Share the Road license plate campaign gets new media relations director

Dave Milliman has joined the Share the Road team in the new position of Media Relations Director. License plate promotions are coordinated by Bike Florida and financed by a portion of Share the Road plate sales revenue.

Dave worked with the Sunshine State Games in the late 1990s to promote the Florida Olympic license plate and participated with Bike Florida staff on numerous events.

Dave comes to Bike Florida from the United States Track Coaches Association (USTCA) where he was assistant to the Director.

One of his many responsibilities at the USTCA was that of Editor in Chief of Track and Field Coaches Review magazine. The magazine was established in 1927 as a technical journal for track and field and was recognized by USA Track and Field Executive Director Craig Machado as one of the best journals in the track and field industry. Dave will bring writing and editorial expertise to the Share the Road effort to raise visibility for the program funded by the specialty plate proceeds with articles in numerous state and national magazines.

Dave will also craft marketing programs and literature to promote the sale of the Share the Road specialty license plate. He will produce both print and electronic media packages and will actively publicize the impact of the Share the Road effort on bicycling and motorist safety across Florida.

From time to time he will be looking for leads on articles and photographs relating to STF efforts, unique specialty tag stories, microgrant success stories and the like. He can be reached at 352-337-1475. His office is in Gainesville, Florida (1330 NW 6th Street, Suite D, Gainesville, Fl. 32601). His Internet address is dmillim@bath.net.

Please also feel free to reach him through the Bike Florida office at 352-500-8005.

In August FBA added an official Web log to its stable of communication choices. You can reach the ‘blog at http://flabicycle.blogspot.com

Initially, the association intends to use the vehicle for informal discussion and comment on bicycling-related issues. But by multiplying our voice, we can convince Sen. Martinez to do the right thing in the future.

Please act now by visiting the Florida Track and Field Coaches Review "What Can You Do?" page at www.flabicycle.org.
Florida Bicycle Association Messenger

Advocating a bicycle-friendly Florida
P.O. Box 718, Waldo, FL 32694

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P.O. Box 718
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Board of Directors

zc

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West Palm Beach, FL 33409
Phone: 561-833-8873
E-mail: westpalm@FloridaBicycle.org

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

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

Remembering Those We Have Lost

Dr. John R. Whitaker
Spring Messenger - March 15, 2008

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

Individuals: $25
Family: $35
Student/Younger only: $15
Bicycle Club: $100
Corporate: $500

Higher donations are greatly appreciated. Use the application form on the last page. Suggested contributions (tax deductable):
Bicycle Club $100
Student/living lightly $15

Thank you to our donors:
Dr. Joe Warren 2007
FBA Newsletter

Florida Bicycle Association Messenger

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or join online at FloridaBicycle.

Visit FBA's Website

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

Message Board

Forums:
1. Florida Bicycle Association's FBANews
2. Florida Bicycle Advocacy
3. Paceline Leaders
4. Titanium Partners
5. Gold Gears
6. Silver Spokes
7. Bronze Pedals

Use the application form on the last page. Suggested contributions (tax deductible):
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Thanks to Our Donors!

Members:

Welcome New and Returning Members!

Please see page 4
I named my new truck, Lakshmi, for the Hindu godess of good fortune. My new truck, however, does not have a home, an extended cab, or even four wheels—it’s my new bike. Or as the folks at Xtracycle call it—a sport utility bicycle, an SUB.

My tiny, 4-year-old Diamondback Ajax, a mountain bike I’ll convert to a city bike, was stolen early May. (“Happy Bike Month!” I hear the thief chuckling), and I’ll soon be thinking about the Xtracycle concept for some time about converting the Diamondback. The thief inspired me to act; I bought a front wheel from my local bike shop, and the conversion kit from Xtracycle.com to make it into an SUB.

For someone new to transportation cycling, the Xtracycle might be seen as a revelation. You’ll be able to carry things you can’t normally carry on a regular bike, but can only pull the front end back and over your head. I can normally pull my front end all the way back and over my head, but some other factors make it much easier to load stuff.

The vehicle is a quarter inch to spare. The FreeRadical frame extension will not fit, and replace more car trips than previously possible. For me it was more evolutionary than revolutionary, but that’s still a very good thing. To see the possibilities go to www.xtracycle.com/gallery.

The integral “FreeLoader” bags are open-topped and not waterproof, but adjustable in your own waterproof bags, or make your own using old plastic bottles or water jugs. “Footsies” are footrests for passengers, “Footsies” are footrests for passengers, and “WideLoaders” plug into the sides to enable you to carry (you guessed it) wider loads. “LongLoaders” work longer frames (shovels, uprights, etc.) or as they don’t interfere with your pedals. “Forestick” are footrests for passengers. The “Footbag” is a sack that allows you to carry another bike.

The (Minor) Downsides

You can carry an adult passenger with an Xtracycle, you can carry an adult passenger with an Xtracycle at 200 pounds. You can also carry larger loads with greater stability. When I loaded some 8-foot 1x4s on the Xtracycle, I overloaded it slightly. It took one hand off the bar. Without the extra linkage of the trailer attachment such problems are much less likely on the Xtracycle. You can carry an adult passenger with an Xtracycle (see load limits), at a couple of kids.

