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

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

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

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

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

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

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

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

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

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

We will need a balanced transportation system in 2050.

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

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

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

Avenues will have coffee shops and stores below with residential above. Folks will take street cars, or scooters or bikes to work, riding on bike lanes, or bike paths.

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

Shops and stores will be on the first floor, offices on the second floor and the top floors will be apartments and condominiums. People will ride streetcars, buses, scooters and bikes in these corridors to commute to work. Only travel needs outside the corridor will generate auto trips. By doing all these things we will take the pressure off the countryside.

What is a common theme in the 4 Cs future vision? Balanced transportation. Bikeways, bike paths and bike lanes will play a part of the balanced transportation system in 2050.

The time is right to bike.

Start planning today, start riding tomorrow.

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

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

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

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

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

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

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

Website: www.WalkAndBikeForLife.com
Advocating a bicycle-friendly Florida
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Use the application form on the last page. Suggested contributions (tax deductible):

- Individual: $25
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  - Patrick Robinson
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President's message...

Reflections on Paul Hawken's

Blessed Unrest

Mighk Wilson

Blessed Unrest is the latest book from noted environmental writer and businessman Paul Hawken, and I can't recommend it highly enough.

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

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

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

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

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

FBA in its 10th year working toward better Florida bicycling

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

Fall 2002
FBA’s mini-grant program calls for proposals for programs that focus on motorist and bicycle education and awareness of proper, legal roadway sharing. Grants of from $500 to $5,000, funded by specialty license plate sales revenues, are available. The Panama City Flyers Cycling Club is the first recipient. The $1,000 grant funds signage for the Cove bicycle route in Panama City.

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

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

April 2003
FBA officials attend an “eco adventure” staged by filmmaker and long time FBA and bicycle advocate Robert Seidler. The two-day event includes getting in touch with nature via bicycle, kayak and naturalist-guided hiking. Several years later (2006 to be exact) ideas germinating during this “Adventure Fest” will coalesce into creation of the Florida Discovery Bicycling Center operation with “get back to nature” tours staged out of Lake Helen.

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

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

January 2004
Share the Road license plate revenues, split 50/50 between FBA and Bike Florida after a 25 percent advertising budget administered by Bike Florida, at the end of December 2003 total $339,360. The first plates were issued in 2000. Totals move the STR plate to 35th place (out of 91 specialty plates on the market).

Spring 2004
FBA hosts its first-ever “off-Road Powwow” at Alafia River State Park. FBA holds the meeting with off-road biking advocates to brainstorm ways in which the association can help Florida’s mountain bike clubs and to generally advance the interests of mountain bikers.

March 2004
FBA executive director Laura Hallam and program director Lyndy Moore take safe cycling education courses to The Villages Cycling Association. The Villages is an active retirement community of more than 37,000 north of Leesburg. The Villages Cycling Association asked FBA for the training as part of its club safety program.

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

Summer 2004
Palm Beach County planners vote for 3-foot paved shoulders up and down the A1A corridor notwithstanding the legal requirement for 4- to 5-foot lanes. The controversy pits alternative transportation options advocates against wealthy homeowners along portions of the corridor who have landscaped the highway right-of-way and argue against the lanes. The controversy will go on for years.

Spring 2005
FBA headquarters moves to Waldo. Where’s Waldo? We’re still trying to figure that one out.

Fall 2005
FBA and the town of Lake Helen begin to explore the Florida Discovery Bicycling Center concept of touring/training in a small-town setting.

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


Letters to FBA

Tandem fit, Walk bikes across bridge? etc.

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

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

— Donald L.

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

— Robert Seidler

Do we have to dismount on bridges? I have a question concerning the legality of the bridge? Several of our club members inter-...
The doctor is on vacation...
Health Matters...  by Marilyn T. Brady, RN

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

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

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

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

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

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

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

This informative guide describes several dozen wonderful inns or B&Bs, with at least two rides originating from each inn or nearby. Accommodations are described down to the smallest nuance; rides are illustrated by handy maps and detailed cue sheets. Bed, Breakfast & Bike Florida features one circular route and five interconnected cross-Florida routes covering areas from Pensacola in the panhandle to Key West in the southeastern part of the state.

