2020 Florida Bicycle Association Annual Awards

Congratulations to all of our dedicated Award recipients!

Village Idiots Cycling Club
Club of the Year

Tom Roberts
Educator of the Year

Master Deputy Jason C. Johnson – Orange County Sheriff’s Office
Law Enforcement Officer of the Year

Blue Zones Project of Southwest Florida
Supporting Agency of the Year

Bike 5 Cities – Bike/Walk Central Florida
Event of the Year

Sam Beneck – Pasco County Project Management
Bicycle Professional of the Year

Mike Zayas-Morales – Town of Miami Lakes
Bicycle Professional of the Year

Howard Tessler, MD
Citizen Advocate of the Year

Sue Van Bernum – SORBA Orlando
Citizen Advocate of the Year

Trek Store of St. Petersburg
Bicycle Business of the Year

City of DeBary
Bicycle Friendly Community of the Year

Mike Stephens – Lake 100 Trails Committee
Trails Promoter of the Year

Dave Hunter
Volunteer of the Year

Senator Jeff Brandes, District 24
Elected Official Champion of the Year

Joe Fritz
Special Recognition of the Year

Angelo Rao
Special Recognition of the Year

Harry Radebaugh
Special Recognition of the Year

Visit floridabicycle.org/annual-awards for more annual award program information and 2020 recipients. 2021 nominations will open in October!

2021 nominations will open in October!

FBA Virtual Seminar Series

The Florida Bicycle Association is proud to offer online information via their Virtual Seminar Series (VSS). The VSS is FREE and are hosted as Zoom Webinars. Pre-registration is required to attend each session. Check out our lineup for March – Florida Bicycle Month and May – National Bike Month:

Friday, March 12 at 12PM – Bicycle Infrastructure 101/ FBA’s Assistance Program for Advocates with Program Director Ed Barsotti

Friday, March 26 at 12PM – Riding with Kids hosted by FBA Board President Courtney Reynolds

Friday, May 14 at 12PM – Equity and the 5 E’s by Bill Nesper, Executive Director of the League of American Bicyclists (LAB)

Friday, May 28 at 12PM – Beyond Biking - Riding Your Bike for Errands & More, featuring FBA members

Visit floridabicycle.org/virtual-signature-series for more information.

Be sure to check out video clips from the first VSS sessions and our 2020 Florida Bicycle Best Practices Workshop on our FBA YouTube Channel.

Alert Today Alive Tomorrow & Florida Bicycle Association encourages everyone to celebrate!

Visit AlertTodayFlorida.com for more on Florida’s Bicycle Safety Initiative

Discover the many health benefits of one of life’s simple pleasures. Ride a bicycle!
Join FBA Today!
Your membership makes a difference for all bicyclists in Florida.
Visit: www.fbamembership.org
Student/Living Lightly .......... $15
Snowbird .................... $15
Bicycle Club ............... $100
Business/Organization ..... $100
Bicycle Shop ............... $100
Family  ..................... $35
Individual  .................. $25
Snowbird .................... $15
Bicycle Club ............... $100
Business/Organization ..... $100
Bicycle Shop ............... $100

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We Love Our Members!
Thanks to the Support of our Donors and Members

Building a Bicycle-Friendly Florida

SUPPORT EDUCATION AND ADVOCACY
HELP MAKE FLORIDA A BICYCLE-FRIENDLY STATE WITH THE PURCHASE OF A “SHARE THE ROAD” LICENSE PLATE.

- Renew your plate with a Share the Road plate.
- Replace your old plate 90 days early with a Share the Road plate.
- Exchange your plate for a Share the Road plate at any time.

For complete details visit: ShareTheRoad.org

Proceeds benefit Bike Florida and the Florida Bicycle Association

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Virtual Ride Leader/ Ride Marshal Certification

CELEBRATE MAY – NATIONAL BIKE MONTH BY BECOMING A CERTIFIED FBA RLRM!

Our Ride Leader / Ride Marshal (RLRM) training and certification program is modular in approach to allow focus on relevant information for ride leader / ride marshal development.

We require FBA membership for those looking to become certified and a fee of $35 to participate in our virtual format.

The virtual certification requires a commitment in that we break up the information into three consecutive sessions, each starting at 1PM on Saturday, beginning May 1.

For more information, please visit: https://floridabicycle.org/fba-virtual-ride-leader-ride-marshall-certification/

The May sessions are limited to 20 participants and registration closes on April 23!

Working Together to Build a Bicycle-friendly Florida

Our Mission: to encourage more people to bicycle through education and advocacy.

Our Vision: for bicycling to be safe, accepted and encouraged in Florida.

Our Purpose:
• Protect and advance the interest of bicyclists
• Educate the public about sharing roadways and paths with people on bicycles
• Encourage the creation of great places to ride
• Continue to grow as a financially stable, well-managed organization

Help Us Grow the Base! Give to FBA

The Florida Bicycle Association was founded by people like you who want to make Florida a better place to ride a bicycle. Our projects and programs that benefit bicyclists are made possible primarily through membership and sponsorship to our organization. Simply put, without membership, sponsorship and donations, the Florida Bicycle Association would not exist. Keep bicycle enjoyment alive in Florida and help us in the fight against bicycle fatalities, Join FBA!

Did you know your membership donation to FBA is tax-deductible?

FBA is a 501(c)(3) education and charitable nonprofit corporation. You can join FBA online or download and mail an application from our website, www.floridabicycle.org. You can request an application to be mailed to you by contacting Becky Afonso at 813-748-1513.

Does your place of employment offer matching gifts to non-profits? Think FBA!

Bicycling is one of life’s simple pleasures to enjoy, not fear. Join or donate to the Florida Bicycle Association and let’s ride together for Florida bicycling excellence. Contact Becky Afonso at becky@floridabicycle.org for more information on ways to donate to FBA.

The Florida Bicycle Association (FBA) was incorporated in 1997 for educational and charitable purposes. FBA is a not-for-profit, 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.

To become a member supporter of FBA, join online at www.fbamembership.org

The Messenger is published quarterly as a service to members and advocates for a bicycle-friendly Florida by the Florida Bicycle Association, P.O. Box 2452, Oldsmar, FL 34677
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A copy of the official registration and financial information (ch9008) may be obtained from the division of consumer services by calling toll-free 1-800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state. http://www800helpfla.com/
What is FROGG?

