If you bike in Lake Wales, you should know ‘Bicycle Bob’

If your bicycle has a squeaky wheel, you likely want to fix it. That wheel begs for action and won’t take “no” for an answer. That metaphor pretty much characterizes Bob Dioguardi (77), Lake Wales’ “Bicycle Bob” since 1990.

“He’s been a one-man show for bike advocacy in Lake Wales for a long time,” says FBA executive director Laura Hallam.

“If it relates to the rights and safety of bicyclists, Bob is there to make sure officials pay attention,” she says.

Dioguardi—oh, let’s just call him “Bob”—has ridden easily more than 100,000 miles since retiring from the Army and coming to Florida in 1972.

Bob originally settled in Orlando with his wife, Joan, and their children. It was there husband and wife began riding seriously.

“Joan was bike-commuting to work and I had gotten to over 100 miles a week,” Bob says. The two had quickly outgrown their three-speed Columbia bicycles and moved up to matching Schwinn Sports Tourers. Bob wore out his ST and bought a custom-made Schwinn Paramount, which he still rides.

Bob helped plan riding events in Orlando and Mt Dora and went all out into advocacy after moving to Lake Wales. He’s pushed

Please see Bicycle Bob, page 15

Bike Florida tour promises visits to ‘under-used’ Sunshine State by Gary Kirkland

None of the travel brochures that pack the racks at turnpike rest stops comes close to showing the view of the Sunshine State that’s part of the experience of Bike Florida.

Over-used word that it is, unique fits best when you try to describe the view from over the handlebars. Even the most dedicated and fit pedal pounder will see the state rolling by at a clip most motorists use only when hunting for a parking space.

And the back-country routes show a beautiful side of the state that the interstate-addicted can only dream about.

For example:

✔ Miles through Gilchrist County where the wildflowers outnumber the cars a million to one.
✔ Plunging into deep, beautiful, blue water springs you’ve never heard of and can’t pronounce, then posing for pictures to send to friends who are knee deep in snow and slush.
✔ Pacing a gliding brown pelican flying so close you can make eye contact.
✔ Pedaling over the Suwannee while singing about the river Stephen Foster never saw and couldn’t spell.
✔ Going to bed serenaded by a choir of Chuck-Will’s Widows and then hearing a blood curdling reveille call in the moonlight courtesy of a Barred Owl.
✔ Eating a steaming bowl of chicken perlou fresh from a pot big enough to feed a family of a thousand.

But Bike Florida is more than pretty sites and nature close up. It’s also people, lots of people, from all over the country.

Conversations that may begin with “Where are you from?” will have a habit of taking a turn in dozens of different directions.

That stranger on your back wheel on Saturday is your new friend by Friday. When you return the next year, old friendships are renewed and new ones are made.

And while you can look at the pictures and hear the stories, to truly understand what Bike Florida is all about means climbing on a bike seat and experiencing it for yourself.

Five reasons to try Bike Florida

1. For the novice cyclist the daily distance is

2. Florida's level terrain provides the base

3. Spring in Florida is typically when the

4. For those who think bike tours are just for

5. It’s fun. To feel any more like a kid you’d

on a trainer in the basement watching TV, Bike Florida is a chance to get a jumpstart on spring.

Here are good five reasons to consider Bike Florida.

1. 1. For the novice cyclist the daily distance is modest, and there are days built-in where you can take a break if you want to.

2. 2. Florida’s level terrain provides the base miles that are good for helping pedal off the winter rust.

3. 3. Spring in Florida is typically when the climate hits Goldilocks perfection, not too cold, not too hot, but just right.

4. 4. For those who think bike tours are just for the young, Bike Florida typically draws a crowd where many of the riders are packing AARP cards in their wallets.

5. 5. It’s fun. To feel any more like a kid you’d need to shrink a foot, drop 50 pounds and put baseball cards in your spokes.

Delay no longer. Go to the Bike Florida website, www.BikeFlorida.org, call 352-392-8093, or mail Bike Florida, PO Box 5295, Gainesville, FL 32627. Email: info@bikeflorida.org

An annual event for 15 years, this year’s Bike Florida runs from March 30 – April 4. The ride begins in Clearwater and finishes in Fanning Springs. Dubbed “Bike Florida Trail Link 2008,” 60 percent of the ride is on paved multi-use trails with links on lightly traveled country roads. Daily 40-mile distance can be lengthened or shortened with alternative routes.
Advocating a bicycle-friendly Florida
P.O. Box 718, Waldo, FL 32694

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

 Membership Director
Deb Devoe
2738 Gables Drive
Eustis, FL 32726
Topgear730@embarqmail.com

Board of Directors
Raphael Clemente AICP
301 Clematis St., Ste. 200
West Palm Beach, FL 33401
Phone: 561-833-8873
bikcape@aol.com

Linda Crider, Ph.D.
116 Kirkland St.
Palatka, FL 32177
Work Phone: 352-392-8192
Lcrider@aol.com

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

Advisory Board
Bob Michaels, FORBA
bob@bobmichaels.org

Laura Minns, Scrapbook and Memory Book
lmmins@hiideisign.com

Roger Pierce, Florida Touring Calendar
roger@piercepages.com

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tarusso@aol.com

Robert Seidler, Filmmaker
seidlercine@att.net

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FBAMessenger@aol.com

Visit FBA’s Website
www.floridabicycle.org

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

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

Higher donations are greatly appreciated! See membership categories, below.

Make check payable and mail to:
Florida Bicycle Association, Inc.,
PO. Box 718, Waldo, FL 32694
or join online at floridabicycle.org.

Welcome New and Returning Members!
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Paul and Mary Ann
Betsy Erickson-Brown
Mary Powell
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Ullmann

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Messenger Deadlines
Copy and Advertising Deadlines:
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Fall Messenger - September 15
Winter Messenger - December 15
Spring Messenger - March 15

Inquiries and submissions:
fbamessenger@aol.com

Membership Categories: Paceline Leaders ($1,000+), Titanium Partners ($500-$999), Golden Gears ($250-$499), Silver Spokes ($100-$249), Bronze Pedals ($50-$99). Membership includes a subscription to the FBA Messenger.
n his latest book, Blink, Malcolm Gladwell describes the Implicit Association Test (IAT) developed at Harvard. This test exposes hidden biases by having subjects respond quickly to word associations (check it out at www.implicit.harvard.edu). Gladwell explores how people score on the Race IAT, which makes associations with African-Americans and Caucasians. Over 80 percent of those who’ve taken that test showed “pro-white associations,” and even half of African-Americans have done the same.

This is not evidence of racism or self-hatred, but about the many messages we continually receive from our culture. Gladwell quotes Harvard psychologist Mahzarin Banaji: “You don’t choose to make positive associations with the dominant group, but you are required to. All around you, that group is being paired with good things. You open the newspaper and turn on the television, and you can’t escape it.”

I have argued that the relationship between bicyclists and motorists in the US today is similar to that between Native Americans and Americans of European ancestry a century ago. Like Native Americans, bicyclists were here first, but got in the way of the automobile’s Manifest Destiny.

We dress funny, have strange customs, and are being moved onto reservations (trails, bike lanes) “for our own good.” The automobile industry spends over $13 billion a year on advertising. Whether one argues that the purpose of such advertising is to promote auto use in general or just to push one brand over another is really beside the point; all auto ads support the attitude that car use is good, and that even more car use is better still.

Gladwell points out that it is in spontaneous situations where these cultural biases most affect our behaviors. The multi-billion dollar ad campaign to promote cycling?

The IAT results imply that, even though we know consciously and intellectually that bicycling is a better activity (healthier, greener, cheaper, more sociable, less dangerous to others, inspiring, etc., etc.) than automobile use, we might still, on average, tend to defer to motorists as “superior” members of society.

So where is the multi-billion dollar ad campaign to promote cycling? Unless you can afford to buy lots of television air time to promote bicycling, I suggest you figure out ways to block out the pro-auto voices that permeate the culture.

If the title of this column seems too extreme an option, you could instead use the mantra made famous by Al Franken’s “Saturday Night Live” character, Stuart Smalley, as you bike down the road: “I’m good enough, I’m smart enough and, doggonit, people like me!”

With a two ton vehicle breathing down the back of your neck it’s too easy to give in and make way; to feel as if you are the interloper. Well, change is coming. You may have seen the Region’s Bank ads that use bicycles as symbols of freedom and joy. Lance Armstrong was a huge boost for cycling, even though he was not a symbol of the everyday bicyclist (and Floyd Landis has unfortunately become a negative symbol; two steps forward, one step back). There’s serious talk of gasoline hitting $4.00 per gallon by next summer.