With a trailer you have to think ahead about hauling loads. You wouldn’t have an empty trailer around just in case you needed it. The Xtracycle’s impact on riding when not hauling is minimal, and even has some other benefits, such as a much smoother ride on rough roads, easier load made at road speeds, and just plain comfort. The Xtracycle system is also modular, adapting to your needs. “Footsies” are footrests for passengers, “Footsies” are footrests for passengers, and “Footsies” are footrests for passengers, but don’t interfere with your pedals. “Footsies” are footrests for passengers, and “Footsies” are footrests for passengers, and “Footsies” are footrests for passengers.

When I hauled some 8-foot 1x4s on the Xtracycle, I overloaded it slightly. It took one hand off the bar. Without the extra linkage of the trailer attachment such problems are much less likely on the Xtracycle. You can carry an adult passenger with an Xtracycle (see load limits), at a couple of kids.

With longer loads with greater stability.

The folks at Clever Cycles in Portland, Oregon imagined that carrying loads up and down hills could discourage even some strong riders, so they came up with an electric motor designed specifically for the Xtracycle called the “Stokemoner” http://clevercycles.com/stokemoner. With such horsepower and capacity, picking up your friend and his luggage at the airport may no longer be a chore.

A New Niche

A couple of smaller bike companies have taken the Xtracycle concept a step further by making entire bikes based on this configuration. Check out Salsa’s new Big Dummy (www.salsacycles.com/bigdummy.php) and the Mundo by Yuba (www.yubaride.com).
FBA 10-year Members (continued)

5-9 years with FBA

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CLUBS

Seramore-Menashe Bicycle Club
Panama City Flyers Cycling Club
Florida Freewheelers
Capital City Cyclists
Emerald Coast Cyclists
Gainstine Cycling Club
North Florida Bicycle Club
Tampa Bay Freewheelers
Sarasota Bicycle Association
St. Petersburg Bicycle Club
Spacecoast Freewheelers Bicycle Club
Boea Rean Bicycle Club

Sanibel Bicycle Club
Sanford Cycling Club
South Brevard Wheelers

SHOPS

Orange Cycle Works, Inc.
Chainwheel Drive
Champion Cycling & Fitness
Jrre Bicycle Shop
Out Spoke’N Bike Shops, Inc.
Sun Cycle Centers
West Orange Trail Bikes
Santos Trailhead Bicycle Shop

Welcome New and Returning Members (continued from page 2)

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Margarat Becher
Jen Brenner
Bryan Dyer
John Apple
Lori Smith
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Ricardo Braker
Patrick McCrory
Michael Ramen
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Florida Bicycle Association Messenger
Executive Director’s report...

Board’s plan for future depends on members

Laura Hallam

As FBA’s 10th anniversary comes to a close, our association has much for which to be thankful. We’ve come a long way over the past 10 years and are very excited about what lies ahead.

Your Board of Directors has dedicated a great deal of time, energy and enthusiasm to developing a strategic plan for the future. This plan was presented at our annual meeting and awards presentation held in conjunction with the Third Annual Pro Bike- Pro Walk Florida Conference August 28 in Orlando.

Here is a snapshot of the plan:

Vision: We envision a state where people of all ages enjoy bicycling as an enjoyable, practical and safe activity and transportation option, and where streets and motor vehicles respect and appreciate bicyclists who use our roadways.

Mission: To inspire and support people and communities to enjoy greater freedom and well-being through bicycling.

Goals:
1. To be a powerful, influential organization that provides and advances the interests of bicyclists
2. To advance bicycling, pedestrianism and awareness about safely sharing roadways and paths
3. To be a voice for the needs of bicyclists
4. To encourage the creation of greater on- and off-road facilities for bicyclists
5. To provide a statewide communications network for bicyclists
6. To encourage more people to bicycle more often.

Our business vision is to grow the membership to 5,000 members by April 2010. Ours is a business vision because our commitment to bicyclists and more time sensitive information to keep members informed.

Annual awards continued from page 1

Our new blog is innovative and fresh. The FBA NEWS e-newsletter will include graphics and more timely sensitive information to keep members informed.

FBA also launched two additional campaigns:

1. The first targets local bicycle club members. Members are eligible for a one-year membership to FBA for only $10.00. On the anniversary date, we hope they will renew at the $25, $35 or higher membership levels.
2. It is estimated that over 20,000 bicyclists are members of a local club. FBA needs their membership too.

The second campaign, championed by FBA board member John Sinsabathy, offers FREE two-year memberships to patrons of selected bike shops in the Tampa Bay area. The program is being piloted at three shops, but can easily be expanded.

The concept is the same as the bike club memberships when it’s time to renew.

To be successful, FBA must prove how valuable bicycle advocacy membership is so the next generation of bicyclists will have it on their minds when they begin their riding journey.

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To encourage more people to bicycle more often.

Annual awards continued from page 1

and the benefits of bike commuting and recreation, will continue for a lifetime.

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and the benefits of bike commuting and recreation, will continue for a lifetime.

To inspire and support people and communities to enjoy greater freedom and well-being through bicycling.

Grants:
1. To be a powerful, influential organization that provides and advances the interests of bicyclists
2. To advance bicycling, pedestrianism and awareness about safely sharing roadways and paths
3. To be a voice for the needs of bicyclists
4. To encourage the creation of greater on- and off-road facilities for bicyclists
5. To provide a statewide communications network for bicyclists
6. To encourage more people to bicycle more often.