Many, many years ago, while attending a county meeting, I listened to an amazing speaker professing her support for keeping the Tamiami Trail listed as a designated Scenic Highway. I introduced myself after the meeting and the two of us discovered that we both enjoyed long distance cycling and had a passion for safety on our roads. She was an active member of the local advocacy organization Naples Pathways Coalition (NPC). Thus, began the vision of creating a safe passage by bicycle across the Everglades.

In 2006 NPC formed a committee which was eventually named the Friends of the River of Grass Greenway (FROGG). This group met monthly and began working with agencies to apply for funding, and in 2010 the Federal Transit Administration of the National Park Service awarded a grant for a Master Plan and Feasibility Study for the Tamiami Trail corridor from Marco Island to Miami. In 2015 FROGG re-organized as a separate 501(c)(3) organization; and the study, which had received widespread support from individuals and organizations throughout the State of Florida and beyond, was completed in 2016.

However, in 2017 the Collier Metropolitan Planning Organization (MPO) rescinded its 2008 resolution of support, although all three of its Advisory Committees (Pathways, Technical and Citizens) had recommended to continue its support. During the same meeting, the MPO voted to re-allocate funds that were designated to study the 16-mile stretch between Marco Island and Everglades City (known as ROGG West).

Even without the county's support, FROGG decided it was important to continue focusing on safety and environmental education and stewardship for those lanes. Quieter neighborhood roadways can be more enjoyable than high-traffic thoroughfares or arteries. If possible, try to ride during none peak traffic hours. Riding in heavy or bumper to bumper traffic is stressful for all users, avoiding if possible will only be a benefit.

It's also important to know the weather forecast. Do we need to wear or bring waterproof gear and clear glasses or protect yourself from the sun by wearing sunscreen and sunglasses? Maybe we need to carry a small backpack or bag to hold lightweight extra layers and other essentials for our ride. Always, always, always wear a helmet. Any time you get on a bike have a helmet on your head. A helmet will give you protection for your head and brain, and may very well save your life.

What Makes a House a Home?

by Courtney Reynolds, FBA President

This question has been on my mind as my family sets out to purchase our first house. Previously, our decisions about where to live have been strongly anchored around proximity to transit and a desire to be in a more urban environment. But the past year has shifted our perspectives – and what we value – in a big way. We chose to hunker down for to call your own may be the key to achieving balance, at least for me and my family. If that means being a little further away from the hustle and bustle, then so be it.

Now at the top of our home-buying wish list is proximity to trails and storage to have as many bicycles as my heart desires (and/or what my bank account will allow). Realtors, take note: when I see a two-car garage, my mind translates it to “space for one car and 6-8 bikes.” Plus, my pandemic-era mileage has sparked confidence that I could bike a longer commute of 10 miles or more if I ever must return to the office full-time. I expect our realtor to be driven slightly mad over the next couple of months as we fine tune what we are willing to compromise on – or not.

Until then, I will continue to swoon at the homes that face the West Orange Trail in Winter Garden, price-check the front yards that greet the Cross Seminole Trail in Oviedo and daydream about the backyards that sweep open to the Seminole-Wekiva Trail in Lake Mary. I may or may not plan to celebrate our future home purchase with a complementary purchase of a new bicycle. Because part of what makes a house a home is a collection of bikes!

1) Over the past four years FROGG has been a great resource for all cyclists interested in biking in south Florida. People from around the United States and Canada have contacted FROGG with questions about cycling in this area.

2) Until Covid-19 caused FROGG to suspend its group rides, free monthly bike tours of the Everglades during season were being offered (both on and off road). FROGG has introduced new and returning visitors to the many wonders of the wildlife and beauty of the Everglades by providing tours through the Fakahatchee, Big Cypress, the Everglades National Park and on-road excursions through Everglades City, Chokoloskee, and Port of the Islands, as well as along SR29. Brochures with specific information about these bike tours are available at: https://evergladesrogg.org/events/.

3) FROGG has initiated discussions with the various parks in this area about creating an off-road route connecting the national and state parks/preserves in south Florida.

4) FROGG publishes quarterly newsletters (https://evergladesrogg.org/newsletters/) with personal articles about cycling in the Everglades as well as specific information about the conditions along US41 (Tamiami Trail), communicating with FDOT to improve conditions.

5) FROGG has also been communicating with FDOT to improve conditions on the proposed widening of SR29.

6) FROGG has published a map and information guide about hiking/biking/paddling through the Everglades which is available at Visitor Centers and online at https://evergladesrogg.org/wp-content/uploads/2019/05/ROGG-Map-2019.pdf.

7) FROGG provided the Dolphin bike rack and the Dero bike repair station at the community park in Everglades City.

8) FROGG has been working with local merchants to provide bike-friendly services in Everglades City and provided bike racks to the various restaurants and businesses.

9) FROGG has supported local, regional, state and national organizations in promoting multi-use trails and finding safe routes through Florida for long distance cyclists.

FROGG is a member of the League of American Bicyclists (LAB) and the Florida Bicycle Association (FBA). FROGG Board members serve on city, county, regional and state bicycle-pedestrian committees/boards. For more information contact Patty Huff at (239) 695-2397, email snookcity@gmail.com or visit website www.evergladesROGG.org.

As we continue to navigate through this pandemic, it is imperative for us to continue enjoying the outdoors and exercising. Cycling is good for the mind, body and spirit! Come experience the Everglades by bike!
Mitigating a Concussion?

By Jim Dodson

Reciprocating helmet effectiveness by reading manufacturers promotional literature is confusing, at best. The VA Tech Helmet Ratings Lab applies the same testing protocol to every helmet they test. Then they score each helmet; the lowest score provides the highest level of protection. They arrive at this score this way: out of 100 impacts to someone not wearing a helmet, they calculate 47 will result in a concussion or worse. They score helmets by the number of concussions likely to occur of those 47 impacts. This can be expressed as a percentage. A 5 Star helmet (their top rating) has a greater than 70% concussion reduction, approximately. Currently, their top helmet has a 9.2 rating. We want helmets with the lowest scores within the 5 Star category. These ratings are approximations, so don’t get too wrapped up about having the very lowest score.

These ratings change every year as manufacturers continue to develop better technologies for concussion mitigation. Improvements have been made rapidly over the last two years, so this would be a good time to check their website (https://helmetbeam.vt.edu/bicycle-helmet-ratings.html) to make sure you are wearing a helmet you have confidence will protect you if the unexpected occurs.

