Scott Lagasse, Jr. “Driving” the Alert Today Florida Message Home

By Trenda McPherson & Alert Today Florida staff

Scott Lagasse, Jr. or “Scotty” as many of us have come to know him, is the official spokesperson for Alert Today Florida. Scotty pilots the Alert Today Florida NASCAR Xfinity Series Race Car and the Alert Today Florida NASCAR Camping World Truck Series Race Truck. Yes, he “pilots” them, because this guy FLIES around the track!

While many prefer a motor vehicle as their mode of transportation, Scotty’s preference, second only to the driver’s seat on race day, is his bicycle. He’s been an avid cyclist for most of his life. He rides primarily for the health benefits, but he also enjoys the fresh air and the fresh perspective he gets when he rides.

“Unfortunately, motorists don’t always share the road with bicyclists, and there are some roads I don’t feel safe riding on because of it,” Scotty stated. He feels it’s important to “humanize” bicycling by reminding motorists that PEOPLE are on bicycles. “Every Life Counts” is one of Alert Today Florida’s campaigns and one of the messages Scotty drives home through his racing and appearances outside the track.

The good news for Florida Bicycle Association is not only having Scott Lagasse, Jr. as a spokesperson for bicycle safety, but that he is also a member of FBA! Scotty and Alert Today Florida have partnered with FBA and unveiled something special at Homestead during the final NASCAR races this past November. Can you believe it? The FBA logo on a prime location on his Alert Today Florida NASCAR Camping World Truck Series ride!

You might ask “why” is a racecar driver being used to promote pedestrian and bicycle safety? Why not? Scotty is a bicyclist, he is passionate about safety and he truly cares about improving the bike/ped culture in Florida.

This partnership with Alert Today Florida and Florida Bicycle Association isn’t limited to race day. Race day is a great opportunity to reach an audience outside of the “cycling community”, but the safety message is lived and delivered every day. On most any given day you can find Scotty on a street somewhere reminding people not to run red lights, walking or biking to school with kids, speaking about pedestrian and bicycle safety at a meeting, conference, or other event, or organizing the next new outreach activity to promote the campaign.

Scotty and FBA Executive Director Becky Afonso attended the University of South Florida’s 4th Annual Bulls Walk and Bike Week in September to speak to the students and to ride around campus during the Bicycle Celebration.

The event had tremendous support from the Florida Department of Transportation Central Office and District 7, Hillsborough County Metropolitan Planning Organization, Tampa Bay Area Regional Transit Authority, the University (continued on page 10)
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Memberships include a subscription to the quarterly Messenger, access to online member forums and general sense of satisfaction for supporting bicycle education and advocacy in Florida.

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

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

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

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

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

The Florida Bicycle Association (FBA) was incorporated in 1997 for educational and charitable purposes. FBA is a not-for-profit, tax-exempt corporation under Section 501(c)(3) of the Internal Revenue Code. Donations, including membership dues, are tax deductible. A copy of the current financial statements may be obtained by contacting FBA.

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

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**Deadlines:**

Winter Issue – November 15
Spring Issue – February 15
Summer Issue - May 15
Autumn Issue – August 15
Dear Choir,

You must be hard-core to be reading this message. I doubt more than three people read this: you, the Messenger editor and me. I’m the new president for the next year and I have a message.

The heyday of bicycles occurred during the 1880s to 1920s. There is a reason. Bicycles are cheap, compact, portable, and reliable transportation. And they still are. No doubt you have seen old images of a young couple romancing on bicycles. (It’s easy). After cars came along, people gradually forgot the simple joy of what had been a national passion. We had to get off the streets and out of the way of cars. However, this was not a natural change. It was a well-financed and orchestrated propaganda campaign with big money behind it. In the book Fighting Traffic: The Dawn of the Motor Age in the American City, author Peter Norton echoes this message: “In the early days of the automobile, it was the drivers’ job to avoid you, not your job to avoid them, but under the new model, streets became a place for cars — and as a pedestrian, it’s your fault if you get hit.” After the 1920s, death from motor vehicles skyrocketed. That book chronicles the careful propaganda campaign by the automobile manufacturers (spearheaded by the then-newly-formed American Automobile Association) manipulating the idea of the public roadway into an “automobile roadway.” Before that time, motorists were routinely charged with manslaughter for hitting and killing pedestrians. “Jay” (as in walking) denotes a “country bumpkin” or an “ignoramus,” was recruited as part of the propaganda. It worked so well the change in society was hardly noticed, except by those affected.