Our business vision is to grow the membership to 5,000 members by April 2010. Ours is a business vision because our commitment to bicyclists and more time sensitive information to keep members informed.

To encourage more people to bicycle more often.
Health Matters...An informative series of tips and products for helping you stay healthy:  
Heart Disease Liquidator

by Marilyn T. Brady, RN

(10 points) has a similar reduction for the better. Data from the Framingham Heart Study helped confirm that HDL was protective. Data continues to show that the common type, ischemic stroke, carries many risk factors with heart attack. High HDL levels reduce the risk of stroke; in several studies, HDL is a much better predictor of risk than LDL cholesterol, particularly in people older than 55.

Gender Differences

Women benefit from cholesterol lowering activities as much as men do. Beyond age 45, a greater percentage of women have higher cholesterol levels than men, and heart disease has emerged as the leading cause of death among women. It has also been shown that HDL levels tend to drop in women who have just given birth, and that this reduction can continue for as long as 30 years. However, women are far less likely to seek or receive treatment for high cholesterol. In addition, studies have suggested that high HDL levels are not a significant risk factor for women as far into

Bed, Breakfast & Bike Florida

day V. Lally, Jr.

This informative guide describes several dozen wonderful tips for B&Bs, with at least two tips originating from each inn or nearby. Accommodations are described down to the smallest nuances: rivers are illustrated by hand-drawn maps and detailed cutaway sheets. Bed, Breakfast & Bike Florida features one circular route and four interconnecting cross-Florida routes covering areas from Panama City in the panhandle to Key West in the southeastern part of the state.

“Touring 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 1997. 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 1997.
Letters to FBA (and, in this case, to and from others)

Bring back the Fla. Bicycle & Pedestrian Citizen Advisory Board

Dear Governor Crist,

In 2005, the last year with nationally comparable statistics, the state of Florida led the country in bicycle and pedestrian deaths per capita. It has been at or near the top for pedestrian and cycling deaths and injuries for decades. As a new and visionary leader in our state you have the opportunity to save the lives of Floridians, improve their health and lessen the environmental impacts of the automobile by getting us off this honor roll of shame. Florida should be striving for pedestrian and cycling deaths and injuries to shut off expert citizen input on how to improve conditions for those most basic means of transportation...

...During its most recent and short-lived incarnation the BPAC...served as a symbol of Florida's commitment to training with its most visionary citizens to create an improved environment for walking and cycling...[The board] gave many of us hope that where sincere deliberations were nurtured, effective action would follow.

Now, cyclists and pedestrians have one less cause for hope...Please help us to feel that where sincere deliberations were nurtured, effective action would follow.

The BPAC has not been the only group providing direction to the Department on pedestrian and bicycle issues. One of the significant efforts of the Safety Office...was the recent development of the Strategic Highway Safety Plan which reflects the input and strategies of numerous safety minded individuals, organizations, and agencies. One of the critical “Emphasis Areas” identified in the SHSP is Vulnerable Users (pedestrians, bicyclists, and motorcyclists). Another group, in the Housing Team for the committees by Bicycle Program and Study...[conducted] with the assistance of the State Bicycle Pedestrian Coordinator, metropolitan planning organizations, the Office of Greenways and Trails, and the Department of Education...

The Department remains dedicated to its longstanding and ongoing commitment to pedestrian and bicycle safety; periodic evaluations will be made short term needs to fulfill or fulfill other needs to fulfill or consider other changes to the Department's Bicycle and pedestrian initiatives...

— Marianne A. Trussell

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 FBA in your will or as a beneficiary of a life insurance policy, or consider other gifts that may also provide for FBA in your will or estate. You can provide assets for a bicycle-friendly future through proper estate planning. Instructions for making gifts of securities are now online. Go to the FBA Web site, www.florida-bicycle.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 for FBA in your will or estate. You can provide assets for a bicycle-friendly future through proper estate planning. Instructions for making gifts of securities are now online. Go to the FBA Web site, www.florida-bicycle.org, for more details.

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Road Club: St. Petersburg Bicycle Club
Tim Butts, President, also present past President Wendy Menne & Vice President Pat Ruta

The St. Petersburg Bicycle Club, the oldest bicycle club in the state of Florida, is a social and recreational club that exists to promote safe, satisfying bicycling opportunities to both club members and the general public, of all ages and skill levels, through planned activities and events. Their main event, the Share the Road Ride, was created to bring awareness that bicycles share the road with other vehicles. The ride is of varying distances of miles through St. Petersburg and Pinellas County. The net proceeds have been donated to FBA since the inception of this event in 2003. The club has taken a strong stand on bicycle safety education and advocacy by empowering their members to follow the rules of the road and trails, and to get involved in their community to make things happen at the local level. Their “Share the Road” mantra is visible in all they do.

