by one of the original spiritualists of neighboring Cassadaga, and Cabin on the Lake, recently bought by Phil and Heather Lindsay, from England.

They fed us well, with succulent steaks at the Stevens House and, from the Brits' kitchen, a hearty cottage pie with young asparagus, rounded off with grandmum's lemon cake.

Another day, our group pedaled to DeLeon Springs State Park for kayaking, followed by lunch from the tabletop grills at the park's Old Sugar Mill Restaurant, where diners pour and flip their own pancakes. Our tour of a working orange grove included a healthy



Photo: John D. Hopkins



Photo: John D. Hopkins

Above: Tour participants get safety and bike handling instruction from FDBC program director Lyndy Moore. Road and bicycle safety are integral components of each discovery center tour. Left: FBA president Mighk Wilson (r.) studies Lee Berger's pancake flipping technique during lunch around the table top griddle at DeLeon Springs State Park.

Santos Successes

by Renee Blaney, OMBA president

2006 WAS A BANNER YEAR for the Santos bike trails and the Ocala Mountain Bike Association (OMBA).

In response to threats to the existence of off-road bike riding secondary to the inherent risk of the sport, land managers and cycling enthusiasts teamed up to protect Santos.

We have received accolades from all over—FBA, the International Mountain Biking Association (IMBA), and several national magazines—for the efforts and



improvements made by Office of Greenways and Trails (OGT, a division of the Department of Environmental Protection) and OMBA, a club established more than 10 years ago to develop and maintain Santos trails.

This partnership of land managers and a volunteer group has brought incredible



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P.O. Box 718, Waldo, FL 32694

Executive Director

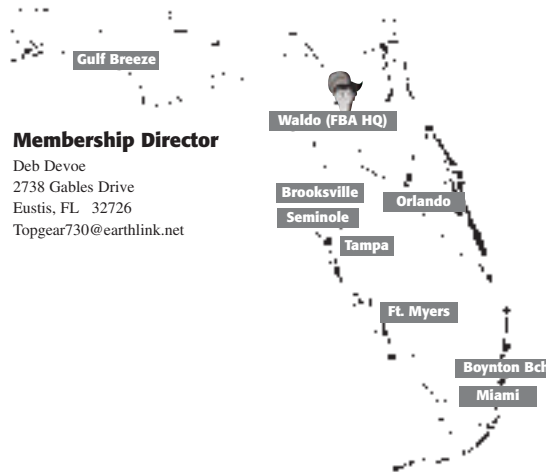
Laura Hallam
P.O. Box 718
Waldo, FL 32694
Phone: 352-468-3430
Fax: 352-468-3430
Cell: 407-399-9961
laura@floridabicycle.org

Program Director/ Bikeshop Liaison

Lyndy Moore
PO Box 780371
Orlando, FL 32878-0371
Phone/Fax 407-282-3245
lyndybyke@earthlink.net

Membership Director

Deb Devoe
2738 Gables Drive
Eustis, FL 32726
Topgear730@earthlink.net



Board of Directors

Mighk Wilson, *President*
737 S. Mills Ave.
Orlando, FL 32801
Phone: 407-898-4137
mighkw@earthlink.net

Linda Crider, Ph.D.
1030 SW 11 Terrace
Gainesville, FL 32601
Work Phone: 352-392-8192
Lbcrider@aol.com

John Sinibaldi, Jr
5401 110th Way
Seminole, FL 33772
Phone: 727-399-5804
john@js-insurance.com

Dan Moser, *Vice President*
1449 Linhart Ave.
Ft. Myers, FL 33901
Home/Off. Ph./Fax:
941-334-6417
moserdeleon@juno.com

David Henderson, *Secretary*
111 NW First Street, Suite 910
Miami, FL 33128
Phone: 305-666-4718
david33146@aol.com

Steve Diez, *Treasurer*
20 N. Main Street, Room 262
Brooksville, FL 34601
Phone: 352-754-4057 x 125
StevenD@co.hernando.fl.us

Don Braverman
27A Stratford Lane West
Boynton Beach, FL. 33436
Phone: 847-864-9911
ybikedon@bellsouth.net

Duke Breitenbach, Development
tenbach@yahoo.com

Ken Bryan
Rails-to-Trails Conservancy Florida Field Office
ken@railstrails.org

Paul Casazza, Law Enforcement
BikeFla@aol.com

Raphael Clemente, Racing
bikeape@aol.com

Hal Downing, Legal Affairs
hdowning@whww.com

Herb Hiller, Journalist
hiller@funport.net

Dwight Kingsbury, Historian
kingsbry@nettally.com

Henry N. Lawrence, III, Special Programs

hnlbicycle@yahoo.com

George Martin, Law Enforcement Training
fbikelaws@bellsouth.net

Bob Michaels, FORBA
bob@bobmichaels.org

Laura Minns, Scrapbook and Memory Book
lminns@hhidesign.com

Roger Pierce, Florida Touring Calendar
roger@piercepages.com

Robert Seidler, Filmmaker
seidlercine@att.net

Randall Williams, Newsletter
FBAMessenger@aol.com

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Join FBA

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

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

Higher donations are greatly appreciated!

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

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President's message...

Geeks wanted

Mighk Wilson

A few months ago a story ran in the Chicago Tribune (and many of its affiliated Tribune papers) on the increasing popularity of "fixies,"

fixed gear bikes, the kind that track racers ride in velodromes. The rear hub is fixed; you can't coast.

This trend is not just in Chicago, but nation-wide. I've been used to seeing fixies in bike meccas like Portland, or in cities with big bike messenger crews, but seeing them pop up in Orlando has been quite a surprise.

I've seen groups of fixies riding through my neighborhood.

They're not club riders; no spandex; often no helmets. Some are off-the-shelf models; others home-made from conventional bikes.

This trend is clearly not coming from the bike shops, from bike clubs, or certainly any mainstream media.

One key clue to the origin of the trend: the riders are all 20-somethings.

It's clearly the Web.

Fixies themselves are not the point here; it's how their popularity has grown.

FBA has attempted to keep up with the evolution of the Web, but not as well as it could, or as I'd like to see.

Ultimately our success as an organization will hinge on how well we connect with people and provide them with things or information of value.

Our Web presence is OK, but it doesn't take anywhere close to full advantage of the Web's current connectivity potential, and as quickly as things evolve on the Web we don't want to get any further behind.

Our site is rather old-school. It has good information on it and it looks great, but it provides no opportunity for others to contribute other than by sending us an e-mail.

We have an e-mail list, but it's primarily a discussion forum, not a very good tool for compiling information or making connections.

For instance, we have tried (or wanted to

try) to collect information on cycling interests such as bike shops, cycling-specialist attorneys, and touring info.

We want to facilitate local cycling advocacy. Doing such things requires a lot of time and money if you have to get a person to go out and collect and update such information.

But what if those interests came to us instead?

If we had a Web presence that provided value to all the state's cycling interests, they could provide their own information through our hub. How about an interactive map where cyclists could rank the roads?

An area where cyclists could schedule small group rides or find out if another bike

commuter might live nearby one could ride with?

Find out where you can rent a bike?

Our site is oriented around the things we do and wish to do, which is necessary. But perhaps it also needs to be about the things



people are searching for.

Those are not necessarily the same things. You can compare how search terms rank. You'll see that people are searching for "bike trails" about 20 times more often than they search for "bike safety."

I know things like these can be done technically; it's all just data. But we also need to understand how to draw more people to our site and keep them coming back.

So that's why this column is entitled "Geeks Wanted." If you are Web savvy, or know someone who is, and are willing and able to help FBA, we want to hear from you.

Even if it's just to give us some ideas or leads to follow.

Please contact me at mighkw@earthlink.net, or Laura Hallam at laura@floridabicycle.org if you can boost FBA from the 20th to the 21st Century.

If you are Web savvy, or know someone who is, and are willing and able to help FBA, we want to hear from you.

Executive Director's report...

What is energy exactly?

Maybe this finally could be the year we begin to understand what it is that pushes our bicycles.

Of course, when we think about it, it is energy in the form of calories burned from the food we ate before the ride.

Energy is a component of everything around us not just the stuff that makes the cars go zoom past us or us past them.

Everything that was made, by humans, was usually made by a process that was heated, treated or beat to get that item into the form that it presently exists and energy did the heating, beating and treating.

This heat, beat and treat mentality uses huge amounts of energy, most of which comes from overseas in the form of crude oil.

Being a part of a bicyclist-related organization, we may want to consider in the upcoming year all the ramifications of the word energy whether it's while we drive our cars, when we buy new things or, on our bicycle, be quite efficient and effective with using locally produced energy to do our local types of things.