As always, I try to leave you with something you can do with this new knowledge. There’s serious talk of gasoline hitting $4.00 per gallon by next summer. As always, I try to leave you with something you can do with this new knowledge. Unless you can afford to buy lots of television air time to promote bicycling, I suggest you figure out ways to block out the pro-auto voices that permeate the culture.

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Mighk Wilson

Winter 2008

FBA Balance Sheet


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Biking around the ‘Big O’
by Sandra Kruger

On Thanksgiving weekend 2007 three of us biked and camped the Lake Okeechobee Scenic Trail. Since I had a hard time planning the trip, I am documenting our experience so that it may help or inspire others. We set out on a scenic tour of the lake’s perimeter and were not trying to make good time, so we decided to break up the 110 (more or less) miles into three days, and camp along the way for two nights. It could be done in one LONG day by a serious rider, or in two days without much problem.

Information is sketchy, but the Army Corps of Engineers has a printable brochure on their website. The Corps’s map shows trail, mileages, and campsites provided by them along the way, but don’t count on it for up-to-date drinking water availability.

And while it may seem pretty obvious that the trail is atop the Herbert Hoover Dike, there are a couple of spots where you have to keep your eyes open to stay on track. We decided to ride from Okeechobee counter-clockwise, hoping to avoid headwinds that we’d heard could be fierce, and we lucked out in that respect. We’d been advised not to leave our vehicles at the access point parking lots as there was no security and vandalism was possible, so we paid a small fee to park at one of the RV camps east along the lakeside just southeast of Okeechobee.

From there the ride started out happily on the paved trail for about 10 miles. Then, where the Kissimme River comes in, the trail turns to double-track gravel, in places a little rough. Here the lake is not visible so it looks like grassy prairie on both sides. It’s like that for about 35 miles. Those with road bikes would need to ride along highway 78.

Aside from the slow going, it was no problem for our hybrid/mountain bikes.
On behalf of the board of directors of the Florida Bicycle Association, thank you for helping make 2007 another good year for bicycling in the state of Florida.

Yes, Florida still is a big challenge, but it’s becoming clearer that our efforts to promote bicycling for transportation, recreation and health are contagious.

We wouldn’t be here without you and for that we all are grateful.

We know that bicycling is a very viable part of the solution to the challenges we face as a society.

As the problems of global warming, obesity and traffic congestion grow, we find ourselves stronger, smarter and more capable than ever to contribute to the solution.

Be proud of our accomplishments in 2007:
- Educated nearly 400 students in the Alternative Transportation Education Program, a 3-hour course covering pedestrian and bicycle safety, practical bicycling, transit and other issues important to individuals who have lost their right to drive a motor vehicle. The course currently is offered in Seminole County with plans to expand to other counties.
- Presented the third annual Pro Bike® Pro Walk Florida conference in Orlando: 30

FBA mini-grant results in Road One training for Marion County Sheriff’s Office

FBA in 2007 gave the Marion County Sheriff’s Office a $2,000 Share the Road mini-grant to purchase five additional bikes for neighborhood patrols and rodeos.

One of the stipulations of awarding the grant was to require bicycle unit deputies to take a combination Community Training/Road One Workshop.

Normally, these trainings are held independently of one another over two nine-hour periods; however, FBA opted to combine the classes due to the experience of the students.

A Community Training covers how to teach school-aged children traffic and bicycle safety, including curriculum materials available and helmet activities, and how to administer a bike rodeo.

Road One covers bike selection and fit, principles of cycling with traffic, traffic laws, crashes and crash avoidance and on-bike skills practice.

The combination class was held at the North District office for 10 deputies including the North District Commander, Assistant SWAT Team Commander and Bicycle Patrol Commander Lt Fred Chisholm.

Instructors Mighk Wilson, Mandi Hall and Laura Hallam were amazed at the skill level of the deputies once the on-bike skills practice began. Deputies mastered the skill drills in record time and were quick to set up bike rodeo stations upon direction.

It was a great training and one FBA hopes to duplicate for other law enforcement agencies.

At the end of class, Mighk Wilson presented Lt. Chisholm and his deputies with a check for $2,000, well-earned by a day in class having fun on bikes.
Health Matters... An informative series of tips and products for helping you stay healthy.

Are you combat-ready to fight colds and flu?

by Marilyn T. Brady, RN

Combat Maneuver #1 .... “Know Your Enemy”

What is the Common Cold?
The common cold is an illness caused by a virus infection located in the nose. Colds also involve the sinuses, ears, and bronchial tubes. The symptoms of a common cold include:
- sneezing
- runny nose
- nasal congestion
- sore or scratchy throat
- cough, hoarseness
- mild general symptoms like headache, feverishness, chilliness, and generally not feeling well.

Colds last on average for one week. Mild colds may last only two or three days while severe colds may last for up to two weeks.

Adults average two to three colds per year and children six to 10.

Is it a Cold or the Flu?
A cold is a milder illness than influenza (the flu-type of virus). Influenza typically causes fever, muscle aches, and a more severe cough. However, mild cases of influenza are similar to colds.

There are over 100 different cold viruses. Rhinoviruses (the cold-type of virus) are the most widespread and cause at least one-half of colds.

Cold viruses can only multiply when they are inside of living cells. When on an environmental surface, cold viruses cannot multiply. However, they are still infectious if they are transported from an environmental site into the nose.

How Are Colds Spread?
Cold viruses grow mainly in the nose where they multiply in nasal cells and are present in large quantities in the nasal fluid of people with colds.

The highest concentration of cold virus in nasal secretions is during the first three days of infection and this is when infected persons are most contagious.

Cold viruses may at times be present in the droplets that are expelled in coughs and sneezes. Nasal secretions containing cold viruses contaminate the hands of people with colds as a result of nose blowing, covering sneezes, and touching the nose.

Young children are the major reservoir of cold viruses.

Combat Maneuver #2 .... “Know Your Inland Territory”
The Body’s Germ-Warfare Defense System
The immune system is made up of a network of cells, tissues, and organs that work together to protect the body from germs and microorganisms.

In most cases, the immune system does a great job of keeping people healthy and preventing infections.

The immune system attacks organisms and substances that invade our systems and cause disease; but sometimes problems with the immune system can lead to illness and infection.

The cells that are part of the defense system are white blood cells, or leukocytes. Their role is to seek and destroy the organisms or substances that cause disease.

Leukocytes are produced or stored throughout the body, including the thymus, spleen, and bone marrow. For this reason, they are called the lymphoid organs.

There are also clumps of lymphoid tissue throughout the body, primarily in the form of lymph nodes that house the leukocytes.

The leukocytes circulate through the body between the organs and nodes by means of the lymphatic vessels—something like a highway between rest stops that are the lymphoid organs and lymph nodes.

Leukocytes can also circulate through the blood vessels. In this way, the immune system works in a coordinated manner to monitor the body for substances that might cause problems.

Back-Up Reserves Tactical Support
Like all body systems and organs, the immune system is profoundly affected by diet, exercise, and lifestyle. However, factors such as sleep deprivation and day-to-day stress can weaken our defenses.

Many natural foods provide substances that can help trigger and strengthen both cellular and humoral immune activity.* Should you be traveling at length or feel stress works in a coordinated manner to monitor the body for substances that might cause problems.

What will Immunizen do for you?
Immunizen’s patented form of Intact® colostrum and other ingredients supply key immunoglobulins, antibodies, inhibitors, protein compounds, growth factors, and enzymes.*

The health benefits of Immunizen include protecting the body with antioxidants and helping the body make better use of iron.

The nutrients contained in Immunizen help stimulate the production and activity of white blood cells. Also, powerful antioxidants help protect the body from free radical damage.*

What does Immunizen contain?
- Arabinogalactan – aids the body’s immune cells, especially macrophages, which digest foreign material in the bloodstream.
- Colostrum – Colostrum is known to have key immunoglobulins, antibodies, inhibitors, protein compounds, growth factors, and enzymes.*
- Lactoferrin – Lactoferrin acts as an antioxidant, helps the body make better use of iron, and contributes to the body’s primary defense system.*
- 1,3,1,6 beta glucan – The health benefits of 1,3,1,6 beta glucan have been widely studied and acknowledged since the 1950s. The beta glucan contained in Immunizen is isolated from the cell walls of yeast. The finished product does not contain any other components or byproducts of yeast, so it should present no problem for those who are sensitive to yeast.*

It should be noted that Immunizen as well as other immune boosters should be used only as needed and for a period of 10 days. Always consult your physician if symptoms persist.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

Here’s a list of the items featured in this and past issues:
- Immunizen (item 18401)
- Osteo Essentials – cartilage rebuilding (item 4057)
- VISUtein® – pharmaceutical grade eye-sight protection (item 14634) listed in PDR
- Prostate TLC – men’s health (item 18137)
- Biod:Life Complete – cholesterol reduction (item 228880) listed in PDR
- LowOz™ – hydration solution (item R21424) I.O.C. certified
- LoveRx® Men (item 16189)
- LoveRx® Women (item 16188)

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

High praises for ‘Road One’ course

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

FBA president Mighk Wilson, executive director Laura Hallam, and advisory board member for education and former board member and president Tina Russo recently teamed up in Orlando to offer a Road One cycling course for the BOBbies, an Orlando area bicycle club for women. BOBbies board member Keri Caffrey initiated the nine-hour class to encourage club members to become more confident and skillful at bicycling. Here are some comments from class participants.