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

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

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

Ceremonies for Treasure Island bridge opening to include bike club participation

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

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

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

According to Jeff Jensen, City of Treasure Island public information officer, the last big push to get the bridge ready will require closure of all four lanes of the new bridge for four days at the end of July. After that, both new bridges will be open, subject to temporary lane closures.

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

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

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

Bike riders will then be released to cross the bridge west-bound and may use the automobile lanes while on the bridge.
FBA president Mighk Wilson, former FBA president Tina Russo and I recently attended the Bike Ed 2007 Conference in Austin, TX. This conference, presented by the League of American Bicyclists (LAB), is the only national conference dedicated to bicycle safety and education.

We learned that a number of the bacteria, one of which was a 1947 Swiss mouth, but Tina and I both realized our loaners Oxo well and had high praises for him. Slayer of Tallahassee used to be the executive site each day.

Made us feel very welcome in her beautiful “must see” and dine places during our stay, Austin before the conference, suggested were expecting a place to lay our heads at night, but we were rewarded with a charming host who provided limo service to and from the airport, furnished loaner bikes (coincidentally we were all about the same height), dropped us and our new bikes off at a local bike shop to begin our bicycle tour of Austin before the conference, suggested “must see” and dine places during our stay, made us feel very welcome in her beautiful home (along with two black lab baddies) and transported us to and from the conference site each day.

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

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

Tami had a garage full of bikes, but thought we’d enjoy her two Swiss commuter bikes, one of which was a circa 1947 Swiss Army bike she brought back from Switzerland that must have weighed 50 lbs.

“Tina and I pedaled all afternoon around Austin and the Town Lake Hike & Bike Trail, which connects to the Colorado River. Our ride took us to the conference hotel for registration and then to dinner before heading back to the conference hotel for a reception. Tami joined us for the reception and then chauffeured us back to her place. The bikes stayed at the hotel.

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

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

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

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

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

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

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

1. You must throw away labels if you want to initiate change. Think. Be willing to hear.
2. Listen carefully and speak plainly.
3. You are never going to meet everyone’s concept of perfection so don’t try - 84% Rule
4. Be biased toward action. Too often we fall into failure because we don’t succeed.
5. Hope matters - it is what drives people to get out of bed.
6. Have a short focus but with a long time vision - Live Strong.
7. Know your core values, core assets and be willing to admit your weaknesses
8. Avoid the nickpickers, naysayers and know-it-alls. They cause too much negative energy so get them out of the room.
9. Create new and different constituents - always be on the look out. Don’t create unnecessary enemies.
10. Focus on the positive even when situations seem to be desperate.
11. Know when to quit.

Farewell and all the Best to Program Director Lyndy Moore

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

FBA names new conference director

Bill Richards has stepped up as director for the Pro Bike®/Pro Walk Florida conference. He has big shoes to fill as Lyndy moves on to another position. Through Lyndy’s excellent organizational and coordination skills in planning the third annual conference, the transition should be smooth. Please join me in wishing Bill success in this new position.

Bill has spent the past 20 years working to improve conditions in North Central Florida. After receiving his master’s from the University of Florida in 1987, he began work with the Governor’s Council on Physical Fitness & Sports in 1988 and served as development director from 1996 to 1999. Since 1996, he has worked at two Olympic Games (Atlanta and Salt Lake City) and has assisted several non-profit organizations move forward in their missions. Bill turned his attention to management consulting and then to political consulting in 2002. For the past 10 years, he has served on numerous advisory boards and committees in Alachua County and at the state level in Florida. Bill served on the Florida Department of Health/Department of Education Comprehensive School Health Consortium (1998-99).

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

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

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

He’s currently in his third term as vice-chairman of Alachua County’s Tourist Development Council and chairman of the Original Florida Tourism Task Force, a 14-county tourism promotion organization committed to economic development through tourism marketing. He has also served on Visit Florida’s Rural Tourism Committee.