Off-road Advocate: William Klausmeyer
Ocala Mountain Bike Assoc. & Airborne

Bill started mountain biking after he moved to Florida in the 1980s. He still refers to mountain biking as “hiking at speed,” but in those days the speed on the sandy fire-trails in a heavy steel framed bike wasn’t any faster than walking around his home in Port St. Lucie. In talking with his running buddy he discovered Jonathan Dickinson Park had a “real” mountain bike trail under construction. He quickly volunteered his services to the group that was cutting the trail and has been non-stop ever since. His next trail project was the St. Lucie Trail. Over the years he helped organize a group to help save the trail due to land ownership and conservation assessment issues. Bill helped to create the Airborne Mountain Bike Club and took on the role of South Florida’s IMBA International Mountain Bike Association representative, one of two positions in the state. Bill’s dedication to mountain bike access spread into Martin County. Bill has logged over a thousand hours of trail care, sat through countless meetings with land managers, spent untold hours developing and maintaining several club websites and has managed to create a working relationship with two municipalities, and helped many new clubs get on their feet and offered suggestions to development clubs and trail systems.

Educator/Regional Trainer: Lyndy Moore
Lyndy Moore, League Cycling Instructor (LCI) and new employee of the Orlando Police Department, has been a leader in bicycle safety education for many years. Even before acquiring her LCI credentials in 2001, Lyndy was teaching children and adults bicycle safety education, advocacy, bike mechanics and the benefits of the color purple (her favorite). One of Lyndy’s greatest assets is her ability to keep the attention of her audience through humor and personality. Her knowledge and experience with all types of groups translates to successful trainings. In addition to teaching bicycle safety education for many years.

Florida Bicycle Association Messenger

Annual awards continued from page 5
Bay bike festival held November 4, 2006 in
build safer roads for bicyclists. The coali-
tion's goal is to grow bicycling together so
clists' rights. By joining forces, the coali-
tion called the South West Florida Bicycle
United Dealers (SWFBUD) to fight for bicy-
clists in the Greater Tampa Bay area
Tampa. Now he represents a coalition of
marketing director for two bicycle shops in
news business in July 2006 to work as the
papers for 25 years, Alan left the full-time
writing newspaper stories for metro
safety education, includ-
ing FBA’s Alternative
Education program.
Lyndy has extensive
experience whilst event
planning as a volunteer,
director and consultant
to various bike rides. She
has been the director and assistant director for Bike Florida and the Beef Rolex and Summit; committee member for the Florida Bicycle Safari, Tour de Casa, Hillsborough-Pedal and Mtn Dew Bicycle
Festival and helps training contests with
routes and courses to cycle throughout
Florida. This leadership and drive in organiza-
ing the Florida Discovery Bicycling Center
program was huge. She also initiated the
first Rolling Road I workshop during Bike
Florida. This concept has been duplicated in
other events since Lyndy’s vision in making
cycling safety education fun. As former pro-
gram director for FBA, she organized the
2005, 2006 and 2007 Pro Bike50/50 Walk
Florida conference until she stepped down in
June to accept a position with the Orlando
Police Department. Lyndy lives in East
Orange County with her husband Don.
Programs: Alan Said, Bicycle Bash
by the Bay
South West Florida Bicycle United Dealers
After writing newspaper stories for metro
papers for 25 years, Alan left the full-time
careers business in July 2006 to work as the
marketing director for two bicycle shops in
Tampa. Now he represents a coalition of bike shops in the Greater Tampa Bay area
called the South West Florida Bicycle
United Dealers (SWFBUD) to fight for bicy-
clists rights. By joining forces, the coalitio-
s goal is to grow bicycling together so
all can benefit while also training on public
officials and transportation officials to strip
more bike lanes, clean up the roads and
build safer roads for bicyclists. The coali-
tion’s first event was the Bicycle Bash by the
Bay bike festival held November 4, 2006 in
St. Petersburg. It was a fun day of celebra-
ting bicycling in the Tampa Bay area. Alan
said he has worked so today because he bikes
more than 10,000 miles a year having twice
biked solo across the country while writing
tavel stories about his travels. Alan believes
in one unifying assumption – the world would
be a better place if more people lived more
of their lives on a bike.
Enforcement Office: Officer Bill Edgar
Orlando Police Department
Officer Edgar joined the Orlando Police Department in 1991 and
was assigned to a patrol unit. In 1993, he was reassigned to a
new “neighborhood bike unit” transferred to the downtown bike
pallet a year later and ultimately was transferred to the department
training unit in 1995 where he still resides. Bill became a Late
Enforcement Bicycle Association (LEBA) instructor in 1995 after
assisting for two years. His accomplishments include being
named LEBA Trainer of the Year and has trained law enforcement personnel at 40+
agencies including training assignments in Puerto Rico, Canada and Hawaii. He
has participated in the Law Enforcement Bike Olympics for six years winning silver and gold medals.
Bill became a League Cycling Instructor (LCI) in 2006 so he also has credentials to
teach civilians. For the past three years, Bill has served as ride director for the Central
Florida Tour de Cure bike event to benefit the American Diabetes Association. His
career has doubled participation every year. His position as
Enforcement Officer for the Orlando Police Department in 1991 and
was assigned to a patrol unit. In 1993, he was
reassigned to a new “neighborhood bike
unit” transferred to the downtown bike
pallet a year later and ultimately was transferred to the
department training unit in 1995 where he
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Enforcement Bicycle Association (LEBA)
instructor in 1995 after assisting for two
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Puerto Rico, Canada and Hawaii. He has
participated in the Law Enforcement Bike
Olympics for six years winning silver and gold medals. Bill
became a League Cycling Instructor (LCI) in 2006 so he also has credentials to
 teach civilians. For the past three years, Bill has served as ride
director for the Central Florida Tour de Cure bike event to benefit the American Diabetes
Association. His efforts have doubled participation every year. On and off the bike, Officer Edgar has been successful in promoting bicycling and bicy-
safety education.
Supporting Agency: Jena Brooks and Jim
Wood Office of Greenways & Trails
The Department of Environmental Protection Office of Greenways & Trails has been instru-
mental in the promotion of bicycling via events like Bike Florida and the Florida
Discovery Bicycle Center pro-
gram, and the Pro Bike50/50 Walk Florida
Continues. Their quarterly Office of
Greenways & Trails Connections newsletter
often features articles about FBA member
bicycle clubs and organizations that further
promote the use of paved and off-road trails. In 2005, ODOT partnered with FBA and sever-
al other organizations including VISIT
FLORIDA, Ride to Treats Conservation,
Florida Bicycle Park Service, Florida
DOF, Florida Fish & Wildlife Conservation
Commission and the Division of Forestry to
produce the Florida Bicycle Trails guide to
Florida’s top paved and off-road trails. A hik-
ing and paddling brochure here since books
produced as well. Further collaborations
were achieved often FBA Board member
Linda Crider was appointed by the Governor
on the Florida Greenways and Trails
Council.
Bicycle Professional: Michael Woods
Lake-Fairfax County MPO
Mike Woods has a unique and challenging job since his position as
Transportation Coordinator covers two counties and 17 munici-
palities in North Central Florida. Lake County
has always been a haven for bicyclists and trails, but due to
development needs, few trails county roads are becoming few and far between. Thanks
to a very active MPO Bicycle/Pedestrian Advisory Committee, Mike’s job is made
a little easier by the commitment of local and state府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府府
very aggressive in promoting House Bill (HB) 7079—passing a bicycle at a safe distance legislation that became Florida Statute 376.085. Overcoming and passing a vehicle. Mike produced several HB 8978 petitions to promote the new law at special events, including the Mount Dora Bicycle Festival. A press conference was held in conjunction with the festival to promote the bill. Mike has also been very involved with the Florida Discovery Cycling Center program since he and his wife Lynx live in Lake Helen. Every year hundreds of children or colunets round over a complete at the World’s Fairest games. Mike also graduated from the required Read on tours that was a prerequisite for all FBCD tour guides/leaders.