When we shop we can look for products that are bio-regional and created by methods other than the heat, beat and treat method such as local foods and products that don't

hide all their transportation energy costs and wastes associated with them.

Most of the time we forget that energy is used in the transportation and creation of almost all the products, even organic ones that show up at our doors or on our tables.

By cutting out the transportation costs we bring the efficiency level up to a much higher point than if we let everything show up from other places. Most fertilizers that grow the crops come from crude oils too.

There is a term that is growing in our society and it deals with processes with manufacturing that happen at room temperature using water as the main solution, not dangerous chemicals, where nothing is heated, treated or beat.

Bio-mimicry is the word.

Presently with bio-mimicry, scientists have been observing natural processes and applying those to industry. Gigantic gains are being made in the areas of solar panels, cleaning agents and natural solutions of all kinds and both types.

Think of the word solutions and check it all out on the WEB. You may be surprised—as was I.

Within the next 10 years, scientists hope to have all the protein interactions understood with the process of natural sunlight driven photosynthesis where light energy is transferred to other types of energy with an efficiency rate of 98%.

This will one day give us organic—based solar collectors that are cheap to produce, highly efficient and will simply change everything about energy forever.

Laura Hallam



Plants have been doing it for hundreds of millions of years very effectively and efficiently.

You as the consumer will have to educate yourself on the real issues concerning electric versus hydrogen powered cars and understand that it's not about what kind of power is pushing you forward but what kind of energy it takes to create, maintain and drive those vehicles.

Total Energy Loading and use is the thought package we need to unwrap and use each day with each purchase.

There is no free ride in a world of energy and the sources of it are changing and should be.

Today it seems we are still being manipulated by both the automobile manufacturing associations and the oil producing companies.

It is up to us, the citizen and consumer of these products, to understand their true energy coefficients. Mandates are falling in the last days of the oil empire only to be restored and applied by us the informed consumer.

This is the year for knowledge and then action. Ride your bike more and look up

more too. If you upgrade your auto, upgrade it to something more efficient, preferably electric or hybrid.

And when you buy products look deeply into their energy use history. But by all means, make it a fun year full of useful discoveries, applications and preparations.

Why as bicyclists should we care? It's more about being partners in a world where everything is dependent on oil and energy.

It's about knowing and understanding that there are many scientists around the world working hard on these issues and making great headway.

It's about not giving up hope and becoming involved in your community wherever you live.

It's about regionalizing your lifestyle and needs to reflect conservation of energy and better manufacturing processes. You've always been part of the solution as a bicyclist.

Now you can be a bigger part of the solution as an educated citizen who uses a bicycle for uncountable real reasons too.

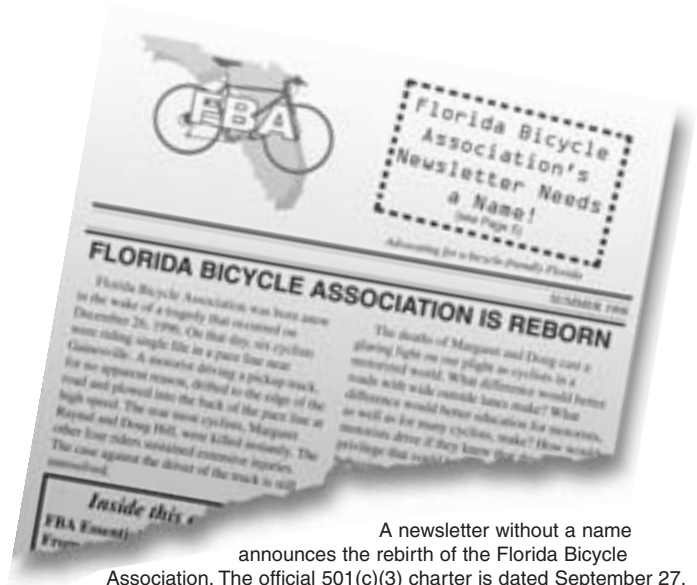
FBA in its 10th year working toward better Fla. bicycling

Renewed inspiration drawn from tragedy brought the association back to life. FBA on September 27, 2006, entered its 10th year of dedication to building a more bicycle-friendly Florida.

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.



FBA's original logo represented the statewide emphasis on bicycling programs organizers felt was crucial to an effective advocacy program.



A newsletter without a name announces the rebirth of the Florida Bicycle Association. The official 501(c)(3) charter is dated September 27, 1997.

The cover story reviews the December 26, 1996, crash that killed Margaret Reynal and Doug Hill near Gainesville, whose deaths, according to the newsletter, "cast a glaring light on our plight as cyclists in a motorized world."

What difference, the story asks, would better roads with marked bicycle lanes, better education for both cyclists and motorists and more supportive law enforcement make?

Board of Directors

The summer 1998 newsletter listed FBA's board as follows:

President

Henry Lawrence

Vice President

Linda Crider (succeeded Lawrence in October 1998)

Secretary

Dwight Kingsbury

Membership

Art Ackerman

Lee Marks

Daniel Moser (nominated)

Tina Russo (nominated)

Very Important Volunteers (VIPs)

Lyndy Lyle

By Miller

Chris Sands

Executive Director

Carol Wilson

Summer 1998

Share the Road specialty license plate campaign announced



The new FBA was no slouch in the visions department with a mission of statewide education and advocacy. That was a big order for a club with few members and membership fees of only \$20/individual (\$30/family). To help provide funding for educational programs it hoped to manage and develop, FBA resurrected an idea from the old FBA and set out a campaign to obtain legislative approval for a "Share the Road" license plate. All the association needed was 10,000 signatures on a support petition, \$30,000 to pay for the initial plate run, a marketing plan for spending the funds and encouraging ongoing sales and a bill passed by Florida's House and Senate. Deadline for signatures and funding: December 1998.

As 1998 drew to an end, FBA asked Bike Florida for help with the required fee. Bike Florida was happy to assist. FBA and its new plate partner met the year end deadline and proceeded to the next stage of the game: tag design and legislative approval.

Then executive director Carol Wilson credited, among others, Henry Lawrence for spearheading the tag campaign, the Governor's Council (Bike Florida's parent organization at the time) for helping with the initial hurdles and FDOT's Pat Pieratte for her work in securing 402 grant funding that reimbursed Bike Florida for the \$30k.

You can read a more complete history of the tag at www.floridabicycle.org/sharetheroadstory.html.

FBA's first 10 years...

FBA and FORBA begin merger talks Off road association becomes FBA committee



Late in '98 FBA dispatched its then secretary Dwight Kingsbury to meet with Florida Off Road Bicycle Association board members about merger possibilities. After a long meeting, during which, as Kingsbury reported, "the consumption of prodigious platefuls of Italian cuisine" (accompanied we surmise by equally prodigious amounts of adult beverage), the group reached an agreement to consider agreement.

Shortly thereafter, FORBA's Bob Michaels attended FBA's 1998 annual board meeting where much give and take ultimately resulted in a marriage, of sorts of the two organizations.

Nuptials eventually took place in February '99, with FORBA becoming an FBA committee.

June 1999 'Share the Road' tag bill passes Gov. Jeb Bush signs bill into law



The plate design (shown on facing page) used to kick off the initial campaign subsequently evolved into the plate design shown above. The original design created problems with the tag authorities and was set aside in favor of a centrally located graphic drawn to show the biker as seen from a passing car "allowing plenty of room" for the bicyclist.

After six years on the road the original plate has been retired, replaced by a design that harkens back to the original layout. For those of you who came in late, the newest plate design (see page 8 and also the back cover) was the result of a competition juried by FBA members. From the beginning, Share the Road revenues have been split between FBA and Bike Florida and used for education.

CAUSE OF DEATH: APATHY - A Cautionary Tale...

West Palm Beach Bicycle Club folds

by Linda Leeds

It is with regret and sadness that we announce the disbanding of what was perhaps the oldest cycling club in the state, the West Palm Beach Bicycle Club, on December 31, 2006.

Founded in 1963 by Bob Husky, who passed away this past summer, this once-great club slowly died of apathy, disinterest and the unwillingness of most members to take responsibility for running the club.

For most of its 43 years, the club was very active in many aspects of cycling: regular weekly rides, a time trial series, advocacy, social events and touring.

Touring included three major events: the Tour of Sebring, the Cross Florida Tour and the Lake Okeechobee Lark.

The Tour of Sebring began in 1982, growing out of the September Century program by the League of American Bicyclists (then using the term "Wheelmen") and was attended at its peak by almost 600 cyclists.

It was tremendously successful both in popularity and as a "cash cow" for the club, allowing it to make substantial donations to many worthy causes involving cycling and/or children.

Hurricane Frances in 2004 caused the tour's postponement, and by the next year, no one wanted to take responsibility for producing the event.