I really enjoyed the course and learnt loads. It was the first time I rode my bike (or even a road bike) on the roof that day so I was quite pleased with myself. Well thanks to Mighk for his patience! It has given me confidence to go out on my own on the road and not my old favorite “cycle paths.”

– Rosie

I really enjoyed the course last weekend. I think it is truly beneficial to riders of all levels. The most important lesson for me was my place in the lane. I have always ridden right on the white line and now can make full usage of the lane. Thank you for spending your weekend doing this course.

– Marget

I had a WONDERFUL TIME! It was much better that I even expected! You guys did an extraordinary course. I really enjoyed and learned so many new things...I have a long way to go. It was worth it!

– Elena

I want to thank you, [FBA executive director] Laura and Tina for taking your time last weekend to teach this course. I benefited from the classroom and loved the riding skills practiced Saturday on the parking lot roof. I feel quite a bit more comfortable and safe in traffic now. I did know much of the information beforehand that was given...but the surprise was Keith. He really resisted signing up for the class since he has been riding for years, feels comfortable on the road and feels he rides safely. Now he has a whole new perspective on riding, is an advocate for the class and actually thanked me for being persistent. Thank all of you again and I look forward to the Road 2 Class.

– Cindy

I got a lot of little tidbits of information from the classroom component...even little things in the bike fit and mechanical info.

– Keri

Road One student Cindy Shafer practices a quick stop maneuver on the rooftop practice course.
Groups work together to bring bikes and helmets to central Florida children and Families
by Lyndy Moore, Bike Works Marketing Manager

A local agency asked me to help with a bike giveaway program for needy area children. One of the things I try to do as a League Cycling Instructor (LCI) and the Marketing person for Bike Works, is help at community events. This request sounded like a perfect way to give back to the community.

But I had an unbreakable prior commitment. I did the next best thing to being there myself; I met with the staff to learn their needs and put out a call to the many big hearted riders here in the cycling community.

They responded in a big way.

First on my contact list were the two teams that Bike Works sponsors, TEAM BIKE WORKS (mountain bike racers) and Orlando Road Club (a road racing club with an outstanding junior program). Next was my bike club, The Florida Freewheelers, and our new female only group, the Flamingos.

All those people contacted other people and next thing I knew we had representatives volunteering to help from those groups and the Seminole Cyclists and the BOBbies, another all female group, along with spouses and other family members.

The First United Methodist Church of Winter Park donated the bikes and helmets. A Mobile Bicycle Repair by Dave Lancaster agreed to help coordinate with Tony Deal, a former Bike Works mechanic and TEAM BIKE WORKS rider, the mechanical aspects of adjusting 100 bikes for 100 kids.

To make sure helmets fit, two local League Cycling Instructors—Art Ackerman, Florida Freewheeler Vice President, and Tammy Horvath, Coordinator for Safe Kids with the Children’s Safety Village in Orlando—agreed to coordinate that effort.

New to Florida, Amanda Perez, Community Relations Assistant with Destiny Foundation of Central Florida/Greater Orlando Food Outreach/Compassion Outreach Center (www.battlepoverty.org), was overwhelmed with the number of volunteers willing to donate their Sunday to help strangers.

A note from Seminole Cyclist member Kevin McGauvran in response to Ms. Perez’s heartfelt thanks represents WHY the cycling community so willingly offers its help.

Wrote Kevin, “Nothing could compare to seeing [the smile on each child’s face]—and there were lots of them. I don’t know who was more excited, the kids, or the parents as they watched their child. You could tell they were remembering their own first bike and hoping this one would mean as much to their child.”

Due to my prior commitment, I didn’t get to actually see the children’s faces that day, but I did get to experience it through Kevin’s words.
All abilities mobility

by Rob Hall

AFTER ALL THESE YEARS, I’ve been bitten by the cycling bug again. It’s because those interested in cycling are reaching out now to include people of all abilities.

Like, I imagine, a great many guys my age, I left my banana-seat, 3-speed against the garage wall about the time I got my drivers license. Right after that there were college, marriage, then our kids.

Unfortunately our oldest daughter became severely disabled. Megan’s needs dominated our lives for the next 20 years. Recently, with the help of some family and close friends, my wife and I began to understand that there were caring places where Megan could live where she could receive all the attention she requires.

Letting her move was the most difficult decision we’ve ever had to make. It is so hard to let go after caring for her every need for so long.

Some visits to a counselor seemed like a good way to work through the hurt. In one of those trips, the counselor mentioned that, by moving, Megan’s life would be getting bigger. At same time, we’d be allowing our lives to get bigger.

As impressed as I was with the terribly creative engineering, I was just as moved by the ear-to-ear grin on the elderly lady receiving the ride in the wheelchair.

I recovered enough to shout to them, as they made their way past, something about the bike being the coolest thing I’d ever seen. I immediately went to the front gate of the nursing home to find out more.

The nursing home provided the bike company’s name. A phone call to the company uncovered the fact that the sales manager was coincidently in town at a trade show.

The next day, I went down to the convention and bought Megan a wheelchair bicycle just like the one I had seen. At the time, I was solely motivated by the reaction Megan would provide when she got her chance in that front seat.

Caring for our daughter has provided us years of opportunity to image into the lives of those less fortunate. In my most recent job, I was in nursing homes each and every day. There is an emptiness in that environment that doesn’t leave you even after you’ve left it.

These experiences soon worked on me to where I realized that Megan and I would have to share her new wheelchair bicycle with others.

Everyone in a nursing home, assisted-living facility, special education school program, group home or even shut-in in their own house, should have the opportunity to take a bicycle ride.

Everyone should know the thrill, or relive the fun of having the wind whip through their hair and the road come rushing up under their wheels.

A professional might call it recreational therapy. But it could also be described as one of the most basic joys in being alive. I’ve started a small company with the big idea of making this a reality.

Frewheeling Florida, Inc. is all about all abilities mobility. Manufacturers all over the world have developed variations to the basic bicycle to the point now where there is a bike out there that will work for almost everyone. Our mission is to bring those bicycles to the folks that could use them the most.

Starting from a simple idea of taking our initial bicycle wheelchair around to individual facilities and offering rides, our aim is to gradually make that happen.

In the very near future we’ll be at upcoming rides and other public events. Our website, www.frewheelingflorida.com is under development as I write, so our progress can soon be monitored there as well.

If you have any questions, comments or input, please feel free to call my cell at 407/620-5945.

I am beginning to believe that counselor was right; I feel my life getting bigger. Now, I want to make a lot of other people’s life a little bigger as well.

The author wheels daughter, Megan, pedicab-style through the neighborhood. He’s started a new company to make available bicycles and other human-powered designs to people with special needs.

Young high-wheeler veteran Michelle Blake savors the chill morning air moments before the start of a recent Deltona Family Bike Ride. Does it get any better than this?
A two-wheel church commute is part of the fun of ‘Holy Roller Day’
By Gary Kirkland

And on the seventh day their cars rested.

On an early October Sunday the members of the United Church of Gainesville hosted Holy Roller Day as a way to encourage the use of alternative transportation. More than 50 members rode their bikes to church, while others walked or carpooled. Included in that number were the Revs. Sandy and Larry Reimer. The Reimers arrived on bikes and then changed into their clerical robes to conduct the service.

“We could hardly believe our eyes when we saw how many bicycles were parked in the courtyard right outside the sanctuary,” said Sandy Reimer.

“We’re saving the planet, one small step at a time!”

Even though the skies looked threatening, Holy Roller Day seemed to strike a chord with members who found they were both saving energy and having fun.

The morning was not without glitches, however. In his eagerness to pedal to church, Pastor Larry found that he had left a book for the children’s story at home. He had to borrow a car to drive home to get it.

“We ride most of the time, except when the weather is really hot or really cold,” Darren said. “If we were pedaling easy, he was pedaling hard,” Darren said. “It gave him a real sense of accomplishment.”

The event dovetailed with the church’s three-year plan to become greener and more energy conscious. Those efforts have included the distribution of cloth grocery bags, a switch to energy-saving CFL bulbs and receiving an energy audit.