Citizen Bike Advocate: Jim Glanz

Jim epitomizes the fami-
ly and community spirit of cycling. He works full time and gives
untold hours to support youth
racing. Daughters Megan (7th grade) and Tiffany (6th) have
caught the cycling bug and you can find Jim and Megan at events
throughout the state. His encouragement has instilled other youth cyclists to stay active and according to daughter Tiffany, “our Dad helps other kids in the ride
because they will listen to him and not their parents.” Jim volunteers as the Deltona representative to the Volusia County’s MPO Bicycle/Pedestrian Advisory Committee. He is also organizing “Ride with the Mayor” of Deltona in September. Jim—“Dear old Dad,” as Tiffany referred to him in the article—is the bike/ped action
committee Deltona representative on Volusia County’s MPO. Jim heard that some who attended a recent Deltona workshop thought too much emphasis is
put on trails and not enough on youth
programs. Jim disagrees and has evidence to the contrary. Local communities are monitoring self
supported youth on racing teams and providing development opportunities for their first bicycles. They are sponsoring awareness according to Jim, that all will trend in the next generation of trail users. “When you think of youth, think of trails; they go hand in hand.” Jim is currently working in city commissions. He is doing
what he can to shed some light on making
cycling  into a positive activity for youth.

A Citizen Bike Advocate: Bob Dioguardi

JIM GLANZ BELIEVES opportunities are plenty for getting youth involved in cycling. You may remember Jim from a youth pro-
file in of of daughter Megan, the girl with an attitude in the Winter 2007 Vol. 10, No.1 FBA Messenger.
Megan, 13, and sister Tiffany, 18, are building
races on area junior racing teams. Jim—“Dear old Dad,” as Tiffany referred to him in the article—is the blue-ribbon action committee Deltona representative on Volusia County’s MPO. Jim heard that some who attended a recent Deltona workshop thought too much emphasis is
put on trails and not enough on youth
programs. Jim disagrees and has evidence to the contrary. Local communities are monitoring self
supported youth on racing teams and provide,
development opportunities for their first bicycles. They are sponsoring awareness according to Jim, that all will trend in the next generation of trail users. “When you think of youth, think of trails; they go hand in hand.” Jim is currently working in city commissions. He is doing
what he can to shed some light on making
cycling  into a positive activity for youth.