The host hotel, the Kenilworth Lodge, graciously ran it in 2005, donating the proceeds to the club, with the arrangement that the event would "belong" to the Lodge after that if the club was unable to organize it. In 2006, that's what happened. The event continues successfully, but no longer under club auspices.

The Cross Florida Tour began in the '60s as a stage race across the state, and nationally-known racers came to participate. The route varied, but for many years went from the East Coast to the West.

In later years, as it became harder to produce a race due to increasing traffic, the event evolved as a tour. It always included a century, and sometimes went from

Okeechobee to Punta Gorda. It was discon-

tinued several years ago, because no one wanted to organize it or even help.

Bob Mohr started the Lake Okeechobee Lark, a one-day 120 mile road ride around the Big O, in 1989, with eight riders and one support vehicle.

It grew to over 100 riders and was successful for several years. It later was dominated by racing groups from other counties, making it very difficult to run properly and safely.

Then the same old problem reared its ugly head, and that event, too, was discontinued.

The Time Trial Series was tremendously successful for quite a while, drawing riders from all over South Florida. Most took place on A1A, with a few longer ones out on State Road 80 near 20 Mile Bend.

Traffic management became difficult. Without this, it's not possible to run a safe and effective race. And then, too, the same old problem.

Several of the weekly rides go on as self-sustaining events, but these don't require much effort or commitment, and people want to ride, so naturally, the rides go on.

Interest in helping with club administration dropped to almost nothing. The club was on life support for the past two years: no president or vice president, very few directors, and no one offering to step up despite repeated pleas to the general membership. Many wanted to have a club, but no one wanted to help make it happen.

Club assets have been split evenly between the Florida Bicycle Association and the Boca Raton Bicycle Club's AIA Legal Defense Fund.

PLEASE don't let this happen to your club. Do what you must to maintain interest and participation in not just activities but in administration.

Bring in new people to keep things fresh. Make it fun.

Most of all, instill a sense of responsibility in your members, and urge them to "own" part of cycling's future.

Linda Leeds was a WPBBC member from 1975 until its demise in December.

Top 10 Cyclist Resolutions for 2007

10. Create an off road bike trail easement through your neighbor's yard.
9. Find IRS loophole enabling tax-free purchase of your 10th bike.
8. Clean out large fungus colonies infesting Camelbak.
7. Shave total body to decrease wind resistance.
6. Rent pressure washer to clean mud cemented to your mountain bike.
5. Clothe African village with ride T-shirt collection.
4. Add hot tub in space previously occupied by T-shirt collection.
3. Contribute favorite recipes to *Cooking with Cliff Bars* recipe book.
2. Introduce yourself to someone new at each ride. Use a different name each time.
1. Commit to a wild bike trip worthy of a cover spread in the *FBA Messenger* and actually send in the story with pictures.

Health Matters...

Do you have computer vision syndrome?

by Louis P. Brady, MD, AAOS

Take this short quiz to see if you may have symptoms of computer vision syndrome.

1. What are the symptoms of computer vision syndrome, or CVS?

- Eye strain
- Headaches
- Blurred vision
- Neck and shoulder pain
- All of the above

2. According to the American Optometric Association, what percentage of the estimated 143 million Americans who use computers are affected by CVS?

- 10-15 percent
- 25-30 percent
- 50 percent
- 70-75 percent

3. The eye responds to a printed word in a way similar to the way it responds to a computer image.

- True
- False

4. What is the primary reason for computer vision syndrome?

- Glare on the computer screen
- An inability to focus properly on the computer images
- Images that are too small
- Computer stations that are not ergonomically sound

5. Studies show that the "Big E" vision test that most people are familiar with is

the most reliable way to determine computer eye strain.

- True
- False

6. When using a computer, the eyes blink about...

- Twice as frequently as when reading
- The same amount
- Half as frequently
- Five times less often

7. In a room or office where a computer is used, lighting should be...

- Half as bright
- Twice as bright
- About the same
- Doesn't matter

8. There is a relationship between workplace productivity and a proper vision prescription for computer use.

- True
- False

9. A recent study on children and computers found that...

- Children may experience more problems than adults because of their size and the fact that most computers are set up for adults
- As many as 30 percent of children who use computers are putting undue stress on their eyes
- Preliminary research shows a possible correlation between computer use and premature myopia (nearsightedness) among children
- All of the above
- None of the above

ANSWERS

- e. All of the above. Eye strain, headaches, blurred vision, and neck and shoulder pain are common symptoms of CVS.
- d. The American Optometric Association estimates that 70-75% of computer users are affected by CVS.
- False. The printed word has contrast and well-defined edges that the computer image lacks.
- b. An inability to focus properly on the computer images. The eyes cannot remain focused on the pixel-generated images on a computer screen. Therefore, the eyes must focus and refocus thousands of times per day while viewing the screen. The focusing muscles of the eyes are overworked, and this may lead to CVS symptoms.
- False. The traditional way of testing distance vision, known as the Snellen Test, does not provide the eye doctor with sufficient information to determine the proper prescription for use at the computer.
- d. The eyes blink an estimated five times less often while at the computer. This can cause the eyes to become dry.
- a. Half as bright. It is recommended that lighting in an office or room used by people at computers be reduced by half. This includes closing the blinds to reduce glare.
- True. A study by the University of Alabama at Birmingham School of Optometry found a direct correlation between workplace productivity/accuracy and the proper lens prescription for the com-

puter user whether or not the individual reported symptoms of CVS.

9. d. All of the above. A study conducted by the University of California at Berkeley School of Optometry found that children as young as two may be seriously affected by extended computer use unless they are using the right prescription.

As people mature, subtle changes may become apparent in their vision.

Although it may be cause for concern, such vision changes are considered normal and an expected part of growing older.

Common sense dictates that with new-found science regarding optical computer exposure, wearing glasses set for the computer working distance and decreasing the accommodative effort, can prevent permanent vision changes.

Even contact lens wearers may need to wear glasses over their contacts for computer use.

What to do?

- Get routine eye exams.
- Know your vision status.
- Know your family's history (glaucoma, macular degeneration, cataracts).
- Eat dark leafy vegetables high in Lutein—specific for eye health.
- Take action if you are on a computer two hours or more daily.

With recent gains in research on health and longevity, we can take positive action to maximize one's optical health.

Unicity's Vision Complete formula contains some of the most useful nutrients to support and maintain the health of your eyes including alpha lipoic acid, bilberry and eye-bright.

In addition, Vision Complete features patented** FloraGLO® lutein in concentrated, purified form to support the macula and patented Bioperine® to enhance nutrient absorption.



Order Vision Complete, item #0961 by calling 1-800-864-2489 mention account R45790501.....All profits go to FBA when you use this account number.

Questions: call 1-800-605-5322

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)
- LowOz™—hydration solution (item 21424) I.O.C. certified
- BiosLife Complete™—only clinically proven and natural alternative to statin drug (23132) listed in PRDR
- Vision Complete—daily eye health (item 0961)

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure any disease.



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Bed, Breakfast & Bike Florida

by Dale V. Lally, Jr.

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

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

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

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

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by Dale V. Lally Jr.

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Order from www.anacus.com/bb.html or Amazon.com

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



League of American Bicyclists presents...

National Bike Summit 2007: ask Congress to 'Think Bike'

March 13-16, 2007

The National Bike Summit brings together stakeholders from user groups, industry, government, and elected officials from around the country to share their ideas and best practices.

Industry superstars, innovative thinkers, and effective national, state and local advocates will help craft a persuasive case statement for bicycling.

Delegates will discover the value and impact of bicycling in the critical fields of transportation, health, recreation, tourism, energy and the environment.

Every bicyclist, advocate, enthusiast, and industry leader has a vision of where bicycling should be. At the 2007 National Bike Summit, these visions will be presented, discussed and analyzed before being turned into a visionary national strategy for bicycling in America.

The Summit will focus on a legislative agenda in these areas that delegates will take to Capitol Hill.

The National Bike Summit is our opportunity to inform our members of Congress of the importance of bicycling, and to educate them on specific bicycling issues.

We need delegates from each and every congressional district in the United States at the National Bike Summit. With your help, we'll ask Congress to Think Bike and do what it takes to create bicycle friendly communities across the country.

Your attendance gives bicyclists their best chance to be heard on Capitol Hill.

EDUCATIONAL PANELS AND WORKSHOP THEMES

In each of these areas, we will identify the key issues affecting bicycling, document the value of bicycling, and present our legisla-

tive priorities to the 110th Congress.

- Transportation
- Recreation and Tourism
- Health
- Energy and the Environment

Sponsors

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Achievements Include

- Establish Senate Bike Caucus and encourage more than 160 House members to join Congressional Bike Caucus

Visits to more than 350 House offices and more than 90 Senate offices annually/

Introduction of bills such as the Bicycle Commuter Act

Overview

Day one is devoted to educational workshops, discussion of the bicycle movement's legislative agenda and lobbying training.