The theme for the day extended beyond the journey to and from church.

Following the 9:30 a.m. service, Bike Florida president Linda Crider and nationally-known photographer John Moran—both members of the congregation—led a photograph seminar on Florida’s paved bike trails.

Crider, who also is an FBA board member and former president, also added some bike-themed songs for a sing-along to cap the session.

Then in the afternoon a small group from the church enjoyed a trail ride for beginners on the nearby Gainesville-Hawthorne Trail State Park.

Crider, a long-time cycling advocate who heads the annual week-long Bike Florida spring tour, was impressed.

“The United Church of Gainesville’s bike Sunday was a wonderful example of the kind of grassroots stewardship efforts this country needs to address the ever-growing realization that we need to be better stewards of the planet,” Crider said. “The churches provide the moral guidance for how we should act in the world, and what better way than to support a congregation coming to worship without the dependence on air polluting vehicles and demonstrating there is another way to go.”

The Reimers were also impressed with the participation, and believe it will encourage riders to try it again, which could lead to a very good problem.

“We’re going to need some more bicycle racks,” Pastor Sandy said.

Bed, Breakfast & Bike Florida
by Dale V. Lally Jr.

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

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

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

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

Bed, Breakfast & Bike Florida
by Dale V. Lally Jr.
ISBN: 0-933855-24-9
208 pages, paperbound, $16.95

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

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

Share the Road and the Fla. Traffic and Bicycle Safety Education Program

by Yukari Takata, FTBSEP assistant director

The Florida Traffic and Bicycle Safety Education Program (FTBSEP), funded through the Florida Department of Transportation Safety Office, administers a statewide program of pedestrian and bicycle safety education for Florida’s school children.

Their mission is to save children’s lives by teaching traffic safety skills. This is accomplished through training workshops for elementary and middle school teachers, school resource officers, community safety officials, and youth leaders.

These workshops provide curriculum materials, videos and the necessary bicycle safety information and skills to impact the lives of the children who attend.

FTBSEP coordinates an educational program which instructs high school driver education students how to share the road safely with bicyclists.

FTBSEP’s partnership with the Florida Share the Road campaign goes beyond the obvious bicycle safety education component of both programs. Each have historically shared vision, leadership and bicycle safety promotional projects.

Recently, FTBSEP distributed educational and promotional information to all state elementary schools in Florida. The information included a Share the Road mini-tag, an FTBSEP brochure, and an article about program efforts and bicycle safety activities for students, and interactive cycling and walking safety CDs.

This project is an effort to encourage more schools to incorporate traffic safety classes in their classrooms and was made possible through Share the Road financial support. All students who complete the traffic education courses receive a Share the Road mini-tag to commemorate their achievement and to serve as a reminder that bicycles are vehicles and share the same responsibilities as all drivers.

Together with the Share the Road campaign, FTBSEP will remain on course to promote traffic safety education with the hope that their shared message of safety will continue to save lives on the highways across the state of Florida.

Contact Yukari Takata at safetyed@gove.ufl.edu

FTBSEP website: www.dcp.ufl.edu/centers/trafficsafetyed
Selected State-wide Contacts

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

We ran out of room, so many contacts are not included. Go to www.florida bicycle.org/statecontacts.htm for the complete list.

<table>
<thead>
<tr>
<th>AGENCY/functional responsibility</th>
<th>NAME</th>
<th>TELEPHONE</th>
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<tr>
<td>FDOT Central Office</td>
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<td>State Ped &amp; Bicycle Coordinator</td>
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<td>State SRTS Coordinator</td>
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<td>Asst. Ped &amp; Bicycle Coordinator</td>
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<tr>
<td>District 1</td>
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<tr>
<td>Gary Amig</td>
<td>863.519.2666</td>
<td><a href="mailto:gary.amig@dot.state.fl.us">gary.amig@dot.state.fl.us</a></td>
<td></td>
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<tr>
<td>Sarita Taylor</td>
<td>863.519.2216</td>
<td><a href="mailto:sarita.taylor@dot.state.fl.us">sarita.taylor@dot.state.fl.us</a></td>
<td></td>
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<tr>
<td>Gary Harrell</td>
<td>941.639.4676</td>
<td><a href="mailto:harrell@ccmpo.com">harrell@ccmpo.com</a></td>
<td></td>
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<tr>
<td>Russ Muller</td>
<td>239.403.2462</td>
<td><a href="mailto:russmuller@colliergov.net">russmuller@colliergov.net</a></td>
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<tr>
<td>Collin County Transportation/paths project</td>
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<tr>
<td>Trinity Caulditch-Scott</td>
<td>239.417.6207</td>
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<tr>
<td>Julia B. Davis</td>
<td>239.338.2550x219</td>
<td><a href="mailto:jdavis@swflpc.org">jdavis@swflpc.org</a></td>
<td></td>
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<tr>
<td>Victoria Griffin</td>
<td>239.470.8580</td>
<td>vgriffin@leakyDOT</td>
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<tr>
<td>Lee County Health Dept/bike-ped safety education</td>
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<tr>
<td>Dan Moser</td>
<td>239.332.9514</td>
<td><a href="mailto:dan.moser@dot.state.fl.us">dan.moser@dot.state.fl.us</a></td>
<td></td>
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<tr>
<td>Ryan Kordock</td>
<td>863.534.6558</td>
<td><a href="mailto:ryan.kordock@polk-county.net">ryan.kordock@polk-county.net</a></td>
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<tr>
<td>Sarasota County Public Works Trans. Planning</td>
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<tr>
<td>Randy Warden</td>
<td>904.360.5831</td>
<td><a href="mailto:randy.warden@dot.state.fl.us">randy.warden@dot.state.fl.us</a></td>
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<tr>
<td>Delvay Batey</td>
<td>352.334.5074</td>
<td><a href="mailto:bateauy@ci.gainesville.fl.us">bateauy@ci.gainesville.fl.us</a></td>
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<tr>
<td>Elizabeth DeJesus</td>
<td>904.306.7605</td>
<td><a href="mailto:e.dejesus@fcmpo.com">e.dejesus@fcmpo.com</a></td>
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<tr>
<td>Stephen McCloskey</td>
<td>904.630.3300x2308</td>
<td><a href="mailto:stephen_mccloskey@do.hstate.fl.us">stephen_mccloskey@do.hstate.fl.us</a></td>
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<tr>
<td>Capital Region Transportation Planning Agency (MPO)</td>
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<tr>
<td>Mary Anne Koos</td>
<td>850.415.9547</td>
<td><a href="mailto:maryanne.koos@dot.state.fl.us">maryanne.koos@dot.state.fl.us</a></td>
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<tr>
<td>Peter Ziegler</td>
<td>800.221.0115</td>
<td><a href="mailto:zieglernwp@efmpc.org">zieglernwp@efmpc.org</a></td>
<td></td>
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<tr>
<td>Peter Koeppel</td>
<td>806.891.8090</td>
<td><a href="mailto:koeppel@kittlgov.net">koeppel@kittlgov.net</a></td>
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<td>Distric 4</td>
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<tr>
<td>Larry Hymowitz</td>
<td>954.777.4663</td>
<td><a href="mailto:larry.hymowitz@dot.state.fl.us">larry.hymowitz@dot.state.fl.us</a></td>
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<tr>
<td>Jeff Weidner</td>
<td>954.777.4670</td>
<td><a href="mailto:jeff.weidner@do.hstate.fl.us">jeff.weidner@do.hstate.fl.us</a></td>
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<tr>
<td>Daphne Sponos</td>
<td>954.777.4483</td>
<td><a href="mailto:daphne.sponos@do.hstate.fl.us">daphne.sponos@do.hstate.fl.us</a></td>
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<tr>
<td>Joy Puerta</td>
<td>561.416.3410</td>
<td><a href="mailto:joy.puerta@ci.boca-raton.net">joy.puerta@ci.boca-raton.net</a></td>
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<tr>
<td>Lori Wheeler</td>
<td>561.620.6056</td>
<td><a href="mailto:lwheeler@ci.boca-raton.net">lwheeler@ci.boca-raton.net</a></td>
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<tr>
<td>City of Boca Raton Mun Srvc Engrs transit analyst</td>
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<tr>
<td>Mark Horowitz</td>
<td>954.357.6641</td>
<td><a href="mailto:mhorowitz@broward.org">mhorowitz@broward.org</a></td>
<td></td>
</tr>
<tr>
<td>Scott Aronson</td>
<td>561.234.7368</td>
<td><a href="mailto:aronson@ci.delray-beach.fl.us">aronson@ci.delray-beach.fl.us</a></td>
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<td>Distric 5</td>
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<tr>
<td>Joan Carpenter</td>
<td>366.943.5335</td>
<td><a href="mailto:joan.carpenter@dot.state.fl.us">joan.carpenter@dot.state.fl.us</a></td>
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<tr>
<td>Barbara Meyer</td>
<td>321.690.6890</td>
<td><a href="mailto:bmeyer@brevardmpo.com">bmeyer@brevardmpo.com</a></td>
<td></td>
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<tr>
<td>Kim Smith</td>
<td>321.690.6890</td>
<td><a href="mailto:ksmith@brevardmpo.com">ksmith@brevardmpo.com</a></td>
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<tr>
<td>Michael Woods</td>
<td>352.015.0710</td>
<td><a href="mailto:mwwoods@lakesumtermopo.com">mwwoods@lakesumtermopo.com</a></td>
<td></td>
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<tr>
<td>Jeff Shrum</td>
<td>352.629.8529</td>
<td><a href="mailto:jshrum@ccmpo.com">jshrum@ccmpo.com</a></td>
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<tr>
<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>
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<tr>
<td>City of Key West Parks &amp; Recycle-pedestrian coordinator</td>
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<tr>
<td>Barbara Meyer</td>
<td>305.293.6495</td>
<td><a href="mailto:bmeyer@brevardmpo.com">bmeyer@brevardmpo.com</a></td>
<td></td>
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<tr>
<td>Christine Leduc</td>
<td>305.673.7080x6768</td>
<td><a href="mailto:cleduc@miabchamber.com">cleduc@miabchamber.com</a></td>
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<tr>
<td>City of Miami Beach/bicycle program coordinator</td>
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<tr>
<td>David Henderson</td>
<td>305.357.1647</td>
<td><a href="mailto:davidh@brevardmpo.com">davidh@brevardmpo.com</a></td>
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<tr>
<td>Jose Papa</td>
<td>305.289.2514</td>
<td><a href="mailto:papa.jose@monroe-county.gov">papa.jose@monroe-county.gov</a></td>
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<td>City of Clearwater/bicycle-pedestrian coordinator</td>
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<tr>
<td>Michelle Greene</td>
<td>813.975.6411</td>
<td><a href="mailto:michelle.greene@dot.state.fl.us">michelle.greene@dot.state.fl.us</a></td>
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<tr>
<td>Felicia Leonardi</td>
<td>727.562.4892</td>
<td><a href="mailto:felicia.leonardi@mydelewater.org">felicia.leonardi@mydelewater.org</a></td>
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<tr>
<td>Kristin Reinhard</td>
<td>352.726.4488 x307</td>
<td><a href="mailto:reinhard@sheriffcolenow.org">reinhard@sheriffcolenow.org</a></td>
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<tr>
<td>Steve Diez</td>
<td>352.754.4057</td>
<td><a href="mailto:stevend@ccmpo.com">stevend@ccmpo.com</a></td>
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<tr>
<td>Hillsborough County MPO</td>
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<tr>
<td>Gena Torres</td>
<td>813.273.3774x357</td>
<td><a href="mailto:g.torres@hillsboroughcounty.org">g.torres@hillsboroughcounty.org</a></td>
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<td>Distric 8</td>
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<td>Michelle Greene</td>
<td>813.975.6411</td>
<td><a href="mailto:michelle.greene@dot.state.fl.us">michelle.greene@dot.state.fl.us</a></td>
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<td>352.726.4488 x307</td>
<td><a href="mailto:reinhard@sheriffcolenow.org">reinhard@sheriffcolenow.org</a></td>
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Other FDOT, state & federal agency staff