Bill has lived on Bivens Arm in Gainesville since 1995, and has guided numerous trips to North Florida’s best natural rivers and springs, including the Withlacoochee, the St. Mary’s and the Suwannee.

He founded The Walden Group in 2005.

‘Group Riding’ brochure lays out rules for club rides

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

Get a bunch and share with your local TV stations.

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

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

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

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

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

We’re also working on an elected officials gathering the same day prior to the TJC. Go to http://www.prowalkflorida.com/2007conference/Sess ions/Elected_Officials.htm for details.

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

Conference keynote presenter Gil Penalosa hopes to convince the room how livable communities can happen now—not 15 years down the road.
Florida’s elected officials have been invited to attend a special pre-conference luncheon to share opinions on how cities might encourage development that provides a competitive edge in economic development.

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

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

“The benefits are well worth the effort,” says Penalosa.

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

— Gil Penalosa
Window stickers to publicize 3’ passing law

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

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

The county’s graphic artists completed the 7 in. x 4 in. design with guidance from the bicycle pedestrian committee. Funding for printing was provided by the committee’s trust fund.

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

Remaining decals will go to area bike shops and special events, said Horowitz. They also may end up in driver license offices and selected public buildings.

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

Urban transportation styles revealed in ‘Lanes, Lanterns and Lessons’

FBA executive director Laura Hallam said she’s shown the decals around on her trips around the state. Representatives of other counties have eyed the decals with interest.

Do you look towards Europe as bicycle nirvana?

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

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

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

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

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

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

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

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

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

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

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

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

www.browningshono.com
Tentative Conference Agenda Highlights

Monday, August 27

PRE-Conference Sessions
9:00 am - 4:00 pm
SAFE ROUTES TO SCHOOL
Non-Infrastructure Workshop (by invitation)
Moderator: Pat Pieratte, FDOT SRTS Coordinator
11:00 am - 1:00 pm
ELECTED OFFICIALS LUNCHEON
(by invitation) Guest speaker: Gil Penalosa for commissioners, mayors, council members of Central Florida cities/counties/towns

Tuesday, August 28

1:30 pm - 4:30 pm
TRAFFIC JUSTICE COALITION
OF FLORIDA Panel discussion, small group sessions, recap and action plan
Moderator: FBA Board of Directors

Wednesday, August 29

6:45 - 7:30 am Guided Walk
8:30 - 9:00 am Welcome
9:00 - 9:45 am
FBA Annual Awards and Meeting
9:45 - 10:15 am
National and State Updates
Bob Chauncey, NCBW, Dennis Scott, FDOT, Office of Greenways & Trails
11:00 am - 11:45
WALKING AND BICYCLING AND CREATING GREAT CITIES
Keynote speaker: GIL PENALOSA
11:45 am - noon
CLOSING COMMENTS/CONFERENCE CHALLENGE
Presenter: Harold Barley, METROPLAN Orlando Executive Director
1:30 - 3:00 pm Conference Sessions
1A Trails & Cross County Connectivity
Susanne Inman/John Harper, Jim Wood
1B WALKSAFE & Elderly Pedestrian Safety
Gilian Holz, Carl Schultman
1C Healthy People, Healthy Streets, Healthy Communities
Ali Jaglowski, Dom Nozzi, Leah Nash
1D MPO/BPAC/CTST/RPC:
Tuesday, August 28

Understanding the Roles
Gena Torres, Laura Minns, Robin Butler, Tara McCue
3:30 - 5:00 pm
2A Ciclovia: Sunday BikeWays
Gil Penalosa
2B Completing the Streets in Downtown Orlando: Downtown Transportation Plan
Jamie Krzeminski, Malisa Mcreedy
2C Public Speaking/Public Meetings:
Selling concepts that Lead to Active Living
Jon Sewell, Raphael Clemente, Bob Chauncey
2D Roadway Analysis & Design for increasing Level of Service
Linda Crider, Martin Gutenplan, Peyton McLeod
Laurien, Harold Barley, Shelly Lauten
3:30 - 5:00 pm Conference Sessions
6A Sidepaths - How to maintain safety and provide mobility
Christopher Fellerhoff, Peyton McLeod
6B Healthy Communities - Addressing Obesity
Ali Jaglowski, Daniel Parker, Orange County DOH
6C Safe Routes to School - Non-Infrastructure focus
Pat Pieratte, Bevin Maynard, Joan Carter
6D GPS and Wayfinding
Walking tour guided by GPS units around downtown OGT Staff
6M Downtown Facilities Design Tour (by bike)
Migulk Wilson, Jamie Krzeminski
Thursday, August 30