The Capitol Hill day advances the bicycling agenda and energizes participants as they meet members of Congress and legislative staff and ask for their support.

The third day includes a debriefing and strategy session, and a bike ride around the Capitol with members of the Congressional Bike Caucus.

Act Now:

bikeleague.org/conferences/summit07

More cycling deaths rob Fla.

Jenita Porfilio by Lyndy Moore
Ute Burkhardt by Karin Sanders

Jacksonville cyclist Jenita Porfilio, 64, died August 2, as the result of being struck by a car in rural Ontario. Dan, her husband, was riding directly behind her when the crash happened.

Wandering Wheels, a bicycle club based in Upland, organized the Canadian biking tour.

Jenita and Dan were helpful volunteers at Bike Florida events. They were among the few whom you could put in charge and know that everything would be in good hands.



Jenita Porfilio

"It was the fourth day of a 12-day ride," Dan Porfilio reported. "She had ridden 35,000 miles in 34 states and Canada."

But there were many other numbers that helped define the life of Jenita. She was a mother of three, a four-year-survivor of breast cancer and had helped build 35 Habitat for Humanity houses in Marion, Indiana.

"She was organized and creative," Marv Wiseman, her Indiana pastor said. "She had that ability to be the kind of family switchboard for keeping relationships connected."

"And when they take off cross country, there is not a shortage of places where they can stay overnight, simply because she maintained all those relationships."

"We're having a hard time dealing with

her loss," said Elaine Behnke, a friend of 33 years. "The only consolation is she loved bicycling and going on these trips and she was doing what she loves to do when she died."

Dan, who retired from running a local insurance agency, said he has no plans to ride again.

Wednesday morning, he was on his bike, riding in a group of three with his wife, as is the custom on the tour. The group was biking along the Trent-Severn Waterway, which links Lake Huron and Lake Ontario.

"From where I was, I could see everything," Dan Porfilio said.

A car came around a curve out of control and crossed the centerline. Local police said the driver was 25-year-old Elizabeth McLinden.

Jenita was at the front of the cyclists and could not avoid the car, which was coming at her sideways.

The car struck her bike, and she was pitched about 30 feet in the air, landing in a nearby ditch.

Dan was able to avoid injury and went to his wife's side. She was conscious, waiting for help.

"I asked her where it hurt," Dan said. "She said, 'Everywhere.'"

The police came and a helicopter, which transported Jenita to a Toronto hospital more than 100 miles away.

Dan was left at the scene with a few bikers. A passerby took him into Peterborough, where he rented a car for the drive to Toronto.

"I thought I would probably be dealing with getting her home with a broken leg," he said.

But Jenita died in Toronto of internal injuries before her husband could reach her.

"She was a wonderful ... person," said Bob Davenport, founder of Wandering Wheels. "She was probably the one person in the whole group who knew everyone.

When you have someone like that die right in your midst you know the whole group is deeply impacted."

He said it was the first fatality the club has had on one of its tours. It was established in 1964.

Jenita's son, Richard Porfilio, Fort Wayne, said his mother did so much with her life.

"She loved to ride," he said.

In addition to more than 150 mourners, there were quite a few cyclists at her memorial service in Jacksonville in early September. There had also been a service with friends and family in Indiana.

Memorial ride honors Ute Burkhardt

Ute Burkhardt, 38, of Hollywood, Florida, was struck and killed October 26 by a truck driver while she was cycling.

To honor her, members of several cycling clubs in South Florida along with numerous friends and co-workers gathered at Big Wheel Bicycle.

On November 26, more than 200 cyclists departed shortly after 8:00 a.m. riding anywhere from 20 to 40 miles and returning to a festive bar-b-que thrown by Big Wheel owners Tony and Sandy Chin.

A donation drive resulted in a monetary gift to FBA in Ute's name. The association will earmark benefit proceeds towards bicycle safety education and awareness programs for cyclists and motorists.

The group hopes this event will be the kickoff of an annual memorial ride to honor not only their friend and riding companion, but all the bicyclists who have lost their lives to road accidents.

In addition to honoring lost lives, they hope to unite like-minded cyclists to promote education to vehicle drivers, cyclists, pedestrians and law enforcement officers to allow drivers and cyclists to coexist safely on the roads.

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.

Santos improvements a result of partnerships and sound planning

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enhancements to the trails while satisfying risk management concerns.

OGT won over the volunteers by hiring the IMBA Trail Solutions Crew for a visit last winter. The year before we had consulted the Crew for risk management guidance. The volunteers implemented many of their recommendations in 2005, and IMBA felt the local support was present to go forward. The crew consisted of trail building professionals from Virginia, British Columbia, Delaware, and California. Heavy equipment for moving mud made development of the Freeride complex a reality. OMBA members inspect and document trail and feature conditions on a monthly basis.

Local riders quickly accepted the trail changes. Respecting closures of some trails to simplify routes and ensure safety became easier. OMBA also moved forward with other recommendations that ensure safety and increased enjoyment of our trail features. Skills classes are offered before club meetings, some women-specific.

Besides simplified routes, we have provided current maps and a progressive "skills area" to practice near the parking lot, and established the Ocala Bike Patrol.

This division of IMBA's National Mountain Bike Patrol serves as ambassadors on the trail, providing direction, basic first aid and rescue knowledge, as well as bike tools. Look for the yellow and green jerseys!

Documenting volunteers and their hours "proves" the club's value. This year OMBA will have contributed 2400 documented hours to the Greenway Santos trails!

Having progressive, pro-active land managers makes riding and volunteering easy in Ocala. (Personally, I wish it were so easy with road planners!)

We are on track for an exciting 2007 at Santos. IMBA designated Santos an "Epic Destination" at the end of 2006. A specifi-

Kids and adults put their mettle to the pedals at a variety of Santos activities *by Renee Blaney*



Above: Take a Kid Mountain Biking Day drew a respectable crowd of kids and their parents to the Santos off-road area near Ocala. The Ocala Mountain Bike Association (OMBA) and local bike shops cooperate to generate interest in and preservation of the many excellent off-road riding opportunities in the area. Right: OMBA president Renee Blaney during a women's clinic at Santos instructs a "student" in the finer points of hill negotiation.



cally labeled "Epic Trail" will debut, leading the rider over 40 miles of original single-track.

IMBA's Trail Care Crew returns for a celebration (less sweat this time!) with OMBA at our first Spring Break Fat Tire Festival, March 23-25th 2007 at the Santos Campground.

Guided rides, food, entertainment, and a vendor village are planned. Registration is limited to 200, and is available at www.OMBA.org and www.Active.com.



Police Activities League members at the Mount Dora Bike Festival in October hold a poster of the new 3-foot passing statute. Lake-Sumter Bike/Ped coordinator Mike Woods is at far right.

Happy New Year plate!



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

Your purchase helps pay for:

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

Visit the website: www.ShareTheRoad.org

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

Bicycle touring/training center begins operations in Lake Helen

from page 1



Moore

farm lunch with marvelous Florida vegetables.

On our last night, we dined *al fresco* in DeLand, then ambled into the Caffè da Vinci for a high-powered blues set by the talented singer-songwriter

Magda Hiller. Standing at the back door, nearly glowing with pride, was her father, bicycle activist and travel writer Herb Hiller.

We didn't really make this trip for the food, but our daily exercise doubled the pleasure found on our plates. We enjoyed our carbs without guilt, knowing we could burn them off before another sunset.

My own rides ranged from eight to 34 miles a day, but since individual abilities are considered in selecting routes, longer rides are possible.

Most cyclists can ride farther than they think, according to our instructor, FBA's program director, Lyndy Moore.

A "sag wagon" accompanied our excursions with fluids and energy food, and respite for any rider needing a lift.

How different we all were and how quick to become friends were a wonder to me. Your writer was the least-experienced rider on this trip, but even the road-burning long-distance riders and two rock-wise mountain bikers picked up useful tips.

We all slept at the friendly Cassadaga Hotel, next to the century-old Southern Cassadaga Spiritualist Campmeeting Association, and started each day with tea or coffee in the homey lobby.

Our rooms were included in the all-inclusive fee of \$845, and were quite adequate. However, if you're fussy about decor or your shower, either of the B&Bs or the Azalea Cottage could offer nicer rooms—though you'll pay more. The other cost of comfort would be less time spent with your fellow riders.

Our great unexpected pleasure was a campfire talk by natural historian Mike Brothers, whose word pictures of how the sea formed the land around us helped us understand how precious is the natural life between the mid-state ridge and the western



Part of the week's adventure was a chance to kayak on the St. Johns River and to experience a bit of wild Florida up close.

outreaches of Daytona Beach.