FDOT Ofc of Greenways & Trails
Jim Wood 850.245.2052 | j.m.wood@dep.state.fl.us |
Charlie Hood 850.245.9304 | charlie.hood@do.hstate.fl.us |
FDOT ADA Coordinator
Dean Perkins 850.415.4339 | dean.perkins@dot.state.fl.us |
FDOT CO Policy Planning
Dave Blodgett 850.415.4815 | dave.blodgett@do.hstate.fl.us |
FDOT CO Roadway Design
Martin Gutenplan 850.415.4906 | martin.gutenplan@do.hstate.fl.us |
FDOT CO Transit Planning
Amy Datz 850.415.4239 | amy.datz@do.hstate.fl.us |
FDOT FOIA
Pat Piatte @ dot.state.fl.us | pat.piatt@dot.state.fl.us |
FDOT SRTS Coordinator
Dennis Scott 850.245.1527 | dennis.scott@dot.state.fl.us |
Dwight Kingsbury 850.245.1520 | dwight.kingsbury@do.hstate.fl.us |
FDOT Dist 2 Safety Engineer
Holly Walker 904.360.5629 | holly.walker@dot.state.fl.us |
FDOT Dist 3 Safety Program Manager
Gilbert Soles, 964.777.4358 | gilbert.soles@dot.state.fl.us |
FDOT Dist 4 POAE Mgmt Engineer
Beatzir Caioccio-Maddison, 954.777.4336 | beatzir.caioccio@dot.state.fl.us |
FDOT Dist 5 Safety Engineer
Anthony Nosse, 368.943.5334 | anthony.nossse@dot.state.fl.us |
FDOT Dist 6 Safety Engineer
Maria Vilches-Landa, 305.470.5722 | maria.vilches@dot.state.fl.us |
FDOT Dist 7 Safety Program Engineer
Peter Husu, 813.975.6251 | peter.husu@dot.state.fl.us |
FDOT Dist 8 Safety Program Engineer
Gail Holley, 850.410.5414 | gail.holley@dot.state.fl.us |
FHWA Fl Div Safety Engineer
Husein Sharifpour, 850.942.9650x3024 | husein.sharifpour@fhwa.dot.gov |
Community Traffic Safety Program District Coordinators

FDOT Dist 1 CTST Coordinator
Debra Stallings, 813.975.3247 | debra.stallings@dot.state.fl.us |
FDOT Dist 2 CTST Coordinator
Andrea Atran, 904.360.5416 | andrea.atran@dot.state.fl.us |
FDOT Dist 3 CTST Coordinator-East
Quinton Williams, 850.415.9426 | quinton.williams@dot.state.fl.us |
FDOT Dist 4 CTST Coordinator
Carmen Penn, 850.477.4039 | carmen.penn@dot.state.fl.us |
FDOT Dist 5 CTST Coordinator
Barry Wall, 904.943.5234 | barry.wall@dot.state.fl.us |
FDOT Dist 6 CTST Coordinator
305.470.5346 |   |
FDOT Dist 7 CTST Coordinator
Jeanette Rouse, 813.975.6256 | jeannette.rouse@dot.state.fl.us |
Other organizations

Bi Florida
Linda Crider, 352.392.8192 | lbcridder@aol.com |
City of Miami Beach/bicycle program coordinator
Linda Crider, 352.392.8192 | lbcridder@aol.com |
Rides-to-Fla's Florida Office
Ken Bryan, 850.477.4898 | rtfci@transact.org |
A lesson in gratitude
by Diana North
from “Cycle Logic – A Lesson in Gratitude.” The Racing Post, Vol. 7, No. 12, used with permission. Visit www.theracingpost.co.uk

It’s not often I hold back tears while waiting for an organized bike ride to start. In fact, it’s never happened before.

But it did October 14 in Mount Dora as I watched a man slowly walk his young daughter to a specially designed tandem bike. The moment her eyes rested on the bike, this girl started making happy sounds and bouncing up and down with excitement.

It was clear she wanted to be on that bike. Riders standing nearby watched with me as the man lifted her and gently placed her in the front seat. Then he strapped her thin legs into special pedals, fastened her helmet strap under her chin and threw his own well-defined leg over the seat behind her to take a few warm up laps before the ride started.

And I couldn’t help thinking how fortunate I was to be able to pedal my own bike.

This patient father, Dennis Sutherlin, is a 20-year veteran of cycling and road racing. His daughter Breanna, 12, has Rett’s Syndrome, a neurodevelopmental disorder, leaving her at the mental capacity of a 6-month old baby.

Breanna, or Bree as her father calls her, recently developed seizures. Her physical abilities are severely limited, so there is very little she can do.

But she sure loves to ride a bike. I had the pleasure of sharing a pace line with Bree and Dennis. Riding directly in front of them I could hear her squeals of glee and her melodic laughter, as well as the soft, patient voice of her father as he spoke to her. And I couldn’t help wondering why I so seldom hear someone laugh with the sheer joy of being on the road on a sunny day, anywhere, on a bike.

There is no cure for Rett’s Syndrome. But Bree, a slender, fair-skinned and freckled girl with blonde hair and clear blue eyes still gets to ride a bike with her father.