Citizen Bike Advocate: Bob Dioguardi

Bob Dioguardi is the Bike Advocate in Lake Wales and throughout Polk County. He also
volunteers as the bike safety coordinator for the Orange County Health Department. For more information on Get Active Orlando, please visit www.getactiveorlando.com.
<table>
<thead>
<tr>
<th>AGENCY/Functional Responsibility</th>
<th>NAME</th>
<th>TELEPHONE</th>
<th>E-MAIL</th>
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<tbody>
<tr>
<td>FDOT CO Transit Planning</td>
<td>Amy Datz</td>
<td>850.414.4239</td>
<td><a href="mailto:amy.datz@dot.state.fl.us">amy.datz@dot.state.fl.us</a></td>
</tr>
<tr>
<td>FDOT CO Roadway Design</td>
<td>Vacant</td>
<td></td>
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</tr>
<tr>
<td>Florida Tech Transfer (T2)</td>
<td>Janet Oglesby, Dest Homes</td>
<td>904.335.4176</td>
<td><a href="mailto:desthomes@co.duval.fl.us">desthomes@co.duval.fl.us</a></td>
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<tr>
<td>FDOT CO Policy Planning</td>
<td>Melanie Weaver Carr</td>
<td>850.414.4817</td>
<td><a href="mailto:melanie.carr@dot.state.fl.us">melanie.carr@dot.state.fl.us</a></td>
</tr>
<tr>
<td>FDOT CO Policy Planning</td>
<td>David Blodgett</td>
<td>850.414.4815</td>
<td><a href="mailto:dave.blodgett@dot.state.fl.us">dave.blodgett@dot.state.fl.us</a></td>
</tr>
<tr>
<td>FDEP Ofc of Greenways &amp; Trails</td>
<td>Jim Wood</td>
<td>850.245.2052</td>
<td><a href="mailto:jim.m.wood@dep.state.fl.us">jim.m.wood@dep.state.fl.us</a></td>
</tr>
<tr>
<td>Program Coordinator under FDOT contract</td>
<td>Leticia De La Cruz</td>
<td>850.335.2584</td>
<td><a href="mailto:ldeacruz@co.duval.fl.us">ldeacruz@co.duval.fl.us</a></td>
</tr>
<tr>
<td>FDOT CO Public Affairs</td>
<td>Patricia Wind Here</td>
<td>850.414.4814</td>
<td><a href="mailto:pwindhere@dot.state.fl.us">pwindhere@dot.state.fl.us</a></td>
</tr>
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</table>

**Selected State-wide Contacts**

Here’s whom to call about your bicycle/pedestrian/transportation concerns.

<table>
<thead>
<tr>
<th>District 1</th>
<th>State SRTS Coordinator</th>
<th>Pat Pieratte</th>
<th>850.245.1529</th>
<th><a href="mailto:pat.pieratte@dot.state.fl.us">pat.pieratte@dot.state.fl.us</a></th>
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</thead>
<tbody>
<tr>
<td>District 2</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Dennis Scott</td>
<td>850.395.1127</td>
<td><a href="mailto:dennis.scott@dot.state.fl.us">dennis.scott@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 3</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Randy Westen</td>
<td>850.385.2047</td>
<td><a href="mailto:randy.westro@dot.state.fl.us">randy.westro@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 4</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Mary Anne Rose</td>
<td>850.415.0647</td>
<td><a href="mailto:maryanne.rose@dot.state.fl.us">maryanne.rose@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 5</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Larry Hymowitz</td>
<td>954.777.4663</td>
<td><a href="mailto:larryhymowitz@dot.state.fl.us">larryhymowitz@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 6</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Ken Jeffries</td>
<td>305.470.6736</td>
<td><a href="mailto:ken.jeffries@dot.state.fl.us">ken.jeffries@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 7</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Michelle Greene</td>
<td>877.976.6411</td>
<td><a href="mailto:michelle.greene@state.fl.us">michelle.greene@state.fl.us</a></td>
</tr>
<tr>
<td>District 8</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Malisa McCreedy</td>
<td>407.246.3347</td>
<td><a href="mailto:malisa.mccreedy@cityoforlando.net">malisa.mccreedy@cityoforlando.net</a></td>
</tr>
<tr>
<td>District 9</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Daphne Spanos</td>
<td>954.777.4483</td>
<td><a href="mailto:daphne.spanos@dot.state.fl.us">daphne.spanos@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 10</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Sarita Taylor</td>
<td>863.513.2216</td>
<td><a href="mailto:sarita.taylor@dot.state.fl.us">sarita.taylor@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 11</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Jeanette Rouse</td>
<td>813.975.6256</td>
<td><a href="mailto:jeanette.rouse@dot.state.fl.us">jeanette.rouse@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 12</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Gary Amig</td>
<td>863.513.2216</td>
<td><a href="mailto:gary.amig@dot.state.fl.us">gary.amig@dot.state.fl.us</a></td>
</tr>
<tr>
<td>District 13</td>
<td>State Ped &amp; Bicycle Coordinator</td>
<td>Gary Amig</td>
<td>863.513.2216</td>
<td><a href="mailto:gary.amig@dot.state.fl.us">gary.amig@dot.state.fl.us</a></td>
</tr>
</tbody>
</table>

Other contacts:
- Rails-to-Trails Florida Office: 305.470.6736
- Rail-to-Trails Florida Office: 850.395.2047
- Rail-to-Trails Florida Office: 850.414.4239
Florida Bicycle Association Messenger

Annual awards (continued from page 10)

Volunteer: Murray Hand

Murray has not always been a bicyclist. His brother encouraged him to try mountain biking in the early 80’s as a way to deal with his grief over losing his father. Murray’s passion for mountain biking grew and was contagious to his friends and family. Murray’s wife, Susan, often rode her husband as the “pied piper of mountain biking,” and emphasized it is the foundation that has extraordinarily influenced awareness and presence of mountain biking in their community of Malabar (Brevard County). As chairperson for the Brevard MPO Bicycle/Pedestrian Trails Advisory Committee and a chair of the Brevard County Environmentally Endangered Lands Program Recreation and Education Advisory Committee, Murray has acquired a vast knowledge of all the trails and paths in their community that can be enjoyed and preserved for ourselves and future generations.