Jim Dodson is an experienced bicycle accident lawyer, cyclist, former FBA Board Secretary and bicycle safety advocate who has been representing accident victims for over 25 years. Although his primary office is in Clearwater, he represents injury victims throughout Florida. He is the author of the Florida Bicycle Accident Handbook which answers the most commonly asked questions by injured cyclists. If you have questions about a Florida cycling accident this valuable resource is available to you free of charge at www.jimdodsonlaw.com.

*Legal information is not legal advice. Nothing in this article may be considered legal advice. If you have specific questions for Jim Dodson, simply call his office at 1-888-340-0840. There is never a charge to talk about your case.*
Bicycle Commuting Tips & Tricks

The following is provided by Jack Fine of the law offices of Fine, Farkash & Parlapiano, PA, members of FBA since 2007. If you find yourself in need of a personal injury lawyer, visit our Legal Resource Members web page at www.florida bicycle.org/our-sponsors/ and support those that support FBA.

Whether you have chosen to bike to work as a way to get some extra fitness into your life or as an alternative to using a gas-guzzling vehicle, you have made a choice that can have a great impact on your life. The legal team at Fine, Farkash & Parlapiano, P.A. wants you to stay safe during your commute. Attorney Jack Fine is an avid cyclist and sometimes commutes to work on his bike, so he is sensitive to cycling issues. Here are our tips for safe biking and tricks for how to commute safely.

Why Commute by Bike?

There are many benefits of biking, including:

- Exercise – Biking is a good source of exercise and allows you to fold it into your daily routine, which is especially important if you are busy and have trouble otherwise finding time to exercise. A good exercise regimen can help boost your immune system and prevent you from getting sick.
- Decreased stress – Biking is also a relaxing activity and can help you decrease your stress levels, which can have many health benefits.
- Time savings – Biking can often save you time and give you a more predictable time it will take to travel, the width of the road, the road’s condition and the potential traffic volume when mapping your route.

Know the Rules of the Road

Before you begin your commute, be sure that you familiarize yourself with Florida traffic laws. For the most part, you must follow the same rules you would follow if you were driving a vehicle. Some important rules to keep in mind are:

- Bike in the direction of traffic.
- Obey all traffic lights and signs.
- Ride in the bike lane when one is available.
- Yield the right-of-way to pedestrians when on a sidewalk or traveling across a roadway.
- Give out an audible warning before you pass a pedestrian or other bicyclist.
- Use hand signals when turning or changing lanes.

Choose Your Route Wisely

Before taking your first bicycle commute to work, carefully consider the route you will take. Consider the distance, time it will take to travel, the width of the road, the road’s condition and the potential traffic volume when mapping your route.

Commuter Gear You Need

Make sure that your bike is equipped with safety gear that is required by law. Florida law requires you use lamps when riding your bike between sunset and sunrise. If riding during these times, be sure you install lamps that meet the legal requirements, including:

- A front lamp that exhibits a white light that is visible from a distance of at least 500 feet
- A lamp and reflector on the rear of your bike

Helmet, the PPE for the Brain

Editor’s note: The following was shared with the Coastal Cruisers Bicycle Club via email by CBCC and FBA member Peter Trinchero, an advocate for cycling safety.

No one should get on a bike without wearing a properly fitted and placed helmet, even if you are just testing an adjustment. The brain is delicate and is most useful when functioning properly, and thus, worthy of protection at all times. When the skull is subject to the force of striking a hard surface, straight-line and rotational forces cause the moveable, soft and delicate brain tissue to contact the interior of the skull. The resulting serious trauma is a concussion. The helmet absorbs some of the straight-line force and depending on the helmet type, some of the rotational forces.

Most helmets sold in the US since 1999 have been required to have the Consumer Product Safety Commission (CPSC) label on the interior, with the date of manufacture. If the helmet lacks this label, do not purchase. CPSC suggests the helmet has a shelf life of 5 years. I have volunteered at bike rodeos where distributed helmets were greater than 5 years old. Helmets older than 5 years or have been in a crash, even with no visible damage, should be discarded. The foam helmet lining contains many tiny cells of trapped air. Heat, shock, acid/corrosive sweat, skin/hair oils, humidity causes the foam to degrade, air cells compressed and lost. Do not store helmets in hot humid spaces, including your garage.

Helmets are delicate Personal Protection Equipment (PPE), not to be thrown away, dropped or abused. They are as important as your $3,000 bicycle and your irreplaceable brain. Love thy helmet and thy ride!

Helmet fit is critical. There is a process for proper helmet fitting. Florida’s Pedestrian & Bicycling Safety Resource Center lists trainers to contact for a helmet fitting course. Several CBCC members are certified helmet fitters and are available to assist with fitting, especially for young riders.

I suggest folks buy a helmet from a bike shop with sales staff able to properly fit/instruct proper wearing of a helmet. Never buy a used helmet! Try on several helmets and select a comfortable style and model. Improperly fitted or worn helmets will reduce/negate the safety benefit, i.e. helmet should not rotate or fly off prior to head hitting the pavement.

So then, the more expensive the helmet the greater the protection?? Not necessarily!

More helmet talk in future “PPE for Brain/Helmet.” Membership feedback/discussion is encouraged....and it is a jungle out there, be safe.

Move Over for People

The current Move Over Law – FS. 316.126(b) – only pertains to moving over for vehicles, not people. In 2015, Billy Hattaway, then working as Florida Department of Transportation’s District One Secretary and “Champion” of FDOT’s Pedestrian and Bicycle Safety Coalition (Alert Today Alive Tomorrow), had FDOT staff analyze the move over for people idea to include proposed legislative changes from the department. Suffice to say, the law did not change as intended.

This initiative, however, was not forgotten. The Florida Bicycle Association, after a membership survey in 2016 to develop a legislative platform, made “Move Over for People” a top legislative priority. We announced in our 2017 Autumn Messenger, front page no less, the success of having a Senate and House bill filed for this very measure.

The original bills, HB 117 and SB 116 from the 2018 legislative session, were drafted to simply put vulnerable road users into the current Move Over Law (FS 316.126). Our association felt that the current Move Over law needed to have people in it and not just vehicles, thus protecting first responders, essential service workers, pedestrians and cyclists.

The first House committee requested a workshop prior to the 2018 session start, and the bill had a shelf life of 3 years. HB 117 was converted via a strike all amendment. Why? Seems we couldn’t just put vulnerable road users into FS.316.126, so the new language went a slightly different direction. To this point, CS/HB 117 was found favorable in all House committees during session, but did not pass the floor due to the companion bill, SB 116, never being heard in its first Senate committee.