6:45 - 7:30 am Guided Walk
8:30 - 10:00 am Conference Sessions
7A Realizing and Recovering the Sustainable Green Dollar & More
Robert Seidler, Don Braverman
7B Designing Facilities for Pedestrian and Cyclists
Cheryl Stacks, Mary Anne Koos, Steve Diez
7C Active Living and Healthy Lifestyles
Dan Mose, others TBD
7D Brevard Bicycle and Pedestrian
Master Plan – “A Tool Kit for Community Stakeholders”
Andrew Murray, Kate Ange, Barbara Meyer
7M Mobile Trail Design Workshop
Tara McCue, Malisa Mcreedy, Mark Lichtenheld
10:30 am - 12:00 pm Conference Sessions
8A Road Diets Dan Burden, Billy Hattaway
8B Safe Routes to School Infrastructure
Focus Pat Pieratte, Peter Hsu, Tony Nosse, Michael Moule
8C Traffic Justice Coalition Recap
Linda Crider, Migulk Wilson
12:00 pm CONFERENCE ENDS
1:00 - 4:00 pm
9A FDOT State Coordinators Meeting
9C Local Bike Ped Coordinators Meeting

Bikes for Tykes recycles bikes for deserving children by Skip Riffle

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

The program is a non-profit, 501C(3) and every penny goes into the finished product.

The entire staff (10-15 men and women) are volunteers; there is NO payroll.

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

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

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

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

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

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

Children who will not have food for Christmas without government aid are targeted first and get first choice of the bikes. The Children’s Network decides where the rest of the bikes go.

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

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

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

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

Multi-tasker bikes for sale

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

If this picture looks vaguely familiar (it did to this editor—but then so does everything once you reach a “certain age”) it may be because it’s an upgrade to “last year’s model” sure to be snuffed in the corner of almost everyone’s garage. We had a shot of this eco-friendly hybrid model (left) in our Fall 2004 issue.
Here's whom to call about your bicycle/pedestrian/transportation concerns.

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<thead>
<tr>
<th>AGENCY/functional responsibility</th>
<th>NAME</th>
<th>TELEPHONE</th>
<th>E-MAIL</th>
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to coexist with other road users, nothing pre- cates drivers about the rights of cyclists, no.mat. I just sat down at my desk after a 10- minute commute to "get on the sidewalk" or "get out of the road." Mos. were polite and mouthed it to me from behind their closed windows as they pointed toward the roadsid. Two of them blasted the horns and hurled insults. One of this pair decided to swerve back in front of me after he passed and tap his brakes.

I couldn't have called him to tell him that, aside from the fact that bikes are legal vehi- cles, it is against the law to ride a bicycle on the sidewalk in downtown West Palm Beach...

But why? So I could be insulted some more? So he could threaten me some more with his Ford Explorer? My blood pressure is still up as a result of a mild sense of fear and a good dose of frustra- tion.

Joshua Cooper’s call for action (see story at the top of this column), Marianne T. Russell, FDOT’s chief safety officer, commented that the greatest obstacles to motorist education and awareness are limited funding, competi- tion and appropriate analysis of data to deter- mine a best course of action.

In St. Petersburg, bicycle commuter Kimberly Cooper has waged her own information campaign for several years. In 2001 she began distributing “Bicycles are Vehicles” and “Share the Road” fliers on her daily commute, primarily targeting those motorists who gave her a hard time or showed disdain for bicyclists’ rights on the road.