Volunteer: Fred Tessier

Fred has worked closely with the Florida Discovery Bicycling Center program in Lake Helen. He came onboard in the early stages of the program and remained a key player with his practical organizational skills. Fred kept the meetings on track, provided the financial details needed to keep us accurate and kept everyone accountable to their particular responsibilities. Fred also checked the FDBC mailbox daily, reported any new mail, and provided support for the 5th Annual John Sinibaldi Share the Road ride. They are cooperating three active clubs, the St. Petersburg Bicycle Club, The Tampa Bay Bicycling Community, and Martin County, in the development of the Florida Discovery Trail. Fred has worked tirelessly with the Florida Bicycle Association Messenger, keeping the newsmagazine running smoothly.

Lake Wales City Commission meeting the week following the conference.)

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Upcoming Bicycle Touring Events in Florida

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

See complete calendar, including many out-of-state rides we don't have room to print here, and all the hype we edited out at www.swampclub.org/alafiaftf.htm

November

11-13 Kentucky Century Bike Ride Sponsored by the Kentucky Bicycle League. Great routes and quality support. Includes rider’s dinner, post-ride dinner and social. Location: Lexington, KY. For more information, contact David Pridemore, dpriadm@lexington.com or (859) 257-2637. Active.com Online Registration.

11-15 Fort Charles Century Bike Ride
Sponsored by the Coastal Century Bicycle Club. Popular annual event features a unique eight-segment ride format. Includes 50, 100, 150 mile options and a super-popular 200 mile option. AID support and well-stocked rest stops provide refreshments, encouragement, rehydration and entertainment. Mass start at 7 a.m., South Beach Clambake. 7 a.m. registration and post-ride social at Russell’s on the Beach after the ride from Russell’s on the Beach. 386-745-1510. Email: info@hellweek.com. Active.com Online Registration.

11-17 Secret Santa Open House & Cycling Extravaganza
Biking tradition. Catered event. Biking friends, families and Doom. Location: Ocala, FL. For more information, contact Bubba Barron, P O Box 515, Okeechobee, FL 34974-0515. BikerBubba@aol.com. Email: tamabay@ridewithoutlimits.org. (888)547-3239 x813.

11-20 Secret Santa Open House & Cycling Extravaganza
Biking tradition. Catered event. Biking friends, families and Doom. Location: Ocala, FL. For more information, contact Bubba Barron, P O Box 515, Okeechobee, FL 34974-0515. BikerBubba@aol.com. Email: tamabay@ridewithoutlimits.org. (888)547-3239 x813.

11-25 Florida Century Bike Ride Sponsored by the Florida Bicycle League. Popular annual event features a unique eight-segment ride format. Includes 50, 100, 150 mile options and a super-popular 200 mile option. AID support and well-stocked rest stops provide refreshments, encouragement, rehydration and entertainment. Mass start at 7 a.m., South Beach Clambake. 7 a.m. registration and post-ride social at Russell’s on the Beach after the ride from Russell’s on the Beach. 386-745-1510. Email: info@hellweek.com. Active.com Online Registration.

December

1-18 Florida's Big Social Bike Ride Sponsored by the Florida Bicycle League. Popular annual event features a unique eight-segment ride format. Includes 50, 100, 150 mile options and a super-popular 200 mile option. AID support and well-stocked rest stops provide refreshments, encouragement, rehydration and entertainment. Mass start at 7 a.m., South Beach Clambake. 7 a.m. registration and post-ride social at Russell’s on the Beach after the ride from Russell’s on the Beach. 386-745-1510. Email: info@hellweek.com. Active.com Online Registration.

Other Touring Calendars

National Bicycle Tour Directories Association
http://www.nbtoda.org

National Multiple Sclerosis Society - MS 150
http://www.nationalmsociety.org

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

The Good Cyclist – chili-ridweside
www.goodcyclist.org

Florida Discovery Bicycling Camp
http://bicyclegeorgia.com/gac.html

December 1-3 Florida's Big Social Bike Ride Sponsored by the Florida Bicycle League. Popular annual event features a unique eight-segment ride format. Includes 50, 100, 150 mile options and a super-popular 200 mile option. AID support and well-stocked rest stops provide refreshments, encouragement, rehydration and entertainment. Mass start at 7 a.m., South Beach Clambake. 7 a.m. registration and post-ride social at Russell’s on the Beach after the ride from Russell’s on the Beach. 386-745-1510. Email: info@hellweek.com. Active.com Online Registration.
Transportation can lead in emissions reduction and conservation

by Ken Bryan, Florida Director, Bikes-Off-Roads Consensus

I have a dear friend in South Florida whom I’ve always described as the most anti walking and bicycling demographic imaginable.