What happened? The short answer is this: our Move Over for People initiative became a Bicycle and Pedestrian Safety bill. Although the Senate never heard the initiative as the Bicycle and Pedestrian Safety bill, the House did and found it favorable. This is good news.

The even better news? For the 2021 Florida legislative session, our Move Over for People initiative has been filed in both the House and Senate as the Bicycle and Pedestrian Safety bill, HB 605 and SB 950 respectively.

What’s next? These bills need to be heard and found favorable in committee to then be passed on the floor and eventually placed in front of the Governor to be signed into law. How can you help? Get in touch with your Florida House Representative and Senator and ask for their support of the bill. Meanwhile, please consider sending a thank you to Senator Lauren Book of District 32 and House Representative Christine Hunschofsky of District 96 for filing the bill. Our work has just begun, and we have this legislative session, from March 2 until April 30, to get this bill to the finish line.

floridacycle.org/fba-legislative-platform/
Whether you’re cycling along side the horses and carriages near Nazareth, PA…

…or strolling along the ancient roadways in Jerusalem, Israel…

…it’s a small world when it comes to the common courtesy of SHARE THE ROAD.

MARCH IS FLORIDA BICYCLE MONTH!
Celebrate cycling this March, and if you live in the Tampa Bay or Central SouthWest area of Florida, consider joining a Love to Ride Challenge!

www.lovetoride.net/csw     www.lovetoride.net/tampabay

Discover a different side of Florida on our many pristine trails as they wind through friendly, vibrant communities along the magnificent St. Johns River and through our abundant and beautiful parks. One things for sure, when you bicycle here, you’ll experience miles of smiles.

Download a Visitors Guide at VisitWestVolusia.com

EXPLORE OUR SHOPPING, DINING, ARTS AND HISTORY.
Or, just relax and spin your wheels.

EXPRESSIVE OLD FLORIDA. VIBRANT NEW FLORIDA.

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**Impact of COVID-19 Pandemic on Charity Bike Rides**

By Mary Beth Garcia, Ride Leader/Ride Marshal Program Director

A few years after the outbreak of the COVID-19 pandemic, we are seeing the impact of the pandemic on charity bike rides. The Miami Dolphins are making a transformational gift to improve the lives of those affected by cancer. Bike MS: Florida, led by Karen Smoke, has over 22,000 members. Bike MS is one of the largest and fastest-growing bike rides in the world, raising awareness and funds for the cause. Bike MS: Florida is making a transformational gift to improve the lives of those affected by cancer. Bike MS is one of the largest and fastest-growing bike rides in the world, raising awareness and funds for the cause.

Ride along the Spring-to-Spring Trail

Travel more than 26 miles across West Volusia County, exploring some of the area’s gems.

By: Damian Smith, West Volusia Tourism

P ainting a picture of DeLand State Park, West Volusia Tourism and Sports Marketing Director, says, “DeLand State Park is a great place to walk, ride, or hike. Bike the Spring-to-Spring Trail, and you’ll experience nature at its best.” The Spring-to-Spring Trail is a 26-mile loop that winds through West Volusia County, connecting the city of DeLand to Lake Monroe. The trail is perfect for bikers of all skill levels, ranging from casual riders to experienced cyclists.

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Serving AAA Members, even on two wheels.

Take the worry out of your journey – even when you’re on a bike. AAA now offers roadside assistance for bicycles.

AAA Bicycle Service is a new benefit with every membership, providing transportation for you and your bicycle if it breaks down on your ride. It’s one more way AAA helps members relax and enjoy the ride!

Not a member? Join today!
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Bicycle transportation service is counted toward your allotted roadside assistance service calls per member, per membership year. AAA will transport you and your bicycle to any point of safety within the limits of your coverage. AAA Bicycle Service is available in Florida, Georgia, Iowa, Michigan, Minnesota, Nebraska, North Dakota, Tennessee, Wisconsin and portions of Illinois and Indiana.

FBA Positive Spin

RIDE FOR TINY TOWN

Arcadia, Florida, is home to this cycling fundraiser which benefits DeSoto Cares Homeless Services, but what is Tiny Town? Tiny Town will be a village of small homes to transition homeless people from the streets into more traditional housing. Each participant in the Tiny Town Program will have a case manager and agree to participate in developing and following a personalized plan that includes active steps toward housing after Tiny Town, such as referrals to children and family services, substance abuse counseling, life-skills classes and more.

Event Director Karen Smoke, an FBA member and certified Ride Leader / Ride Marshal, has organized the Ride for Tiny Town for the last two years. The event offers 60 and 30 mile routes through rural DeSoto County and a 10-mile slow roll through downtown Arcadia with an option to explore Morgan Park.

Prior to the 2021 event, it was shared that the Arcadia City Council granted approval to DeSoto Cares Homeless Services for a zoning change on the property they own which will enable the move forward with the planned unit development of Tiny Town on a parcel of land south of Magnolia Street on the west side of town. This close proximity to services and public transportation is crucial to integrating program participants into the community.

For more information on DeSoto Cares Homeless Services please visit: desotocareshomeless.com

JOIN THE Tampa Bay Bike Challenge

Sign up @ loveteride.net/tampabay
Log rides & encourage others to ride
Track your progress + win prizes

Log any ride on your bike lasting 10 minutes or longer anytime during March 2021 to qualify. Happy riding!

Bicycle Commuting continued from page 6

need to stop.
• Make your turns slowly.
• Avoid areas where water tends to build up, like on bridges.
• Avoid riding right after it rains, which is when roads are the slickest.

More Tips for Bike Commuting

As you contemplate your first bicycle commute to work, put some extra care and attention into your plan. Carefully map out your route and choose one with minimal traffic. Try it out on a weekend when traffic is less and you are not in a hurry. Make sure that you do not push yourself too hard and set an achievable distance for your first commute. Also, begin slowly with only biking to work once a week and then increase the number of trips as you get more comfortable.

Make sure that your bike is in good condition before taking it out for a long commute. Clean the chain, pump air into the tires and test out your brakes ahead of time.
Question: I have a new E-Bike! Where can I ride it?

Answer: E-bikes are the hottest trend in bicycling. They are becoming an increasingly integral part of transportation, exercise and even vacations in the United States. Sales of electric bicycles have skyrocketed. In the U.S., sales of e-bikes were up 91% from 2016 to 2107, and 51% from 2018 to 2019. During the same time period, the entire bicycling market was down by 1%. Since the Covid-19 pandemic hit, e-bike sales have exploded. Sales have doubled since January 2020.