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

Cooper went one-on-one in a non-con- frontational way to explain the laws and the necessity for sharing the roads. She reports numerous successes in her campaign while acknowledging that much work still needs to be done.

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

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

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

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

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

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

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

It is my top choice when riding to work from the direction I came this morning. Despite the fact that I was going along pretty well (about 18mph compared to the 25-28 of traffic) and vehicles had pretty much no problem passing me, I was told no less than six times during my 10-minute commute to “get on the sidewalk” or “get out of the road.”

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

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

I couldn’t have called him to tell him that, aside from the fact that bikes are legal vehi- cles, it is against the law to ride a bicycle on the sidewalk in downtown West Palm Beach... But why? So I could be insulted some more? So he could threaten me some more with his Ford Explorer?

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

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

According to Dennis Scott of the Florida Department of Transportation Safety Office, FDOT funded a 2006 survey to gather infor- mation about motorist knowledge and atti- tudes toward bicyclists and pedestrians.

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

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

In an e-mail response to Raphael Clemente’s call for action (see story at the top of this column), Marianne T. Russell, FDOT’s chief safety officer, commented that the greatest obstacles to motorist education and awareness are limited funding, competition and appropriate analysis of data to deter- mine a best course of action.

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IMBA mounts campaign to keep Divide access

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

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

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

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

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

The Forest Service’s deadline for com- ments is Monday, August 13.
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 events featured. Please visit websites 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 fhb7@piecepages.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/fhb7.

September
September 1 (Sat) Indian Harbour Beach Brevet Series South: 200 km / 125 mi "Coastal A-1 & Banana River, Melbourne" 11:00 am to 5:00 pm. Mass start at 9:30 a.m. Registration is $50. RBA. (239)454-7499. CELL. (239)-699-9584. Email: RBACentralFlorida@biketone.com www.biketone.com/brevets/

September 1-2 Sebring Tour of Sebring Call Kenilworth Lodge now (800)-423-5399 if you want to register for reservations. 25th Annual. This event is produced by the Kenilworth Lodge. Daily 62/30/12 mile rides, Ride of the Day levels. Fully supported: well-stocked rest stops, sag vehicles, road markings and maps. 300 km / 186 mile loop through the Santa Fe River valley. 2nd ride start at 9:00 a.m. at the North Apopka Trailhead in Inverness. Asphalt trail is 46 miles long. This ride is a 12 mile loop at the end for 100 miles. Five sag stops. Most of the trail is level with light rolling hills. 100% Continental breakfast and a light lunch included. Door prizes (two $500 bicycles included) and a theme t-shirt for pre-registered riders. Pre-registration postmark deadline: Sept. 21: $50. After Sept. 21: $60. Application available at Web site, but no on-site registration. Rides to the Trailhead on the P.O. Box 807, Inverness, FL 34453. (352) 527-3263. Email: skiibiker@earthlink.net www.rails2trailsonline.com

October
October 7 (Sun) Inverness Rails to Trails 13th Annual Bike Ride Ride the Withlacoochee State Trail at any distance. Registration from 7:00 a.m. to 9:00 a.m. at the North Apopka Trailhead in Inverness. Asphalt trail is 46 miles long. This ride is a 12 mile loop at the end for 100 miles. Five sag stops. Most of the trail is level with light rolling hills. 100% Continental breakfast and a light lunch included. Door prizes (two $500 bicycles included) and a theme t-shirt for pre-registered riders. Pre-registration postmark deadline: Sept. 21: $50. After Sept. 21: $60. Application available at Web site, but no on-site registration. Rides to the Trailhead on the P.O. Box 807, Inverness, FL 34453. (352) 527-3263. Email: skiibiker@earthlink.net www.rails2trailsonline.com