Thanks to his ingenuity, determination and welding abilities, Sutherlin has made cycling possible for Bree.

Lots of determination. Dennis thought his experience and cyclist connections would have helped him locate the bikes and parts he needed right away. But when he started searching, he found only a few bikes that could be used for disabled people.

He also discovered that most of them were not designed for kids like Bree. So he used his welding skills to hand make custom parts, such as the special pedals designed to stabilize her legs and keep them moving, which serves as part of her physical therapy. He hopes to continue riding with Bree as she grows, and that presents additional challenges.

“These kids do grow up; people forget that,” Sutherlin said.

Sutherlin’s determination didn’t end when his searching did. He figured if people with serious cycling experience and connections couldn’t find what they needed, how would other families?

As often happens, parents willing to do the work of changing things helped turn possibility into reality. Sutherlin and his friend and partner, Rich Benton, decided to create an organization they call Adaptive Cycling.

Starting a new business to help other families who have special needs children find bikes to suit their needs is a labor of love for the two men.

They are currently supplying all the funding themselves while trying to generate support from local bike shops and schools in their area.

Some of the bikes recommended or used by Adaptive Cycling are tandems, trikes and recumbent trailer bikes. And they are expensive.

Sutherlin, as a fabricator can custom make items like foot platforms, back supports and leg braces to make riders safer and more comfortable.

Such adaptations allow the use of bikes currently available as well as assisting in the creation of custom made bikes that allow children and adults with physical and mental challenges to experience the unique joy of cycling.

For Bree, a special bike means being able to ride a bike with her father.

“It sure beats sitting at home,” Sutherlin said. All this led me to reflect on what special needs children can teach us about our sport and life in general. And it also made me grateful for what I, as an able-bodied cyclist, am able to accomplish on my own bike.

After riding with Bree, I’ve also decided it would be nice to hear more laughing and see more bouncing for joy at group rides—even if that means I have to supply it myself.

Also, I’m more convinced than ever that we cyclists should do more to make our roads safer and to welcome everyone who longs to ride a bike, whatever their limitations may be.

The end of another year of cycling is a great time to take stock and be grateful for our abilities or achievements on the bike. It’s good to be reminded of the gifts cycling bestows—the joy, the fun, the health benefits, all that spent money and the time devoted to developing our skills.

The end of the year is also a good time to share what we’ve learned with others interested in becoming addicted to the sport—after all, sharing is good for us.

And it’s the perfect time to be grateful to family and friends who support us, put up with us, or at least still speak to us (provided we aren’t still insisting on monopolizing an entire evening with tour rehashes and displays of healing road rash).

Last but not least, we can be glad for another year of staying upright, healing road rash or short hospital stays on our way back to the saddle.

Cycling is one more thing we have to be grateful for, one more way to enjoy life. Even if it takes kids like Bree to remind us.

Contact Diana North at dlnorth60@yahoo.com
For more information about Adaptive Cycling go to www.adaptivcycling.net or call 407-656-3896.
Upcoming Bicycle Touring Events in Florida

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

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

January

19 (Sat) Winter Springs
IBIDARIDE
EVENT FULL, REGISTRATION CLOSED
IBIDARIDE participation is limited (by land managers and trail carrying- on ability) to 150 registered. Registration fills well in advance of the event; watch the Suwannee Bicycle Association website for updates, or, better yet, join the SBA and you'll be time- informed of all their popular events. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 352-367-4112.

26 (Sat) Bonifay
Brevet Series West: 200/500 km 124/186 miles. Joe Arnold (850)-642-1165 @ Big Daddy's Bikes. Email: flbrevet@hotmail.com
www.ride-4-life.com

February

26 (Sat) Orlando
Tour de Orlando
Timed metric cented (62 miles). All particip- ants will have an AMB transponder attached to their bike. The transponder will measure 3 different "zones" on the course. All 3 zones will be of hills of various distances. The greatest hill is 15 mile start. Each event the rider will be given a time for each zone. This is a great way to get some miles before the FL 100 cycling season starts and to test your fitness. Don't forget the Orlando Training Criterium the following day.
Contact info: 314-406-5480 3901 bis Drive, Orlando FL 32803, 888-281-0553
Email: obartt@juno.com
www.bttb.com/events/2008/02/26.08.08Tour de Orlando/Active.com Online Registration

January 27 (Sun) Naples
Pedaling for Pathways Bicycle Challenge
10/16/2000 mi. through Naples and sur- rounding SW Florida. Branch on the beach after the finish at the Cambiaso 7 a.m. registration and breakfast. Riders start at 8 a.m. and begin and end at Lowdermilk Beach Park. $25 registration fee, $35 other- ers. One child, 10 and under may ride free with each paid parent/guardian registration. A fundraising minimum of $150 is required for non-riders. One child, 10 and under may ride free at 8 a.m. and begin and end at Lowdermilk Beach Park. $25 registration fee, $35 other- ers. One child, 10 and under may ride free with each paid parent/guardian registration.
Email: michelle@naplespathways.org
Active.com Online registration
Information: www.naplespathways.org

February

2 (Sat) Brooksville
Cruze 35/50 Singkler Challenge
EVENT FULL, REGISTRATION CLOSED
Keep in touch with SWAMP for early registration next year. Join the club for up-to-date info on all their events.
Here's what you missed this year: 35 or 50 miles or a 50/100 km ride. Challenging climbs, tight technical trail, and several BIG holes-in-the-ground waiting to pull you down, but mostly it's just miles & miles of rolling singletrack. Event Breakfast, SAG stops, and fantastic dinner after the ride! Check out the demo bikes. Bike mechanic services at (HQ and on the trail). (813)689-5109. Email: info@swampclub.org
www.swampclub.org

February 3 (Sun) Gainesville
26th Battle of Olustee
9 am at Holiday Inn on the corner of 13th St. and University Ave. A casual ride in the best "race" of the year. It's simple: Test your man/womanhood, 120 miles, one stop, race, ride, race, repeat. Enjoy that day on the road and the hospitality of our rest stops. Lunch beginning at 11:00 AM, ham- burgers, Boe burgers and brats will be served (included in registration fee). $25 if registered before Feb 28 or $30 on the day of the event. Registration includes an AMB transponder and water bottle.
March

3 (Sat) Miami Keys
10th Annual Winter Poin cakes Palm Classic
Date Changed from March 2
Buckingham Park. 15/30/62/100 miles. Starting times: 8 a.m. and 8:40 a.m. Enjoy that day on the road and the hospitality of our rest stops. Lunch beginning at 11:00 AM, ham- burgers, Boe burgers and brats will be served (included in registration fee). $25 if registered before Feb 28 or $30 on the day of the event. Registration includes an AMB transponder and water bottle.

March 7-9 Tampa
Fourth Annual Morris Bridge Squiggy Classic
To benefit "Friends of the County Parks" presented by Hillsborough County Parks. Rides start at: 7:30 AM. Amenities: Post ride lunch, swimming pool, outdoor shower and relax. Recovery with new found friends. Top 20 finishers in the Century will be granted an elite slot in the Bike Across Florida 2008. FREE Beer! Well stocked support stations and 1 Station. Centennial checkpoint. Breakfast and post ride meal are included in your Fee: Individual $40, Team of two v. 5 - Partner. Teams must provide single payment (1 check) From I-4 follow Sanford Marina signs to Captain’s Cove. Contact info: snick@earthlink.net
Email: events@nutlink.com
February 15-17 Sebring
Bike Sebring 12/24 Hours
This event allows competitors to ride as many miles as possible in a 12 or 24 hour. Mark Andrews (385)-835-3936. Email: info@bikesebring.org
www.bikesebring.org/Active.com Online Registration
February 18-29 Tallahassee
180 Safe Ride
THIS EVENT HAS BEEN CANCELLED
February 24 (Sun) Ocoee
Tour de Florida
Fort Christmas Park. Benefits the American Diabetes Association for diabetes education and research. Join hundreds of cyclists in Central Florida riding along one of 4 routes: 22 miles; 53 miles; 102 miles and 175 miles. The longest route is 175 miles. Entries cannot be made at the event. Email: dg2008@diabetes.org
www.bikeflorida.org,