We also learned how the meandering St. Johns once brought hunters, planters and land speculators to the Florida interior, where great schemes and dreams were hatched, tried and sometimes abandoned.

Today's dreamers have their own big ideas, and some would fill the open space between river and Atlantic with new cities and suburbs. Lake Helen's hospitable mayor, Mark Shuttleworth, was lamenting someone's effort to hammer together 4,000 homes at the outskirts of his growth-curbed city. We all could be glad that we came first, and rode the parks and roadsides in relative peace.

It's not that every mile was smooth rolling. This is part of Florida's hill country, after all, so working up a sweat didn't take long.

We rode almost entirely on streets or highways. Part of the point, after all, was to demonstrate that one doesn't need a bicycle path for good riding. And if there were tense moments when a motorist behaved badly or the pavement was too narrow for comfort, we were quickly learning how to each take responsibility for our own safety and that of fellow riders—things like verbal alerts for debris on the road, hand signals for all turns and slowdowns, and how pedaling at a steady pace, even downhill, can help prevent a spill among riders behind.

These and many more are the parts of

safer bicycling, and safer roads for all travelers.

I'm already benefiting from fellow rider Lee Berger's demonstration that my thumbs are no match for a tire gauge to tell whether my tires have the 85 to 100 pounds of air needed for easy pedaling, and FBA president Mighk Wilson's seat-height adjustment, which has markedly reduced the stress on my knees.

And Scott Zubarik, an avid mountain-biker from Orlando, quickly got comfortable with the road-riding technique of the pace line.

Our riding friends back home might well have taught us these things, but—for me, at least—the lessons "took" in part because we all were there to learn.

IN A NUTSHELL

BEST FOR: This five-day adventure is for bicyclists 18 and over who want to improve their skills, especially for road-riding.

COST: \$845 covers meals, hotel, instruction and a guide for Sunday night through Friday lunch. For additional cost, which may vary by place and season, you may book with one of the cooperating B&Bs. If you give FDBC two weeks' notice so they can release a hotel room, you get a rebate.

INFORMATION: Monthly tours are planned through March, and the numbers enrolling will determine the schedule for April and May.

Learn more from Florida Discovery Bicycle Center, P.O. Box 555, Lake Helen, FL 32755-0555 or at

www.floridabicycle.org/discovery

John Hopkins is a miami-based newspaper copy editor and bicyclist. He maintains a bike weblog, Spokes 'n' Folks, at www.flabikes.blogspot.com



Photo: Shelly Steek Reale

Part of the tour group rounds a corner in DeLeon Springs State Park, one of the stops during the week of riding and bicycle education that also included lessons in pancake flipping.

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Orlando on still another 'top 10' list

One of the dubious pleasures of living in a popular state is the notoriety. We eagerly search the lists that result from studies, surveys and polls to see whether our community has made the grade—or avoided the disparagement.

Well, ever-in-the-news Orlando climbed to the bottom rung of another top 10 list as one of America's Worst Communities for traffic rush hour delays. According to Forbes.com, the Los Angeles-Long Beach-Santa Ana, CA highway system leads the list with 93 hours average annual delay.

This means *in addition* to however long the normal commute time, LA-LB-SA commuters waste more than two work weeks sitting in traffic tie-ups.

Orlando commuters, number 10 on the list, spend a mere extra 55 hours of delay per year due to accidents, bottlenecks, train crossings and construction.

Source of the figures is the 2005 Urban Mobility Report, released in May of that year so the numbers really are a picture of 2003 traffic. Back then the prognosis was higher than normal growth in congestion, traffic and delays compared to other large cities of between 1 and 3 million population.

So, Orlando, now you know how you stood—literally—in traffic three years ago.

Why do we bother mentioning this ancient history? Because Tim Lomax and David Schrank, who publish the report out of Texas A&M University (<http://mobility.tamu.edu/ums/>) took 2006 off to refine their research methods. Their next UMS is due out this coming May.

We'll all be eagerly waiting to see whether Orlando—or any other of our traffic congested cities—makes the top 10 list again.

Young rider profile...

Megan Glanz

by Tiffany Glanz (with help from FBA Program Director Lyndy Moore)

"HEY DAD, what are we doing this weekend?" Megan and I asked. Dad—Jim Glanz—responded, "Going on a bike ride!"

2002 found our family searching for activities we could do together. We located the Florida Freewheelers bicycle club and joined the Saturday social rides. That, indeed, is where it all began.

Megan and I alternated weekend rides on the trailer bike pulled by dear old Dad. As we grew and became more experienced (about a year), Megan rode her single bike while I continued pushing Dad on the rides.

Soon, I was on my own bike and our car arrived at ride starts with a three-bike rack loaded with bikes.

In 2005, Megan got the racing bug and joined the Orlando Road Club (ORC) to begin training and learning skills needed for competition.

Her first race was in Sanford and even though she placed last this did not discourage her. She continued to practice hard and ended up placing 4th in both the Florida Point Series and the Florida Cup.

We were all very excited for her and hoarse from cheering during the race. One advantage of a big sister being tired after a race: no energy remaining to pick on little sister.

At age 11 Megan completed her first century at the Endless Summer Watermelon ride in September and rode many a mile with a biking buddy and mentor, Mr. Larry Gies.

He sang songs with Megan when the riding got boring and that is SURE to motivate anyone to keep pedaling. Plus, it's always better riding and learning from experienced cyclists instead of Dad. Megan went on to complete her second century at the Horse Farm Hundred. We've both made some great friendships on the rides and enjoy our bicycle family. Miss Fairlie (Florida Freewheeler president and a school teacher) always talks with us on the rides and keeps us motivated to do our best.

Mr. Mike at Mud, Sweat and Gears in Orange City keeps all our bikes mechanically ready to ride or race and makes sure Megan has everything she needs for each race.



Above: Big sister Megan (L.) shows some attitude. At left, below: Megan and author Tiffany on new bikes early in their riding careers. Little did Dad know that bikes were just the beginning. There's racing gear, more bikes, training, racing fees, more gear...



Miss Lyndy (FBA) always gives us safety tips and neat bike stuff and she has taught us how to be safe and courteous riders. All of the ORC coaches have helped Megan train

and learn and have supported her every step of the way to become a better racer.

We have many more adult friends that encourage and support us and we both feel really lucky to be a part of this group.

Megan has received a lot of moral support and advice from fellow racer, Michelle Blake and her mother Miss Diane. Plus, they have fun together off the bike too!

We both participate with the Lake County PAL cycling team and encourage each other and the new riders that show up. MEGAN also can be found riding with the BOBBies, an all girls cycling group, and we also practice on Thursdays with Colavita team.

Our dad helps other kids on the rides, because they will listen to him and not their parents just like us!

Megan's fastest time trial average was 19.6, so she really gives Dad a workout on the rides they do together!!

As for me, I will start racing when the 2007 season starts, and it will be fun for us all to compete with each other to help us all get better. When we're grown up, we'll ride on the front of a tandem and let Dad ride as the stoker to pay him back for all the years he's pulled us around on the bikes. And then WE will be in charge.

No, I don't always say nice things about my sister, we fight and argue just like all normal sisters. I do admire her for racing and going after her dream and I am learning while I watch her so I can beat her when we're in the same class. So, look out sis, I'm on your wheel and waiting to pass.

Tiffany is a 9-year-old 4th grader at Discovery Elementary School. Megan is 12 and in 6th grade at Deltona Middle School. Jim Glanz is just Dad. At home taking care of the rest of the family is, of course, the most important cheerleader, Mom.

Bicycle-friendly B&Bs

The innkeepers of this bed and breakfast inn near Gainesville in High Springs invite bicyclists and others who enjoy the outdoors to use the Grady House while visiting the many springs and rivers in the area. Check out the inn's website at www.GradyHouse.com.

Rates: Rooms: \$90-\$140/night*

Cottage: \$190-\$210/night (weekly rate avail.)

Paul and Lucie Regensdorf, Innkeepers

Grady House Bed & Breakfast

420 N.W. 1st Avenue

P.O. Box 205

High Springs, FL 32655

Phone: 386-454-2206

*Don't take our word for it. Always check with the innkeepers for the latest rates, details and availability.



Grady House Bed & Breakfast

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*.