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

2007 Gainesville Cycling Festival Two centuries in two days! (Or enjoy the shorter options for a weekend of bicycling fun.) More information and registration at We-ore or e-mail festival@pierce pages.com for a snail-mailed brochure/application/entry information. Aug. 30
October 20 (Sat) Gainesville 15th Annual Santa Fe River Tour A tour through the lush forest and pasture land north of Gainesville up through the beautiful Florida Keys. Rides start at 8:30 a.m. North West Boys Club, 2700 NW 51st St., Gainesville, FL 32607. Follows a 12 mile road ride, 18/28 mile Millhopper Ramble. Well stocked rest stops. $35 includes a T-shirt, BIOP breakfast, and pizza. Oct. 21 (Sun) Gainesville 27th Annual Horse Farm Hundred The Gainesville Cycling Club’s tour through the picturesque horse farms of northern Marion County. Best rest stops in Florida! 102 miles/55 miles (not in horse farm territory) start at 8:30 a.m., Monticello Community Center, 3540 East University Ave. Bagels and muffins available. Please arrive at 7:30 a.m. to 8:00 a.m. The Classic Y-100

Active.com Online Registration

Active.com Online Registration

November
November 4 (Sun) Bradenton/Sarasota Gulf Coast Cycling Festival Choice 15, 35, 50, 62, 100 mile route options. Each pre-registered participant will get a Polar Insulated water bottle. Additional water bottles will be distributed on event day until they run out. Sponsored by Sarasota-Manatee Bicycle Club, Route 0,9505, Sarasota, Florida 34277-1053. Email: rchenderson@verizon.net www.bicycleflorida.com/active Active.com Online Registration

November 10-11 Cooper City South Broward Wheelers 23rd Annual Century Sat and Sun. 184/63/100 miles through the beautiful Florida Keys. Start in Cooper City, end in Canyon Counties. Pasco-Hernando Community College, Dale City, FL 33523-7799 (I-75 to exit 233). Mass start 7:30 a.m. Support ends 3:30 p.m. Rest stops, Sag and mechanical support, door prizes, short-sleeved T-shirt (guaranteed for pre-registration), sports massages available (fee determined by the massage therapists). Email: RubenWaston@hotmail.com www.TBBfreewheelers.com

October 22-26 Cross City Gulf Coast - Florida Keys Century Ride on Florida’s west coast rail trails. Email: Glen Morey glemma214999@peoplepc.com www.proeventsflwestcoasttours.com

October 26-28 White Springs Fat-Tire Festival Stephen Foster State Park. Camping, meals, T-shirt. All skill levels, ride guides and sweeps. Suwannee Bicycle Association, P.O. Box 247, White Springs, FL 32656. Email: bikes@asol.com www.suwannebike.org

November 17-18 Tampa Inaugural Ride Without Limits Benefiting United Cerebral Palsy. Contact: Christy Van Heugten phone: (888)547-3239 813 Email: tampabay@ridewithoutlimits.org Active.com Online Registration

November 19-23 Cross City Gulf Coast Highlight Tour Ride through the Florida Keys and off-road rides will be conducted the next day. Jen and Susan House is scheduled to coincide with White Springs Festival of Lights and the Christmas Parade. Suwannee Bicycle Association, Route 0,247, White Springs FL 32966. 386-397-2347 bikeb@asol.com www.suwannabike.org

December 30 - Jan 4 Cocoa Beach Pumped Bicycle Tour Six-day five-night all inclusive, fully supported, consignor bicycle vacation of the Space Coast of Florida. Complete details from Website. Contact: Bubba Barron, P.O Box 560189, Rockledge, FL 32956. 321-759-3433. BikerBubba@bcl.com www.PumpedBikeTours.com

December 2 (Sun) Ft Lauderdale Kids In Distress Inlet Challenge Mass start at 7 a.m., South Beach Picnic Area at 43rd Street & A1A across from Bahia Mar. The Century route travels up A1A to the Palm Beach Inlet and circles back. The Metric turns around at the Boynton Beach Inlet and the Half Century at the Boca Raton Inlet. Arrive no later than 6 a.m. to ride. 954-677-1511. www.inletchallengebike.org

December 3-7 Cross City Gulf Coast Highlight Tour Ride on Florida’s west coast rail trails. Email: Glen Morey glemma214999@peoplepc.com www.proeventsflwestcoasttours.com