March

1 (Sat) Daytona
10th Anniversary Bike Florida Palm Classic
Downtown location. Day 1 start of TOSRV will also be at a downtown location. The Big Bend cycling festivities will begin down- town at approximately 5 p.m. Saturday, Day 2 start of TOSRV and Day 3 start of TOSRV will be at a downtown location. Email: toursouth@yahoo.com
www.cyclingclassic.org/Active.com Online Registration
April 19 (Sat) Amelia Island
Katie Ride For Life
30-60/100km and 100 miles. Riders cover four barrier islands starting from the north on Amelia Island and proceeding south through Fernandina Island. Predominantly flat terrain through coastal lowlands with ocean and intracoastal views. Route through a popular shopping district, beachside plantations and a water stop at the remote and famous Ribault Club. Pre-break fast, special food stops, water stations, SAG service, motorcycle escorts and post ride lunch. Short loop available for tandems. Bike sleepy and newer riders in Fort Clinch State Park. Special lodging rates available. Ride proceeds underwrite an organ donation program through the Florida State University. Email: katieforlife@comcast.net
www.organizeflorida.com/Active.com Online Registration

April 26-27 Cypress Gardens
BikeMS 2008: Bright House Networks MS Ride
Winter Haven to Seaworld in Orlando, and back. Three fully supported route options (50/75/100 miles), rest stops every 8-12 miles, scenic views of the famous Florida swamps. Paved or unpaved lake, river, and county roads. Experience quaint towns that embody Central Florida. Whether you are a beginner, weekend war- rior, or a seasoned cyclist, BikeMS offers something for everyone. Contact us today at stacy@bikemsm.com or 407-220-3400. Visit our website for more information. Email: stacy@bikemsm.com
www.cypressgardens.com/Active.com Online Registration

May

17 (Sat) Gainesville
A Ride To Remember
Choose the distance of your choice on the Gainesville-Hawthorne Trail, or a road ride into the Ocala horse farm territory of 507/100km. Great support/training at the legendary Horse Farm Hundred.
www.redcross-charlotte.org

April 19-24 Live Oak
The 28th Florida Bicycle Safari
A popular challenge that fea- tures three or six days of supported rides over some of the best cycling roads in North Florida and South Georgia. The first three days will be based at the Suwannee County Fairgrounds in Live Oak. The last three days will be based at Cherry Lake Campground near Madison. Meals catered by Dixie Grill. Different routes each day. Several mileage options. A centu- ry on Sunday and Tuesday. All routes clear- marked. Rest stops with drinks/smacks/ snacks. All roads are paved. Average 18-25 miles. Email: eventdirector@floridastravelers.com
www.FloridaStravelers.com

April 28 (Sun) Cocoa Beach
The 2nd Annual Junior Achievement Bike-a-thon
To Crystal River. Where the toughest cyclists will measure themselves against the clock in the region’s toughest cycling event in the U.S. will start at Matt’s Bicycle Center 166 N. Atlantic Ave. 321-783-1566. Cocoa Beach and end at City Hall in Crystal River. Panama bash in Cocoa Beach on Saturday. April 16th 15 miles. Register online. Registration fee: $40.00. Bicyclist must maintain an average speed of 17 mph. Amenities: Commensurate Tohoh and collector’s lap. In this race, production bikes are not the norm, and much more. Nine fully supported stock stations along the route. Post-race lunch and an award ceremony. Finishers will receive a medal and bragging rights. Trophies of excellence will be awarded to the first, sec- ond and third male and female finishers. In addition trophies of recognition will be awarded to the oldest / youngest male and female finisher. Post-ride must mail a description of equipment to be used and description of handicap with registration form. Women and men are advised to receive a discounted rate when registering (must present ID at check in.) Early registra- tion offers discount. Forms can be downloaded and mailed. Registration ends Saturday, April 19th at 5 p.m. www.bikebocaflorida.org/Active.com Online Registration

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BikeMS 2008: Bright House Networks MS Ride
Winter Haven to Seaworld in Orlando, and back. Three fully supported route options (50/75/100 miles), rest stops every 8-12 miles, scenic views of the famous Florida swamps. Paved or unpaved lake, river, and county roads. Experience quaint towns that embody Central Florida. Whether you are a beginner, weekend war- rior, or a seasoned cyclist, BikeMS offers something for everyone. Contact us today at stacy@bikemsm.com or 407-220-3400. Visit our website for more information. Email: stacy@bikemsm.com
www.cypressgardens.com/Active.com Online Registration

May

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A Ride To Remember
Choose the distance of your choice on the Gainesville-Hawthorne Trail, or a road ride into the Ocala horse farm territory of 507/100km. Great support/training at the legendary Horse Farm Hundred.

Winter 2008
13
BubbaFest 2007
by Becky Afonso

BubbaFest is a week-long, 200-mile road tour that starts and ends in Key Largo. BubbaFest this year had perfect Florida Keys weather for November, upper 70s during the day, mid 60s at night and low humidity.

The weather held up the entire week, except for that one morning of 45 mph winds when a cold front pushed through. I laugh even writing that...a cold front in the Keys, what could that imply? Temps in the lower 70's?

Writing this from Wisconsin, I don’t think I’ll see the lower 70s again until May.

Anyway, BubbaFest marked the Grand Finale of coffee touring for 2007 and possibly my very last tour of setting up the coffee express stand.

Bubba introduced me at the rider meetings and I had one last opportunity to “perform” in the morning, meet new people, hook up with some old friends (including a Suncoast Cycling club member I hadn’t seen in eight years) and soak up the Florida sun, which I'm starting to miss.

BubbaFest was a month or so ago, and seems fun to talk about while staring out at Madison-snow-covered cars and snowbanks.

Madison is a Gold-rated LAB Bicycle Friendly community going for the Platinum status.

I have a full-time job as assistant tour director for Bike Wisconsin (www.bikewisconsin.com), and I still commute by bicycle—right now they call it “Ice Biking.” It’s more fun than it sounds, if you dress warmly enough. I’ll say it again; I love the bicycle community!

An often-seen vendor of coffee, clothing and digital memories or participant in tours across the county, Becky will bring her touring expertise to cheese country in 2008.

Worst bonk ever: the ride of five sleeps
by Dwight Kingsbury

One Sunday in October I decided to train for the Capital City Cyclists’ annual Spaghetti 100 ride by circumnavigating Lake Talquin, the reservoir on the Ochlockonee River west of Tallahassee.

DeLorme’s Florida Atlas showed the outline of a convenient loop: head west on Blountstown Highway, cross the Ochlockonee and enter Liberty County, turn north on CR 267, arc around the north side of the lake on Gadsden County roads, enter US 90 at Midway, return to Leon County.

A simple plan. Ride clockwise around the lake, enjoy views of the water, ride home.

No need, I figured, to take a map, nor any nutritional provisions except for two water bottles; I would just stop at road junction convenience stores for refreshments.

It was a perfect day for a bike ride. Not too hot, not too cold, no hint of warming in the blue sky. The miles of small businesses, trailer parks and churches on Blountstown Highway spun past my wheel, tapering into woods. A string of “landings” along the north side announced the nearby presence of Lake Talquin.

In sleepy Bloxham, whitewashed motel cabins clustered near the last convenience store in Leon County.

I felt good. I kept going. Soon I crossed the Ochlockonee.

A few miles west, another convenience store graced the junction with CR 267.

I felt good. I kept going. Woods opened up to broad plowed fields.

Farther north, the navigational choices were less obvious than I had anticipated.

The road I was on would take me out of my way, into Quincy. Various roads connected on the right, but mostly appeared to be “landings.” There were no signs for Midway.

When I came to a branching road with a county route sign, I assumed it would be a through road. After several miles I passed a fish camp and came to the end: a peaceful landing on the water. No one was around.

I turned round, rode back part way and found a junction I had overlooked, where I turned north.

The road was shooting down creek ravines and climbing ridges, like a roller-coaster that required passengers to provide their own power. There were no convenience stores in these woods. I was out of water and out of gas.

The woods seemed to beckon, like the poppy field in “The Wizard of Oz.” Must rest. Must lie down.

I pulled off the road, went up an embankment and lay down on a carpet of leaves.

I got up and got back on the bike. The road rose and fell beneath the wheel for a few minutes. The woods... must get back to the woods. The woods were lovely, dark and deep, and I had miles to sleep before I would feel like going anywhere.

I stopped and napped again. In the course of covering perhaps three miles over two hours, I stopped five times to sleep.

After my fifth rest break, I was still somewhere in south Gadsden County. According to my watch, it was 1600; there would be about three more hours of daylight.

There was a distant roar of traffic...1-10. The road brought the sound closer. Houses began to appear. A sign for the Town of Midway. A turn, then the junction with US 90, and a convenience store!

If the clerk thought there was anything odd about the leaf fragments I later discovered pressed into my face, he didn’t show it. Not bad. Not bad at all. Leaves on ground provide excellent back support.

Other customers on the walkway glanced at me. I couldn’t think of anything to say to them. I dropped the bottle in a trash can, mounted my bike and rode home.

Lessons learned: when depending entirely on convenience stores for refueling, stop at a store before the gauge reads “Empty.” Don’t assume convenience stores will appear when you need them; they aren't that convenient.