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@ccmpo.com russmuller@colliergov.net jdavis@swfrpc.org vgriffin@leegov.com dan_moser@doh.state.fl.us ryankordek@polk-county.net	FDOT Dist 3 Safety Prgm Manager Anthony Nosse, 850.415.9534
District 2				FDOT Dist 4 Safety Prgm Manager Gilbert Soles, 954.777.4358 gilbert.soles@dot.state.fl.us
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				FDOT Dist 5 Safety Engineer Anthony Nosse, 866.943.5334 anthony.nosse@dot.state.fl.us
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 6 Safety Engineer Maria Vilches-Landa, 305.470.5722 maria.vilches@dot.state.fl.us
District 4				FDOT Dist 7 Safety Prgm Engineer Peter Hsu, 813.975.6251 ping.hsu@dot.state.fl.us
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 Elder Road User Prgm Gail Holley, 850.410.5414 gail.holley@dot.state.fl.us
District 5				FHWA Fla Div Safety Engineer Hussein Sharifpour, 850.942.9650x3024 hussein.sharifpour@fhwa.dot.gov
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
District 6				FDOT Dist 1 CTSP Coordinator Debra Stallings, 863.519.2347 debra.stallings@dot.state.fl.us
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				FDOT Dist 3 CTST Coordinator-East Quinton Williams, 850.415.9426 quinton.williams@dot.state.fl.us
City of Clearwater/bicycle-pedestrian coordinator Citrus County Sheriff's Office/traffic safety educ Hernando County MPO Hillsborough County MPO Hillsborough County Parks&Rec Hillsborough County Public Works/bicycle- pedestrian coordinator Hillsborough County Public Works/Manager, Bicycle, Pedestrian & School Safety Prgrms Pasco County MPO City of Pinellas Park Planning Pinellas County MPO City of St. Petersburg Transportation & Parking/bicycle-pedestrian coordinator City of Tampa Public Works City of Tampa/Parks & Rec Dept/Greenways & Trails Coordinator	Michelle Greene Felicia Leonard Kristen Reinhard Steve Diez Gena Torres Charner Reese Deborah Carreno Gary Tait Doug Uden Ron Hull Brian Smith Cheryl Stacks Jan Washington Mary Helen Duke	813.975.6411 727.562.4852 352.726.4488 x307 352.754.4057 813.273.3774x357 813.276.8388 813.307.1852 813.307.1871 727.847.8140x8230 727.541.0704 727.464.8200 727.892.5328 813.274.8303 813.231.1332	michelle.greene@dot.state.fl.us felicia.leonard@myclearwater.com kreinhard@sheriffcitrus.org stevend@co.hernando.fl.us torresg@plancom.org reesec@hillsboroughcounty.org carrenod@hillsboroughcounty.org taitg@hillsboroughcounty.org duden@pascocountyfl.net rhull@pinellas-park.com bsmith@co.pinellas.fl.us cheryl.stacks@stpete.org jan.washington@ci.tampa.fl.us mary.duke@tampagov.net	FDOT Dist 4 CTSP Coordinator Carmen Pullins, 954.777.4092 carmen.pullins@dot.state.fl.us
Program coordinators under FDOT contract Fla Traffic&Bicycle Safety Educ Prgm/director FTBSEP assistant Fla School Crossing Guard Training Prgm/administrator FSCGTP Assistant	Linda Crider Hope Howland-Cook Leigh Matusick Carol Dunn	352.392.8192 352.392.8192 386.943.5600 386.943.5601	lbcrider@aol.com safetyed@grove.ufl.edu leigh.matusick@dot.state.fl.us carol.dunn@dot.state.fl.us	FDOT Dist 5 CTST Coordinator Barry Wall, 904.943.5324 barry.wall@dot.state.fl.us
Other FDOT, state & federal agency staff FDEP Ofc of Greenways & Trails FDOE Student Transportation/Director FDOT ADA Coordinator FDOT CO Policy Planning FDOT CO Policy Planning Florida Tech Transfer (T2) Center/co-directors FDOT CO Roadway Design FDOT CO Systems Planning FDOT CO Transit Planning	Jim Wood Charlie Hood Dean Perkins David Blodgett Melanie Weaver Carr Janet Degner, Nina Barker Gladys Griggs Martin Guttenplan Amy Datz	850.245.2052 850.245.9924 850.414.4359 850.414.4815 850.414.4817 352.392.2371x227 850.414.4321 850.414.4906 850.414.4239	jim.m.wood@dep.state.fl.us charlie.hood@fdoe.org dean.perkins@dot.state.fl.us dave.blodgett@dot.state.fl.us melanie.carr@dot.state.fl.us jdegner@ce.ufl.edu gladys.griggs@dot.state.fl.us martin.guttenplan@dot.state.fl.us amy.datz@dot.state.fl.us	FDOT Dist 6 CTST Coordinator Lewis Sayre, 305.470.5346 lewis.sayre@dot.state.fl.us
				FDOT Dist 7 CTST Coordinator Jeanette Rouse, 813.975.6256 jeanette.rouse@dot.state.fl.us
				Other organizations
				Bike Florida Linda Crider, 352.392.8192 Lbcrider@aol.com
				Rails-to-Trails Florida Office Ken Bryan, 850.942.2379 rctflorida@transact.org
				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

'Healthy Community Makeovers: Designs and Programs for Active and Healthy Lifestyles'...

Plans underway for August 2007 conference

by Lyndy Moore, conference coordinator

If you've attended previous conferences, you know stuff this good is worth coming back to. If you're new to the Pro Bike®/Pro Walk Florida conference, you have something to look forward to.

We prefer to hold the conference in a city with League of American Bicyclists designation as a Bicycle Friendly Community. With only a few choices in the state, we've selected Orlando, a bronze community, as the host town for 2007.

Dates: August 27-30, 2007.
More details available at

www.probikeprowalkflorida.com.

If you're interested in submitting a topic for a session, please follow the procedures noted below and on the conference Web site.

Preliminary plans are to have a first day, pre-conference session on Trails: planning, building and connectivity—getting from here to there and beyond.

Other pre-conference sessions will be a State Wide FDOT Coordinators meeting, possibly a health professional conference, half-day sessions on certain topics as requested at the last conference.

Stay tuned: more Pro Bike ®/ Pro Walk Florida details in the next *FBA Messenger*, too.



"Healthy Community Makeovers: Designs and Programs for Active and Healthy Lifestyles" will be the focus of our conference this year. Have you created a community design that encourages neighbors to walk, bike or skate together? Tell us your ideas for improvements that have been incorporated into a downtown revitalization. Have you taken on a particular area to partner redevelopment and growth limitations? How do you get people to park the car and bike or bus to work and school? What innovative programs are working to keep people

active? How are you addressing safety issues and education?

We have seen and heard many possibilities at the first two conferences and we know there are even more that have been developed since April 2006. If you would like to be a presenter at the conference, please send us your ideas as a CALL FOR PAPERS response.

Provide the following information in your paper:

1. Your Name
2. Your title/position
3. Your Agency (if applicable)
4. Your Phone Number
5. Your E-mail Address
6. Your session topic
7. An outline of what you propose to cover
8. The topic significance to the conference
9. Other presenters you suggest to complement your topic
10. Date submitted

Please include the above information in a WORD document titled "2007 [Your last name and first name]" (If you submit more than one, vary the name to indicate the topic.)

Ideas should be submitted by January 31, 2007 to Lyndy Moore, Conference Coordinator, at pbpwf@earthlink.net. The conference website will be updated with information as it is received. The website has this information that you can copy into your document to get started.

Interested in being a sponsor and having a booth at the conference? Opportunity levels and provisions will be on the website mid January for your viewing. If you don't see a package that works for your office or your budget, send us a proposal and we'll work with your office on an appropriate opportunity for you to be involved.

Host Hotel: Embassy Suites Downtown August 27, Monday, Pre-Conference workshops
August 28, Tuesday, Plenary Session and Guest Speaker (ideas for this person?) Sessions all afternoon, rides and walks in the evening
August 29, Wednesday, Sessions all day; rides and walks in the morning and evening
August 30, Thursday, sessions in the morning, door prizes at noon. Post conference workshop in the afternoon.

FBA begins its 10th year with solid list of 2006 accomplishments

In 2007, FBA will celebrate ten years of service to Florida's bicycling community.

Our successes were plenty in 2006, including the following:

- Creation of Florida Discovery Bicycling Center tours
- Group Riding Ethics and the Law DVD
- Combination Florida Bicycle and Pedestrian Law Enforcement Guide
- Re-print of Florida Bicycling Street Smarts
- Triple feature plus more Bicycle/Motorist Law Enforcement DVD
- Bicycle Law Enforcement - Officer Training program curriculum
- 2nd Annual Pro Bike®/Pro Walk Florida conference
- Middle & Elementary School Bicycle Helmet program
- Alternative Transportation Education program
- Bicycle safety education training to adults and children
- Redesign of Share the Road License Plate
- Share the Road License Plate Sales exceeded 14,000 cumulative issued plates



FBA director Laura Hallam (c) with Flo and Leo taken at Interbike 2006 in Las Vegas in Sept. So who the heck are Flo and Leo? They're featured in a heart monitor gizmo ad in *Bicycling Magazine*. They were signing autographs and providing posters, etc. at one of the booths.