December 8-9 White Springs Senior Santa Open House & Cycling Weekend The Suwannee Bicycle Association invites you to a memorable weekend of preholiday cycling activities and festivities at the Senior Santa Open House. On Friday, both on-road and off-road rides will be conducted each day. Senior Santa Open House is scheduled to coincide with White Springs Festival of Lights and the Christmas Parade. Suwannee Bicycle Association, Route 0,247, White Springs FL 32966. 386-397-2347 bikeb@asol.com www.suwannabike.org

December 10 - 12 Florida Discovery Bike Tour 560189, Rockledge, FL 32956. 321-759-3433. BikerBubba@bcl.com www.PumpedBikeTours.com

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

Other Touring Calendars
National Bicycle Tour Directors Association www.nbtda.com

Georgia Bicycle Federation Calendar http://bicyclegeorgia.org/faq.html

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

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

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

Florida Discovery Bicycling Camp www.floridabicycle.org/camp

Florida Discovery Bicycling Camp www.floridabicycle.org/camp

Florida Discovery Bicycling Camp www.floridabicycle.org/camp
Tom-a-Talk...

Enlightenment via covered bridges and corn fields by Tom DeMarco

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

To extend summer’s freedom, I was tempted to run away from home. Or bicycle away. On September 4, 2006, after attending a family reunion, I finally indulged that fantasy.

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

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

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

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

But even for a fanatical cyclist like myself who can revel in pedaling the monotony of large parking lots, eight days of peace and quiet could have become a bit dull if they’d all been spent riding past rows of corn and soy beans.

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

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

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

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

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

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

The 17-year old boy I met who was delivering a load of corn already has 31 nephews and nieces.

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

It’s the I-75 near Piqua, OH not far from where many of us were stranded for hours in a broken-down motor home about 30 winters ago.

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

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

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

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

Ohio and Indiana both have towns called Sycamore along my route and all three of the states I visit have the cardinal as their official bird.

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

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

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

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

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

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

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

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

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

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

It’s a monomaniacal streak that perhaps “Why in the world would you ever stop doing what you like to do?” could understand.
Blake is Michelle's legal last name, but Bike is her other name.

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

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

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

Her first ride was at 4 months old. That’s probably the longest she’s ever been “off the bike.”

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

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

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

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

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

But Michelle, in spite of her young age, has ridden week-long rides with Bike Florida, RAGBRAI and Florida Bicycle Safari and attended multi-day antique bike and tandem events.

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

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

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

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

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

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

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

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

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

Author’s note: I intentionally saved Michelle for last in my YOUTH PROFILE series. In this, and all the rest of the stories about youth cyclists, I have attempted to showcase their skills and love of the sport. If you know of other young people who exemplify the spirit of bicycling, either through outstanding achievement or merely a note-worthy commitment to two-wheeling, let the FBA Messenger staff know. There are lots of great kids and their stories out there and there’s no reason why these profiles can’t continue.

— Lyndy Moore, age 12 wannabe

Alachua County Area Bicycle Workshop set for October 17-19

You are invited to participate in the October 17-19, 2007, Gainesville and Alachua County Area Community Bicycle Workshop. This workshop is being supported by funds from the Rails to Trails Conservancy, by in-kind contributions from the Office of Greenways and Trails, Bike Florida, and the Florida Bicycle Association, and hosted by the Alachua County Bicycle Alliance.

Workshop 1:
Local and Regional Planning
Wednesday, Oct. 17, 2:30-4:30pm
Florida Community Design Center
Presenters: Robin Turner, Office of Greenways and Trails; Martin Gold, Florida Community Design Center; Matt Dube’, City of Gainesville, Community Redevelopment Agency
Evening urban mountain biking ride, 6:30

Workshop 2:
Linking with Health and Sustainability
Thursday, Oct. 18, 9:00am-noon
Florida Community Design Center

Workshop 3:
Linking with Education

Add your voice for the future of bicycling in Florida.

JOIN FBA TODAY
Membership includes the FBA Messenger!
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.

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