Tuck an emergency energy bar, gel or other snack into a jersey pocket or seat bag.

Take a map along and consider a GPS if you’re prone to getting lost.

Advisory board member (Historian) and former FBA board of directors secretary Dwight Kingsbury regularly writes about his offbeat bicycling adventures. Dwight lives, rides and occasionally gets lost in Tallahassee.

Unsettling statistics...

- Florida leads the nation in total bicycle fatalities
- Pedestrian deaths also dominate U.S.
- Florida has 4 of the 5 worst cities for biking and walking.

What can you do to help prevent more?
Planned Giving to FBA

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

Instructions for making gifts of securities are now online. Go to the FBA Web site, www.floridacycle.org for more details.

Planned Giving provides a method to provide assets for a bicycle-friendly future out in many increments of a futile search for rare endemic forest species.

Naturally, I get thoroughly soaked, but I’m prepared: safely stored in a ziplock in my frame bag, my binoculars remain dry as it is. I never step on a beach this trip, let alone don a bathing suit, but I don’t need to swim to get wet. I’m riding near one of the rainiest spots on earth.

Now I’m on the island of Kauai, on the rim of a green Grand Canyon, well-watered as is it. I step off on a beach this trip, let alone don a bathing suit, but I don’t need to swim to get wet. I’m riding near one of the rainiest spots on earth.

Generally, I get thoroughly soaked, but I’m prepared: safely stored in a ziplock in my frame bag, my binoculars remain dry under a compact umbrella when I whip them out in many increments of a futile search for rare endemic forest species.

But they are proverbial needles in a haystack of introduced alien birds.

I wasn’t fond of the aridity of Southern California, but I don’t mind Hawaii’s excessive precipitation.

What has been annoying is the traffic. Even on this little island of 65,000 inhabitants, there are crawling jams of single-occupancy vehicles every morning, on route to the only city (Lihue, pop. 35,000), lined up bumper to bumper for 9.5 miles! (This queue doesn’t include the legions of tourists in rented cars who clutter the roads the rest of the day).

Environmental considerations aside, there’s something pathetically bovine about human beings passively, unimaginatively, repetitively wasting so much valuable time. I suppose it’s the price they’re willing to pay to enjoy quiet homes in low-density sprawl, refuges from the noise, pollution and congestion they themselves create.

Reminds me of lines from an 1980 Graham Parker song, “Stupefaction…”

“The people sit there, cameras without action,
I can’t see the point but I see the attraction
Of the same thing, same way, every day,
stupefaction.”

As popular as the comfort and convenience of conformity may be, I’ll continue to prefer the satisfaction of human-powered locomotion, with its heat, dirt, rain and all.

Of course, I’m wise enough to offer cash, and not pontification to the kind motorists who grant me rides home.

If they discuss recent books read, I keep quiet about my choice, Eric Le Braz’s “L’Homme Qui Tuait Des Voitures,” preferring to talk about my Layson Albatross or Hawaiian Coot instead.

When I can, I take public transit, almost exclusively the domain here of those too young or too poor to drive, like almost everywhere else in America.

Too many cars, too many exotic birds. It’ll likely be another 20 years before I’m back in Hawaii, a rare tourist who prefers to holiday in…Ohio.

Back problems and other health issues have mostly kept Bob off the bike of late. Now he spends most of his time writing (he has a column in the Lake Wales Ledger) and talking about bicycling.

“Many of you ride bicycles and even though you don’t intend to ride around the country,” says a promotional brochure Bob created, “a session with Bicycle Bob will help you ride more efficiently, safely, and derive more pleasure from an enjoyable sport.”

According to those who know him, Bicycle Bob is the one who can do it.

Bicycle Bob from page 1

Share the Road, created helmet campaigns, and worked for better road planning.

Communities, bicycle advocates and others who care—including FBA, which recognized him as the association’s 2007 Citizen Bike Advocate of the Year—have showered Bob with a career’s worth of accolades.

But Bob is quick to share the credit with Joan, his wife of 57 years, without whose support, he says, he couldn’t have done it.

“Joan should have gotten some of them,” he says.

Planet Bike donation nets FBA $3,000 for advocacy activities

Ken Fong sells bicycles at his North East Cycles shop in St. Petersburg. He also plays a mean game of ping pong. Mean enough to win the tournament staged at Interbike 2007 by bicycle accessories manufacturer Planet Bike.

Ken’s blistering play earned him the championship and the privilege of choosing who would receive the $3,000 in “prize money” in his and Planet Bike’s name.

Said Ken, “I really like what FBA does for the cycling community here and the events they sponsor. I wanted to keep it as close to home as possible.”

FBA is committed to “uniting all types of cyclists…to create a statewide bicycling community bound together in common pursuit of a more bicycle-friendly Florida,” added Fong.

JOIN FBA TODAY

Membership includes
the FBA Messenger!

Name: ____________________________ E-mail: ______________________
Address: _______________________________________________________
City: __________ County: __________ State: __________ Zip: __________
Tel (H) ________________________ (W) ______________________
Bike Club Affiliation(s): __________________________________________
Member Category: [ ] $15/student/living lightly [ ] $25/individual [ ] $35/household [ ] $100/club/corporate/agency
Ride Preferences: [ ] On-road [ ] Off-road [ ] Touring [ ] Racing [ ] Commuting
I have taken a Road I (formerly Effective Cycling) class [ ] Yes [ ] No; Approximate year taken: ________________
I have taken a Road II class [ ] Yes [ ] No; Approximate year taken: ________________
I am a League cycling Instructor (LCI) [ ] Yes [ ] No
May we contact you about volunteer opportunities? [ ] Yes [ ] No
List any special skills or interests: ______________________________________
Charge my [ ] Visa [ ] MasterCard
Card No: __________________________ Expires: ______
Signature: __________________________

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

Tom-a-Talk...

Thanksgiving

by Tom DeMarco

From L.A., I fly to the Big Island, my first visit to this state in 20 years,

the 13th American state that I ride this year, and the third time in the year that I pedal Pacific islands in search of new birds (along with Japan and the Galapagos).

While other tourists here catch waves, I catch rides. To avoid the worst of the traffic on these car-choked islands, the key to successful cycling is effective hitchhiking!

On day two, the formula works particularly well. I bum lifts on three occasions, yet still manage 195 km (121 mi) of pedaling, as well as a “lifter.”

On the slopes of Mauna Loa, in Hawaii Volcanoes National Park, it’s too warm for helmet and jersey after climbing over 2,000 vertical meters (6,562 ft).

I had my photo taken by the only other soul here at road’s end, an entomologist from Indiana. I offer compliments on her native state’s covered bridges but I don’t request a lift as the 55 km (34 mi) back to my room are all downhill.

Now I’m on the island of Kauai, on the rim of a green Grand Canyon, well-watered as it is. I never step on a beach this trip, let alone don a bathing suit, but I don’t need to swim to get wet. I’m riding near one of the rainiest spots on earth.

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Of course, I’m wise enough to offer cash, and not pontification to the kind motorists who grant me rides home.

If they discuss recent books read, I keep quiet about my choice, Eric Le Braz’s “L’Homme Qui Tuait Des Voitures,” preferring to talk about my Layson Albatross or Hawaiian Coot instead.

When I can, I take public transit, almost exclusively the domain here of those too young or too poor to drive, like almost everywhere else in America.

Too many cars, too many exotic birds. It’ll likely be another 20 years before I’m back in Hawaii, a rare tourist who prefers to holiday in...Ohio.
In the mood for a bit of cross training? Come join the fun on the inaugural Paddle Florida canoe adventure, set for March 20-27, 2008. Covering 123 miles of the scenic Suwannee River Wilderness Trail, the seven day paddle-fest launches from the Spirit of the Suwannee Music Park, north of Live Oak, and finishes near Chiefland at beautiful Manatee Springs State Park.

As many as 300 paddlers will be going with the flow, averaging 18 miles per day and camping on the banks of Florida’s beautiful Suwannee River.

Paddle Florida is held in cooperation with the Florida Park Service and the Suwannee River Water Management District. These two organizations, through partnerships with both the public and private sectors, have created the 171-mile Suwannee River Wilderness Trail. The Trail is a series of cabins, river camps and private "hubs" that, taken together, make the Suwannee River accessible to paddlers, hikers, bikers, equestrian enthusiasts and other user groups.

Paddle Florida will be using some of the facilities that have been recently completed. Check out the trip at the Paddle Florida website, www.paddleflorida.org, where you can follow the route via a Google map, watch a promotional video and study the day-by-day itinerary.

Contact bill@paddleflorida.org for more information or write Paddle Florida, PO Box 5953, Gainesville, FL 32627.