The consulting firm, Deloitte, predicts that 130 million e-bikes will be sold worldwide in the next four years.

Cycling tour companies have paid close attention and are offering numerous trips solely for electric bikes. Butterfly Robinson has trips to France, Spain, Morocco, Switzerland and Japan for e-bikes only. Backroads has even more trips ONLY for e-bikes – Germany, Hungary, France, Belgium, the Netherlands, Spain, Sweden, Denmark and Italy! E-bikes are not marketed just to older riders, or those with physical limitations. In Florida, electric bikes allow the commuter to arrive at work without being lathered in perspiration. E-bikes are a healthier and arrive at work without being lathered in perspiration. E-bikes are a healthier and

Geography

In Florida, the law allows e-bikes on sidewalks and paths, local governments are allowed to change this. Consider some special local laws that are already in place:

ST. AUGUSTINE BEACH
You cannot ride your e-bike on sidewalks, courtyards, arcades, promenades, seawalls and boardwalks.

NASSAU COUNTY (Fernandina Beach; Amelia Island; Yulee; Hilliard; Callahan)
You cannot ride your e-bike on the sidewalks, multi-use paths or trails after it passed an “Electric Bicycle Restriction Ordinance”.

JACKSONVILLE BEACH
You cannot ride your e-bike on the sidewalks, multi-use paths or trails affect your rights.

FOUR MYERS BEACH
You cannot ride your e-bike on the sidewalks, paths or beach.

TAMPA
You cannot ride an e-bike which exceeds 15 mph on multi-use trails unless otherwise posted.

SANIBEL
You cannot ride your e-bike on bicycle paths, sidewalks, shared use paths or bicycle lanes.

NATIONAL PARKS
As of August 29, 2019, all 3 classes of e-bikes are allowed anywhere that human-powered bicycles are allowed in our 61 National Parks. E-bikes were previously prohibited. An official Order from the US Secretary of the Interior changed this policy.

FLORIDA STATE PARKS
Florida State Parks restricts e-bikes on state trails. Their website states, Human powered with electric assist bikes may not be operated using the electric assist motors on state trails (linear corridors that contain a paved pathway often constructed on abandoned rail corridors or road right-of-way; these corridors provide opportunity for non-motorized modes of recreation including bicycling, rollerblading, hiking and horseback riding). What about e-bikes in other states? Are you restricted from riding your electric bicycle in Georgia or South Carolina?

Christopher G. Burns, is a Jacksonville attorney who has specialized for more than 35 years in defending the rights of bicyclists all over the southeast United States. He is a dedicated advocate for cyclists, past chair of the Jacksonville Bicycle Pedestrian Advisory Committee for many years, and contributes to many other cycling advocacy organizations. 904-632-2424 • FloridaCyclingLaw.com • Chris@FloridaCyclingLaw.com
Impact of Covid (continued from page 9)

Ride Chair for the Ride for Tiny Town.

The Ride for Tiny Town is a fundraiser for DeSoto Cares Homeless Services. The Tiny Town Project is conceived as a village of small homes that will be used to transition people off the streets and then into more traditional housing. The event was started in 2019 by co-director Patty Walker. “I wanted to plan a cycling event, and the Tiny Town Project was a perfect fit for an organization to support. A bicycle is often the only possession a homeless person may have, but it elevates them so much because of the mobility it offers. The cycling community is very generous, and I knew they would support the ride.”

The Ride for Tiny Town proceeded much like years in the past until the pandemic hit. They considered going virtual for a while. But then as the host location, the Arcadia All-Florida Championship Rodeo Association, began holding events at the Mosaic Arena, they began to plan for a live event with safety protocols. The large open outdoor space was very conducive to hosting a safe event. Riders were asked to wear masks when near others. Tables were spaced about the large covered outdoor area and post ride entertainment was cancelled to avoid groups gathering too close. Registration was capped to about half the number the location could accommodate to allow for space. Participants were trusted to be mature, healthy adults who would make the right decision about participating in the ride.

According to the organizers, “We had not done online fundraising in 2020, but this year we allowed it through our registration platform. Riders could set up teams or do fundraising individually. We kept the option of holding a virtual event open until early January when we made the commitment to go live. We had solicited gift certificates from sponsors which would have been easy to mail to participants if needed. We set up a check-in board with rider numbers and asked they both mark themselves present and returned. While riders were out, we selected winners at random and two of our student volunteers helped check riders in and hand out prizes. We made sure all rest stops were practicing social distancing, mandating masks and food was served in individual portions.

We decided to go with mailing the registration packet to all riders registered prior to a week before the ride. Teaming up with Paul Ricci of CAAM Events to produce the T-shirts and package them with maps and personalized bibs and mail them out was cost effective and took a lot of work off event staff. The other area we made changes in was food service. All the food for the ride was donated. We asked providers to use pre-packaged foods or serve foods in individual wrappers or containers. We had wipes and sanitizer at all rest stops.

We were delighted and appreciated having high school students from the Interact Club and JROTC as volunteers. We feel it is important to involve our youth in cycling activities so that they can learn the skills to put on an event. The JROTC students did a phenomenal job marking the routes.”

Editor’s note: FBA Executive Director Becky Afonso attended this year’s Ride for Tiny Town and served as Ride Leader / Sweep for the Slow Roll route. Check out the Positive Spin on page 10.

Where My Ride Takes Me

by Courtney Reynolds

To celebrate my 40th birthday, I went for a ride! I wish I could have celebrated with my larger family and a big group of friends, but a solo ride along the Seminole-Wekiva Trail was a suitable substitute. Here’s to many more birthdays and many more miles in my future!

Join FBA Today!

Your membership makes a difference.

Add your voice for the future of all bicyclists in Florida.

Name __________________________________________________________________________

Gender: □ Male  □ Female

Business/Club/Agency ___________________________________________________________

Address ________________________________________________________________________

City __________________________________________________________________________

State _____________ Zip __________________________________________________________

Phone __________________________________________________________________________

Email ___________________________________________________________________________

Membership type:

□ Individual ($25)  □ Family ($35)

□ Student/Snowbird ($15)  □ Supporter ($50)

□ Club/Business/Agency ($100)  □ Benefactor ($100)

□ Champion ($250)  □ Legacy ($500)

□ Other/additional donation _______________________________________________________

Membership includes a FREE subscription to the FBA Messenger!