Hallam and friends at the Highlands Bike Fest in Sebring. People love to get in pictures with our celebrity director. Maybe it's the other way around. Laura just looks like she's having too much fun. She actually works hard at promoting FBA across the state and U.S.A.

Upcoming Bicycle Touring Events in Florida

ABRIDGED from promotional material provided by tour organizers. We're not responsible for accuracy of information or quality of these rides. Use the contact information for more details about each ride. Ask your friends. Data are from a calendar maintained by Roger Pierce. To add an event to his (and our) calendar, e-mail to fbtc@piercepapes.com. 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/.

February 3 (Sat) *Brooksville*

Croom 35/50 Singletrack Challenge
35 or 50 miles of great single-track. No pavement - No two-track. This ride will test you with challenging climbs, tight technical trail, and several BIG holes-in-the-ground waiting to pull you down. But mostly it's just miles & miles of rolling singletrack. Event Activities Include: • Well marked ride utilizing 35 or 50 miles of single-track • Breakfast, SAG stops, and fantastic dinner after the ride • Bike shop displays and demo bikes • Bike mechanic services (at HQ and on the trail). (813)689-5109.
Email: info@swampclub.org
www.swampclub.org/
Active.com Online Registration

February 11 (Sun) *Sanford*

The Great Valentine Century
Start & finish: Central Florida Zoological Park (on Lake Monroe)
Distances: 15/35/100 miles. Ride through old town Sanford on the St. Johns River. Along narrow, hilly and heavy canopied roads. Incredible rides across pristine Central Florida, through hamlets, over shady roads, along creeks, across old bridges along the St. John's tributaries, through the famous spiritual community of Cassadega, then along the banks of Lake Monroe back to see our new furry friends. Top 20 finishers in the Century granted a slot in the Race Across Florida 2007 peloton. FREE Bitburger Beer! Visit to the Central Florida Zoo is included in fee. Well stocked support stations and 1 Century checkpoint. Breakfast and post ride meal are included Fee:\$40. individual. \$65. Team of two, (1 rider plus partner) After January 20, 2007, 6:30 AM. ET: Individual \$55. Team of two = \$80. Partners must provide single payment (1 check). Sponsors: LandRover Orlando, The Sports Herald, Bitburger Beer. Proceeds benefit; Central Florida Zoological Park. Active.com Online Registration

February 17-18 *Sebring*

Bike Sebring 12/24 Hours This event allows competitors to ride as many miles as they can in 12 hours. Mark Andrews (863)385-3936.
Email: info@bikesebring.org
www.bikesebring.org/
Active.com Online Registration

Feb 25, 2007 *Orlando*

Tour de Cure 12/25/50/100 miles. Ride headquarters: Fort Christmas Park in East Orange County. For information contact Sara Prevost at SPrevost@diabetes.org

March

3 (Sat) *Gainesville*
Brevet Series North: 400 km

3 & 4 *Clermont*
Brevet Series South: 400 km

10 (Sat) *Ocala*
Cycling For Success

17 (Sat) *Screven GA*
The Southern Pride Ag Ride

17-23 *Deland*
Bike Florida 2007

18 (Sun) *Sarasota*
Tour de Cure Sarasota

18 (Sun) *Indian Harbor Beach*
Foresters Miracle Bike Ride

23-25 *Ocala*
Spring Break Fat Tire Festival

March 24-25, 2007 *Sebring*
Sebring Tandem Weekend
Daily 62/30/12 mile rides. Rolling hills, citrus groves, cattle ranches, small towns and lakes of scenic Highlands County. Riders of all levels. Road riders will especially enjoy the low-traffic back roads. Fully supported with well-stocked rest stops, sag vehicles, and great road markings and maps. Continental breakfast each day and a banquet on Saturday night, a tradition at most tandem rallies. Lots to do in town. Linda Leeds, Event Director, 561-683-2851. Hotel reservations at 1-800-423-5939.
Email: lindamarie7@juno.com
<http://www.kenlodge.com/rec.html>
Active.com Online Registration

25 (Sun) *Immokalee*
Tour de Friendship

30-31 *South Miami*
The Smart Ride

31 (Sat) *Gainesville*
Brevet Series North: 600 km

31 & April 1 *Clermont*
Brevet Series South: 360 km / 225mi
"Fleche / Arrow" 24 Hrs

April

1 (Sun) *Titusville*
Bike Across Florida

14 & 15 *Clermont*
Brevet Series South: 600 km/380 mi

15 (Sun) *Palmetto*
Spring Classic

21-22 *Quincy*
TOSRV South

21-22 *Cypress Gardens*
Bright House Networks MS Bike Tour "Wheels, Whales & Tails"

21-26 *Live Oak*
Florida Bicycle Safari

27-29 *Madison Ga*
BRAG Spring Tune-up

28 (Sat) *Rotonda-West*
Ride for the Red

May

12 (Sat) *Gainesville*
A Ride To Remember

17-18 *Jekyll Island GA*
Jekyll Island Challenge
19-20 *Jacksonville*
American Diabetes Tour de Cure

June

9-16 *Columbus GA*
Great Bicycle Ride Across Georgia

24 (Sun) *Lake Worth*
Lauren Katzenstein Celebration Ride

August

11 (Sat) *Summerville GA*
Chattooga Century

September

1-2 *Savannah GA*
Historic Savannah Bikefest

October

20 (Sat) *Gainesville*
Santa Fe Century

21 (Sun) *Gainesville*
Horse Farm Hundred

October 2008

18 (Sat) *Gainesville*
Santa Fe Century

19 (Sun) *Gainesville*
Horse Farm Hundred

Other Touring Calendars

National Bicycle Tour Directors Association
www.nbtlda.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 Center
www.floridabicycle.org/discovery

Bike Florida 2007

March 17 - 23, 2007

Deland, Flagler Beach, Daytona Beach
New Smyrna, Deland



Register online!

All-in-one registration with meals and jersey options.

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

Highlights

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

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

www.bikeflorida.org

BICYCLE RIDE ACROSS GEORGIA

Annual BRAG ride across Georgia, Columbus to Savannah - June 9-16, 2007. Spring Tune-Up Ride, Madison, GA, April 27-29, 2007. Great fun for families and groups. Higher mileage options available.

Contact info@brag.org or 770-498-5153
www.brag.org



HEADSTRONG School Helmet Program

by Lyndy Moore

A successful partnership between Seidler Productions, FDOT, Transportation Technology (T2) and the Center for Education and Research in Safety (CERS) has students donning helmets before getting on their bike.

After a successful pilot program tracking helmet use and increases in middle schools, FBA is adding elementary schools to the program.

We're especially interested in elementary schools that will promote students into the participating middle schools.

The pilot program results showed that students wore their helmets more often, didn't remove them when "out of sight" of the school and wore them properly.

Since middle school students are VERY focused on driving, it's important to emphasize that bicycles are vehicles and bicyclists are drivers and follow the same rules as other drivers, though no license is needed.

One key fact that students remember, is that if they get a ticket while on a bicycle (no helmet, running traffic control devices, wearing headsets, etc.) and they don't pay the fine, it will delay their getting a learner's permit.

You have to use any means you can to

make them comply. But once they get used to helmets, they find that riding and helmets are just a way of life.

We've put helmets on heads of about 500 students who could not afford helmets plus the ones who have increased wearing with a purchase of helmets from local bike shops and retailers.

Along with the helmets, students are being educated about bike and helmet safety.

While FBA's helmet program is no longer grant funded, we do have a "helmet angel" who has generously donated funds to help us help promote healthy kids through more activity.

Biking to school and for recreation can get students off the couch and out in the fresh air to exercise and burn calories.

Students biking to school also protect the environment by reducing emissions for short car trips and waiting in the parent pick up line at the school.

If any elementary or middle schools in your area have high numbers of bike riders, and have a Safety Resource Officer or Safety Resource Deputy and faculty that wants to participate, please have them contact Lyndy Moore at 407-282-3245 or lyndybyke@earthlink.net for details.

Florida Discovery Bicycling Center (FDBC): Ride leader training

by Lyndy Moore, Program Director

Saturday, August 26 found 18 cyclists at the Lake Helen Coffee and Tea Company sipping coffee, eating bagels and listening intently.

Speaking were Lake Helen mayor Mark Shuttleworth and FBA president Mighk Wilson.

After a brief welcome, the mayor covered the history and growth of Lake Helen and how the bicycling program supports the Lake Helen mindset.