He drives a large SUV going everywhere and says that he can’t afford to bike as he has no children to take their bikes beyond the walls of his private community. For years he has hounded me to join him on one of his noisy cycling adventures throughout the county and world, but to no avail, as the noise and smell of his large vehicle would scare my friend Seth off his bike from the start.

However, the most amazing breakthrough has occurred during the last few years. I still can recall Seth living next door to his friend’s daughter now he has riding his bike with her and they have a school that is located well outside his neighborhood.

I spoke with him on the phone as he was getting ready to take his home to visit his daughter for school from school and he mentioned it was about to rain.

"Why don’t you just drive to school and put her bike into the back of your vehicle?" I asked.

He responded with the eternal, "Are you kidding me?" He replied, "Maxine couldn’t drive if she couldn’t make the 5pm early dismissal on her second day of school.

Seth, my never-right-moving, single-speed, SUV-driving friend was reduced to riding his bike home because he didn’t want to be left to his young daughter driving.

Children have a way of influencing their parents with a little more than a smile and a clean room, and as a result, my friend is now in the process of buying a bike.

Seth said he has this notion of bike to only ride the stationary bikes. Now he has lost the ability to ride his bike off his own home and has tremendously become one less car on our roadways and produce one less person on the roads.

About half of our rides map made annually are within biking distance of a destination, even my friend has adapted to it and now rides his bike to his grocery store and even Starbucks.

The large scale realization of climate change and the strong new leadership of such departments as the Florida Department of Transportation and Florida Department of Environmental Protection, together with a growing number of people understanding the need for transportation options, place Florida on the verge of an exciting movement towards a healthier, safer transportation mode by improving interconnectivity of roadways, transits and bicycling facilities.

The continued expansion of participation in FTPBSEP by educators is crucial to the future of the Florida Traffic and Bicycle Safety Education Program honors trainers.

Paul Casazza

For excellence, dedication, and innovation in teaching bicycle and pedestrian safety in Florida residents.

The Florida Traffic and Bicycle Safety Education Program recognized Walter Nygard at the program’s 2007 Regional Trainer of the Year for his dedication to educating educators on safe cycling practices.

Walt has implemented bicycle safety programs in 17 counties throughout his county and has also been responsible for the maintenance of all equipment.

It is due to dedicated individuals like Walt that our safety education program is able to continue the mission of protecting Florida’s children as they walk and ride bikes.

Community Service of the Year Award for Bicycle and Pedestrian Safety Education, 2007:

Paul Casazza

For excellence in community bicycle and pedestrian safety education.

The Florida Traffic and Bicycle Safety Education Program recognized Paul Casazza for excellence in community education by presenting him with the 2007 Community Service of the Year Award.

Paul Casazza

Pedestrian Safety Education.*

In 2007 alone, Paul trained 32 individuals; however, what stands out in his year’s achievement is that over half of those individuals were Road 1 or Road 2 certified.

The level of certification is a step that better prepares FTPBSEP Regional Trainers.

The continued expansion of participation in FTPBSEP by educators is crucial to the growth of the program as well as other bicycle and pedestrian safety programs throughout the nation.

Part’s continued efforts to increase the effectiveness and reach of the program is that of a true leader.
In a 22.5 year career, I’ve only taken one sick day.

I’m in Los Angeles. (Though I did find a lot of biking, it’s LA. It has at least 21 “sen-
tor” streets.)

After completing the world’s most exten-
sive network of running, L.A. County had
a half a million miles over 2000 miles of
blacktop used only a few hours a week!

It’s never too hot to cycle, but it can be too
tired to cycle up hill.

Due to invariable 1% margin of error of
measurement, I’ll never know exactly where
I reach the milestone, but it may have been
cycling over this Rolling Stones graffiti
on a road in South Surrey (I’ll attend their
concert there this month).

Later in the Fall, I’ll have something else
for which I desired: (20 bike) years in
a row of cycling. (I don’t think I’ll ever
work due to illness or injury that didn’t
get me off the bike for at least 365 consecutive
days.)

Despite the overall decline in bicycling
in the U.S. since the 1960s, the report
“clearly demonstrates that cities and states
with the highest rates of cycling and walking
always have the lowest levels of obesity,”
demonstrates that cities and states with
the highest rates of cycling and walking,
investment in bicycling and pedestrian projects.

The report “links declines in high blood pressure, and diabetes.”

According to Thunderhead’s executive
director Sue Knaup, the report “clearly
shows that bicycling and walking have been
linked to our expanding waist lines.

To view the report visit www.
thunder
headalliance.org/bicyclepedestrian.htm

Tom-a-Talk...

Thanksgiving

I’ve got something for
which to give thanks this
weekend—

200,000 injury-free bicycle
kilometers (124,274 miles)

so far in my lifetime.

I fall in October, bicycling up the San
Gabriel mountains.

Due to invariable 1% margin of error of
measurement, I’ll never know exactly where
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days.)

Even longer than any we’ve got in South
Florida, this parking lot of the Santa-Ana
mass route is the largest expanse of parking
that I’ve seen anywhere. acres and acres
of blacktop used only a few hours a week!

I feel obliged to do a lap or two.

If they’re going to give it, someone’s got
to ride it.

Compared to Y. Lauderdale’s, the local
attitude is definitely more appealing and the
culture more physically active (e.g. well-
known running trails and bike paths).
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

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