Please mail check to: Florida Bicycle Association
PO Box 2452, Oldsmar, FL 34677

Or go online to: www.floridabicycle.org
Questions about the laws related to bicycling?
Ask Geo @ FLBikeLaw.org*
by George Martin

As part of the Bicycle Law Enforcement Program, FBA maintains FLBikeLaw.org to provide a place to ask questions about the laws. Questions come direct to FBA via the “Contact FBA” form from floridabicycle.org as well as other sources. Herein is a very limited sample of questions and answers found on the site. Go online for more.

**Laws Applicable to Bicycles**

**Q** Mike asked: Given the law defines a bicycle as a road vehicle and its operator as a driver, do the same equipment standards (per FL DMV Handbook or perhaps, FL statute) apply to bicycles. It seems to me it would in order to maintain a basic level of safe bicycle operation since bicyclists often ride with others, much like motor vehicles/drivers do when traveling in general purpose traffic lanes.

**A** Bicycles are vehicles and the operators must comply with all laws applicable to vehicles. Bicycles are not motor vehicles and are not governed by laws applicable only to motor vehicles. For example:

- **s. 316.222 – Stop Lamps and Turn Signals**
  (1) Every motor vehicle shall be equipped with two or more stop lamps.
  Laws specific to bicycles are delineated in the Bicycle Regulations.
- **s. 316.2065 – Bicycle Regulations**
  (2) A person operating a bicycle may not ride other than upon or astride a permanent and regular seat attached thereto.
  (3)(a) A bicycle may not be used to carry more persons at one time than the number for which it is designed or equipped, except that an adult rider may carry a child securely attached to his or her person in a backpack or sling.
  (b) Except as provided in paragraph (a), a bicycle rider must carry any passenger who is a child under 4 years of age, or who weighs 40 pounds or less, in a seat or carrier that is designed to carry a child of that age or size and that secures and protects the child from the moving parts of the bicycle.
  (d) A bicycle rider or passenger who is under 16 years of age must wear a bicycle helmet that is properly fitted and is fastened securely upon the passenger’s head by a strap and that meets the federal safety standard for bicycle helmets, final rule, 16 C.F.R. part 1203. As used in this subsection, the term “passenger” includes a child who is riding in a trailer or semitrailer attached to a bicycle.
  (4) No person riding upon any bicycle, coaster, roller skates, sled, or toy vehicle may attach the same or himself or herself to any vehicle upon a roadway. This subsection does not prohibit attaching a bicycle trailer or bicycle semitrailer to a bicycle if that trailer or semitrailer is commercially available and has been designed for such attachment.

- **s. 316.20655 – Electric Bicycles**

**Electric Bicycles**

**Q** Samuel asked: Can I ride my class 3 ebike off road, like in the grass far from traffic, or out in nature?

**A** The statute allows electric bicycles anywhere where bicycles are allowed.

**Electric Bicycle Regulations**

An operator may ride an electric bicycle where bicycles are allowed, including, but not limited to, streets, highways, roadways, shoulders, bicycle lanes, and bicycle or multiuse paths.

The exception would be any local ordinance that further restricts operations. You would need to check the authority that has jurisdiction over the property to see if any regulations are in place.

**Points for Bicyclists’ Violations**

**Q** RC asked: Can conviction of a moving violation by a bicyclist result in points on that person’s driver’s license?

**A** No. The point system is established for violations by motor vehicle operators, which requires a driver’s license. Bicycles are not motor vehicles and violations are specifically excluded from that system since no license is required.

- **s. 322.27 – Authority of Department to Suspend or Revoke License**
  (3) There is established a point system for evaluation of convictions of violations of motor vehicle laws or ordinances.
  7. … However, no points shall be imposed for violation of … s. 316.2065. (Bicycle Regulations)
  (i) This subsection shall not apply to persons operating a non-motorized vehicle for which a driver’s license is not required.

- **s. 316.2065 – Bicycle Regulations**
  (1) Every person propelling a vehicle by human power has all of the rights and all of the duties applicable to the driver of any other vehicle under this chapter.
  The exception might be if a local ordinance is in effect that would limit the actions. If so, signage should be posted referencing the ordinance.

**Three Feet**

**Q** Howard asked: A member asked if the 3-foot rule applies to the rider in the bike lane or the edge of the bike lane?

**A** There is no location restriction to the statute requiring a minimum of three feet to pass a bicycle. The bicycle could be in a bike lane or even on the shoulder and the safe distance applies.

- **s. 316.083 – Overtaking and Passing a Vehicle**
  The following rules shall govern the overtaking and passing of vehicles proceeding in the same direction, subject to those limitations, exceptions, and special rules hereinafter stated:
  The driver of a vehicle overtaking another vehicle proceeding in the same direction … shall pass to the left thereof at a safe distance, and shall not again drive to the right side of the roadway until safely clear of the overtaken vehicle. The driver of a vehicle overtaking a bicycle or other nonmotorized vehicle, or an electric bicycle, must pass the bicycle, other nonmotorized vehicle, or electric bicycle at a safe distance of not less than 3 feet between the vehicle and the bicycle, other nonmotorized vehicle, or electric bicycle.

**Helmets and Park Rules**

**Q** Dennis asked: I’m 62 and haven’t ridden a bike for years. Can you tell me if I need a helmet by law? Other basic laws! I will carry the bike to a park on bike rack to a park, rules and regs for bike paths.

**A** Helmets are required only for cyclists under 16 years of age but are recommended for all.

- **s. 316.2065 – Bicycle Regulations**
  (d) A bicycle rider or passenger who is under 16 years of age must wear a bicycle helmet that is properly fitted and is fastened securely upon the passenger’s head by a strap …
  Generally speaking, a bicycle is a vehicle and with few exceptions the operator must comply with all traffic laws applicable to other drivers. The details and exceptions can be found in other posts on this site.

- **certain state statutes apply to bicyclists wherever they may be, such as lights, helmets, DUI and open containers. Other regulations within the park are under the purview of the authority having jurisdiction of the park. You should ask a park official or seek out signage displaying regulations for the park or bike path in question.

**Parking on Sidewalk**

**Q** Jessica asked: I was riding my bike on the sidewalk and a large van was parked illegally blocking my path of the sidewalk. I drove off into the grass to go around the vehicle. The sidewalk and the ground were uneven. When I went to return to the sidewalk from the grass my tires slipped on the sidewalk and I fell and broke my wrist. Is the homeowner at fault for parking illegally and blocking my path causing me to leave the sidewalk?