Mighk then added the benefits of the location to the new FBA touring and training program.

He started the riders off with an overview of the safety training that will be conducted on each tour.

With the trainees fed, motivated and excited to get going, I gave an overview of the day and WHY we were taking the tour leaders on a tour...to see how the group dynamics will work.

The cyclists weren't really "trained," rather, given background information on the area, how the tours will work, the resources and partners making it happen, plans for future bike lanes and trails, where the local bike shop is located—all while getting to ride.

Another reason for the gathering was to get pictures of key sites with cyclists—with that in mind, we started out on a 30 mile route, similar to what the touring cyclists will experience.

We rode by city hall (the "classroom" for the Road I class on Mondays); the new equestrian center; the Ann Stevens Bed and Breakfast (our Sunday evening orientation and dinner site) and; the Cassadaga Hotel

(the sleeping headquarters for the tours). Next we headed to a trail head and got an update on the trail coming through that area of Volusia County.

These stops each had speakers so we rode to them to gather information AND had an opportunity to check cell phone service to see which communication method was most reliable in the rural areas.

Next stop was Ed Stone Park along the St Johns River where we learned from Susanne Inman, Volusia County Leisure Services, about the trails plan for the county and some water options for our touring cyclists who also like to kayak or canoe.

At the new DeLand Cyclery, Joan Carter from FDOT met us to provide information on FDOT plans, policies and the connections in the works for the area.

We took her with us to Stetson University where writer Herb Hiller met us and gave an update on touring in Florida, greenways and trails, connections and how the discovery center fits eco-tourism.

The final leg was back to Blake Park in Lake Helen where submarine sandwiches awaited some hungry cyclists.

We saw what needs to be included in the tour guide manual; met those interested in leading rides; saw how much the group split up based on ride speeds/habits and gained other knowledge useful for making the tours successful vacations for our cycling guests.

And the participants were able to do what we all love to do on Saturday mornings: go for a bike ride.

Anyone interested in participating in future ride leader training, please email me at fdbc@earthlink.net.

Bicycle Club support

Florida's bicycle clubs were very generous to FBA in 2006 over and above their \$100 membership dues. FBA appreciates all membership clubs, but wishes to recognize the following for their commitment to our association:

Boca Raton Bicycle Club	\$5,000.00
St. Petersburg Bicycle Club	\$4,000.00
Suncoast Cycling Club	
Tampa Bay Freewheelers	
(proceeds from 2006 Share the Road Ride – collaboration between 3 clubs)	
Spacecoast Freewheelers	\$3,000.00
Florida Freewheelers	\$1,000.00
(2006 and 2005 proceeds)	
Suwannee Bicycle Association	\$300.00
North Florida Bicycle Club	\$250.00

FBA also received \$1667.00 in contributions from the United Way. If you contribute to the United Way, you can designate FBA as your preferred non-profit organization to receive funds.

Florida Bicycle Association Balance Sheet for the Years ending 12/31/2004, 12/31/2005 and 12/31/2006

ASSETS	12/31/2004	12/31/2005	12/31/2006
Cash - FDOT Grant Account	\$22,437.08	55,096.29	39,213.90
Cash - Operating Account	43,693.58	7,039.50	56,761.89
Accounts Receivable	13,847.71		
Other Current Assets	1,295.00	1,230.00	11,200.00
Fixed Assets	<u>2,267.50</u>	<u>2,267.50</u>	<u>2,267.50</u>
TOTAL ASSETS	\$83,540.87	\$65,633.29	\$109,443.29
LIABILITIES			
Division of Forestry	\$390.00	390.00	390.00
Payroll Liabilities		<u>146.40</u>	<u>171.20</u>
TOTAL LIABILITIES	\$390.00	\$536.40	\$561.20
EQUITY			
Assets Restricted N&F	\$700.00	700.00	700.00
Assets Restricted STR	20,591.31	21,499.21	17,359.81
Assets Restricted P&E	738.00	738.00	738.00
Assets Unrestricted	<u>61,121.56</u>	<u>42,159.68</u>	<u>90,084.28</u>
TOTAL EQUITY	\$83,150.87	\$65,096.89	\$108,882.09
TOTAL LIABILITIES & EQUITY	\$83,540.87	\$65,633.29	\$109,443.29

Avoid the Right Hook

by Richard E. "Rich" Corbett, LCI, Tucson, Arizona

A right hook occurs when a motorist passes a cyclist then brakes and turns sharply right in front of the cyclist causing or almost causing a collision.

Prevention starts with keeping aware of intersections and driveways on your right that drivers may turn into.

Watch (with a rear view mirror) as you approach these, and if you see a motorist coming from the rear whose arrival timing might put them in conflict with you, do two things: 1) put your left arm out in a slowing/moving left signal (hand and arm straight, pointed down at about a 45 angle), then 2) move a foot or two to the left to emphasize your presence.

Motorists who are going to turn right will almost always slow and go behind you, and those who are going through the intersection will move left a little and pass you.

Be prepared, as you approach these locations, to brake and or swerve/turn to the right, if someone sneaks past your prevention measures.

You don't need to be fearful, just alert. Emergency braking (do you know how?) and/or a quick turn to the right (do you know how?) can stop or steer you out of the path of an illegally turning motorist. Both these maneuvers are taught in the LAB Road I Course.

Ride aware: know what is going on around you and think *what if?* as you ride along—know what you will do if various, predictable things happen.

Be prepared: know how to do emergency braking, and quick turns, as these two maneuvers can save you.

Ride safer by doing these things and your cycling will be more confident and enjoyable.

The beauty of the BOB

by Mighk Wilson

In addition to the immense practicality of a B.O.B. trailer (stands for Beast Of Burden), sometimes it's just plain fun to show off all the things you can carry with it.

Do you have a trailer? Please send us photos of *your* impressive loads!



Clockwise from left: Kids toys inside the black nylon bag and a kids bike bought at a garage sale, a new helmet for Mighk and two large panniers full of groceries. Eight-foot lengths of lumber from Lowe's six miles away (the length made for challenging handling characteristics—both hands on the handlebars at all times!). Not only practical, it's like you're a moving landscape! Even cats love the B.O.B. Well, as long as it's not moving.

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

**JOIN FBA
TODAY**

Membership includes
the FBA Messenger!

Name: _____ E-mail: _____

Address: _____

City: _____ County: _____ State: _____ Zip: _____

Tel (H) _____ (W) _____

Bike Club Affiliation(s): _____

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

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

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

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

I am a League cycling Instructor (LCI) Yes No

May we contact you about volunteer opportunities? Yes No

List any special skills or interests: _____

Charge my Visa MasterCard

Card No: _____ Expires: _____

Signature: _____

Please make checks payable and mail to:
Florida Bicycle Association, Inc.
P.O. Box 718, Waldo, FL 32694



Winter 2007

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Share your enthusiasm for better bicycling education for bicyclists and motorists alike. Show your support for a more bicycle-friendly state of Florida. Want a personalized tag? You can determine if the personaliza-

tion is available at: <https://www6.hsmv.state.fl.us/mvcheck/platecheck/main.jsp>. You can print the personalization application form at this link: <https://www6.hsmv.state.fl.us/Intranet/dmv/Forms/BTR/83043.pdf>.

The mission of the Florida Bicycle Association (FBA) is to inspire and support people and communities to enjoy greater freedom and well being through bicycling.
The Florida Bicycle Association was incorporated in 1997 for educational and charitable purposes. FBA is a nonprofit, tax-exempt corporation under Section 501(c)(3) of the Internal Revenue Code. Donations, including membership dues, are tax deductible. A copy of the current financial statements may be obtained by contacting FBA, P.O. Box 718, Waldo, FL 32694. To join FBA complete the form below and send with your dues.
The *Florida Bicycle Association Messenger* is published quarterly as a service to members and advocates for a bicycle-friendly Florida by the Florida Bicycle Association, P.O. Box 718, Waldo, FL 32694.
www.floridabicycle.org;
e-mail: laura@floridabicycle.org;
Phone: 352-468-3430.

Membership in FBA includes a subscription to the *Messenger*.
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I'm sorry Mr. Smith, that's an impressive bicycling mileage figure, but the standard mileage deduction is for *motorized* vehicles only.



While we can't make all your tax dreams come true, we can offer you quality tax and financial accounting services with the confidence and solid reputation that comes from over 30 years of quality service to the Central Florida business community. We're proud to support FBA and its mission to promote good health and well-being in our communities through bicycling.

Scearce, Satcher & Jung, P.A.

CERTIFIED PUBLIC ACCOUNTANTS

Kenneth L. Scearce, CPA
David A. Satcher, CPA
243 W. Park Avenue, Winter Park, FL 32789
(407) 647-6441 Office (407) 645-0099 Fax