**A** You will have to check with an attorney about fault in the incident. On this site, we discuss the laws. In this case, there are two specific statutes that apply.

- **How did vehicle get on the sidewalk?**
  s. 316.1995 – Driving upon Sidewalk or Bicycle Path
  (1) … a person may not drive any vehicle other than by human power upon a bicycle path, sidewalk, or sidewalk area …
  Do any of the exceptions apply?
  s. 316.1945 – Stopping, Standing, or Parking Prohibited in Specified Places
  (1) Except when necessary to avoid conflict with other traffic, or in compliance with law or the directions of a police officer or official traffic control device, no person shall:
  (a) Stop, stand, or park a vehicle:
  2. On a sidewalk.

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*DISCLAIMER: The purpose of this column is to inform about bicycling laws. The material provided here and through other means is for general informational purposes only and shall in no way constitute or be construed as legal advice by the officers, directors, agents or employees of the Florida Bicycle Association. If your experience in a court of law or on the streets differs from that presented, we want to know about it, but George Martin and FBA are not accountable for a ruling contrary to our interpretation of Florida Law or other consequences of cycling. You should seek legal advice on a particular situation.
Muscle Groups Targeted and Used While Cycling by Bill Bone

Regular cyclists understand the power that cycling has on transforming the body. From both a speed and strength perspective, cycling builds the muscular structure while targeting cardiovascular endurance. Cycling tones and works many muscles in the body. While the primary muscles targeted are certainly the lower body muscles, the arm muscles as well as the core also get in a great workout. Cycling has a variety of general health benefits such as fat loss, heart and lung function improvement, calorie burner and targeting most of the major muscle groups in the body. The overall result of regular cycling is a lean, fit body with notable stamina increases.

Here are the muscle groups that are targeted, exercised, used and toned during a cycling workout:

- Calf – Soleus and gastrocnemius
- Thigh – Hamstrings and quadriceps
- Gluts/Buttocks – Gluteus maximus, medius and minimus
- Arms – Biceps and triceps
- Shoulders – Deltoids
- Foot – Plantar flexors and dorsiflexors

The most obvious area of muscle building during bike rides is the lower body, more specifically the legs. Cyclists build the two main muscles located in the calf: soleus and gastrocnemius. The soleus helps to lift the heel and the gastrocnemius is the prominent part of the calf that allows riders to go. The thigh muscles include the hamstrings and quadriceps. Hamstrings give the knee the ability to bend for the pedals to be pumped. Quadriceps are worked most heavily during cycling and are essential to building to remain strong on the bike.

Next, cycling targets the gluteal muscles, otherwise known as the buttocks. The three muscles in the gluteal group include the gluteus maximus, the glutus medius and the glutus minimus. Together, these three muscles make up the buttocks, but the glutus maximus is the most well-known and prominent. This area is essential while biking, as the three muscles work in unison with the hips in order to rotate the thighs during any motion in the body. Biking generally gives the gluteus a unique tone paired with very strong muscles.

While the legs and glutes are certainly most recognized and noticeable muscles toned during a bicycle ride, additional areas are also targeted. The core musculature, which includes the back and stomach, is also worked during rides. Tight abs enable the rider to pedal stronger and more efficiently, also serving to take pressure off of the lower back muscles. In addition, cycling helps to improve overall balance skills. For instance, biking targets the spinal erectors as well as the hip flexors, key elements in balance.

Finally, cycling also strengthens the upper body. While success in this area of the body is least commonly attributed to cycling, there is something to be said about the effect riding can have on the arms (biceps and triceps) and the shoulders (deltoids). Many cyclists change positions while riding. Whether standing, leaning forward or ducking on trail rides, upper body support is necessary to sustain these movements. These shifts in body movements place pressure on the upper body and help to tone and strengthen the region.

Bill Bone is passionate about cycling as a sport and hobby. He is the title sponsor of the Bill Bone Pro-AM, the Bill Bone 5K, and a number of other cycling events, in addition to sponsoring FBA. He has combined his skills as a personal injury lawyer with the desire to help cyclists get the legal help they deserve in South Florida.

Bike/Walk Indian River County Update by Hugh Aaron, League Cycling Instructor #4671, Director of Safety and Education, Bike Walk Indian River County, Inc.

I am pleased to report that one of Bike/Walk Indian River County’s (BWIRC’s) long running safety improvement projects recently came to fruition. Several years ago, we identified a handful of busy, lower speed roads with no bike facilities that we felt were important components of our bike network. In other words, those roads connected places that people commonly wanted to go. In a perfect world, our solution would be to request that shared use paths (i.e., paved off-road paths) be constructed to allow people to avoid riding on busy roads with no bike facilities. Or, if shared use paths were not realistic, we would typically request that bike lanes be installed. However, at least in the short run, neither shared use paths nor bike lanes are feasible for the roads we identified due to right of way constraints.

We decided to pursue having the County install educational signs. The problem we ran into initially is that the first sign we proposed (“Bikes May Use Full Lane”) is controversial and the County pushed back. We then began working with Ed Barsotti, a bike advocacy expert with the Florida Bicycle Association. Ed turned out to be terrific. To make a long story short, Ed alerted us to the fact that there was a movement afoot to get federal approval for a new bike passing sign. Even better, while we waited for Washington, Ed worked though the Florida DOT and Florida approved a bike passing sign prior to Federal approval.

Once the Florida sign was approved, the County Public Works department immediately constructed and installed the signs. My understanding is that we are the first jurisdiction in the state to install the newly approved signs.

The signs have been installed on:
- Old Dixie between 12th and 16th Streets
- Highland Drive west of Old Dixie
- 6th Ave in the Miracle Mile area

We think these signs will help educate local drivers to the fact that Florida law requires them to give bicycle riders 3 feet when passing. The BWIRC board plans to monitor how the new signs work and at some point (perhaps next year) consider identifying other roads where installation of these signs may be helpful. At that point, we will solicit further community input.

In closing, I would like to thank the following people for their support and assistance with this project:
- Ed Barsotti, Florida Bicycle Association’s Bicycle Infrastructure Assistance Program Director, who served as our technical expert and advisor.
- Jason Brown, IRC’s County Administrator, who made the decision that the County would support the signs.
- James Ennis, IRC’s County Engineer, who had the signs made and installed in record time once FDOT approval came through.
- Brian Freeman and Jim Mann, IRC MPO Staff, who actively supported us through this project.

Editor’s note: This email was received from Hugh Aaron of Bike/Walk Indian River County as a follow up to our BIA program report from the Winter 2021 Messenger, page 3.
FDOT Districts

**District 1**
Cities: Bradenton, Fort Myers, Naples, Sarasota
Counties: Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, Lee, Manatee, Okaloosa, Polk, Sarasota
FDOT Bike/Ped coordinator: Deborah Chesna, 863-519-2562, Bike/Ped Safety Specialist: Mengya (Amy) Ao, 863-519-2510; SUN Trail Coordinator: Deborah Chesna, 863-519-2562
FBA Member Bicycle Clubs: Caloosa Riders Bicycle Club, Highlands Pedalers Bicycle Club, Peace River Riders Bicycle Club, Sanibel Bicycle Club, Sarasota-Manatee Bicycle Club, Gulf Coast Velo, Bonita Bay Bicycle Club, Coastal Cruisers Bicycle Club, Naples Velo, Village Idiots Cycling Club
FBA Member Bicycle Shops: Acme Bicycle Shop, Fort Myers Schwinn Cyclery, Pedelec SQB LLC Electric Bicycles, Road & Trail Bicycles, Bicycles International

**District 2**
Cities: Gainesville, Jacksonville, Lake City, St. Augustine
FDOT Bike/Ped Coordinator: Derek Dixon, 904-360-5653; FDOT Bike/Ped Safety Specialist: Jennifer Graham, 904-360-5636; FDOT SUN Trail Coordinator: Stephen L. Browning, 386-961-7455
FBA Member Bicycle Clubs: Gainesville Cycling Club, North Florida Bicycle Club, Suwannee Bicycle Association

**District 3**
Cities: Destin, Panama City, Pensacola, Tallahassee
Counties: Bay, Calhoun, Escambia, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Okaloosa, Santa Rosa, Wakulla, Walton, Washington
FDOT Bike/Ped Coordinator: Olen Pettis, 850-330-1543; FDOT Bike/Ped Safety Specialist: Michael Lewis (Interim), 850-330-1266; FDOT SUN Trail Coordinator: Olen Pettis, 850-330-1543
FBA Member Bicycle Clubs: Capital City Cyclists, Emerald Coast Cyclists, Bike Pensacola

**District 4**
Cities: Fort Lauderdale, Fort Pierce, Palm Beach, Stuart, Vero Beach
Counties: Broward, Indian River, Martin, Palm Beach, St. Lucie
FBA Member Bicycle Clubs: Boca Raton Bicycle Club, Vero Cycling Club, South Broward Wheels Bicycle Club
FBA Member Bicycle Shops: Orchard Island Bikes and Kayaks, Wheels of Wellington, Pedeco Electric Bikes, Boca Raton

**District 5**
Cities: Cocoa Beach, Daytona Beach, Kissimmee, Melbourne, Ocala, Orlando
Counties: Brevard, Flagler, Lake, Marion, Orange, Osceola, Seminole, Sumter, Volusia
FDOT Bike/Ped Coordinator: Stephanie Moss, 386-943-5734; FDOT Bike/Ped Safety Specialist: Chad Linjenfelter, 386-943-5336; FDOT SUN Trail Coordinator: Stephanie Moss, 386-943-5734
FBA Member Bicycle Clubs: Florida Freewheelers, Sumter Landing Bicycle Club, Spacecoast Freewheelers Bicycle Club, Ocala Mountain Bike Association (OMBA), SORBA Orlando, Seminole Cyclists Cycling Club
FBA Member Bicycle Shops: Village Cycles (2 locations), Orange Cycle, The Ride Xperience, Adrenaline Bike Works

**District 6**
Cities: Key West, Miami
Counties: Miami-Dade, Monroe
FDOT Bike/Ped Coordinator: Tiffany Gehrke, 305-470-5308; FDOT Bike/Ped Safety Specialist: Isis Sotolongo, 305-470-5187; FDOT SUN Trail Coordinator: Tiffany Gehrke, 305-470-5308
FBA Member Bicycle Clubs: Key West Bicycle Association, Everglades Bicycle Club
FBA Member Bicycle Shops: Mack Cycle & Fitness

**District 7**
Cities: Brooksville, Clearwater, Port Richey, St. Petersburg, Tampa
Counties: Citrus, Hernando, Hillsborough, Pasco, Pinellas
FDOT Bike/Ped Coordinator: Alex Henry, 813-975-6405; FDOT Bike/Ped Safety Specialist: Ginger Regalado, 813-975-6970; FDOT SUN Trail Coordinator: Alex Henry, 813-975-6405
FBA Member Bicycle Clubs: Florida Panthers Tandem Club, St. Petersburg Bicycle Club, Suncoast Cycling Club, Swamp Mountain Bike Club
FBA Member Bicycle Shops: Bike Sport, Chainwheel Drive (Clearwater, Palm Harbor), Jim’s Bicycle Shop, City Bike Tampa, E-Mobilize

**FDOT Statewide Bicycle/Pedestrian Coordinator:**
Mary O’Brien, 850-414-4283
www.floridabicycle.org/resources-by-the-f-dot for more FBA member club & shop info.

FBA Member Bicycle Shops: Orchid Island Bikes and Kayaks, Wheels of Wellington, Pedeco Electric Bikes, Boca Raton

HAVE YOU BEEN INJURED WHILE CYCLING?
(I have. That’s why I’ll fight so hard for you.)
Chris Burns is not your typical personal injury attorney. As an avid rider, he combines his experience on the road with his expertise and insight in the courtroom. This unique perspective provides cyclists across Florida with the representation they deserve.
Your race for compensation begins here.

904-632-2424

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March is Florida Bicycle Month

BICYCLE SAFETY TIPS

- Always wear a properly-fitted helmet when you ride.
- Be visible. Position yourself in the lane so others can see you.
- Ride in the same direction of traffic on the street.
- Always use a headlight and taillight at night.
- Obey all traffic signs, signals and lane markings.

MAY IS BIKE MONTH
With so many reasons to ride, what’s yours?

#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

Florida’s Sweetest Spot

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Where Limits Are Leaped Daily.

From rails-to-trails to mountain bike single track, Florida’s Sweetest Spot, Polk County, offers a diverse range of exhilarating options for cyclists to explore. Plan your perfect Florida’s Sweetest Spot biking experience at VisitCentralFlorida.org