After the baby-boom experience of 40 years of outrageous gas prices, skyrocketing maintenance costs and budget draining insurance bills, practical people are now forced to question their allegiance to the automobile lifestyle. We are all affected by this addiction to autos.

Staring at us right in the face are the reasons we need to get back to bicycles. The American Automobile Association, as if in a mea culpa for manipulating the scourge of automobiles in American life, reports in 2013 that owning a car cost just shy of $10,000 a year. Think about that. Also know that automobile crashes are the fifth leading cause of death in the United States, and the number one cause of death among teenagers. Talk to the parent whose son or daughter has died as a result of a car crash and you will see why the automobile lifestyle has stirred strong feelings of resentment and remorse among the public. Our society is like a family that is addicted to methamphetamine but can’t seem to figure out why their teeth are rotting, their money’s gone and the kids are flunking out of school.

Florida needs bicycles. We need supporters like you who realize the greatness of bicycles to stay with us and help us in this fight. Use the FBA resources to educate our government and people who don’t ride bicycles. Write letters to the editor, show up at transportation meetings and talk about bicycles, call the road department and ask nicely for bicycle infrastructure.

I will write this president’s message three more times over the next year. I’m not here to fill you in with all the digital juicy details about what’s going on in bicycling (look elsewhere in the Messenger) but know this: your FBA is keeping the communication channels open with everybody in the state to accomplish our mission. Bicycles will save this state with your help.

As I plod along with this not-for-profit that educates for bicycles, I hope that you will join me and our wonderful executive director Becky Alfonso and turn and face the members of our community and tell them the good news. Bicycles will save their families, their money, their taxes, their air, their roads, their children, their cities, towns and communities and lives. We need bicycling here in Florida.

Thank you Team Hohlstein

by Laura Hallam

A new slate of officers were elected at the FBA Fall quarterly board meeting and we look forward to new energy for the future. At the same time, it was a bittersweet occasion to say goodbye to FBA’s first term-limited board member Jodi Hohlstein. Due to revisions to the bylaws in 2014, “Directors shall serve a term for two (2) years for up to three consecutive terms.” Up until then, board members could serve unlimited two-year terms.

Jodi joined the board in 2009 after “getting to know” FBA through her affiliation with the North Florida Bicycle Club. During her tenure, Jodi served in a variety of positions from treasurer (2010-2012), vice president (2012-2013) to president (2013-2015). Throughout all her leadership positions, she brought energy, poise and patience to the table.

Formidably, Jodi will be remembered as FBA’s heroine at a time of rebuilding and rebranding. She will continue to be active as a CyclingSavvy Instructor, Vice President of the North Florida Bicycle Club, and advocate for cyclist rights.

Meanwhile, Jeff Hohlstein, her husband, decided it was a good time to step down from his board position. Though he had only completed one term, he has been around FBA as long as Jodi. It is often difficult to differentiate Jodi and Jeff as individuals since they are such a dynamic couple and team in everything they do.

Prior to joining the board in 2013, Jeff served as director of FBAs first chapter, the First Coast Chapter, serving the needs of Duval, Clay, Nassau and St. Johns counties from 2009-2013. Shortly after joining the board, he took on the task of secretary and held the position until he resigned. Jeff was also very instrumental in the implementation and tracking of FBAs 2014 strategic plan, as well as revisions to the bylaws and policies and procedures documents. His attention to detail was second to none as he kept everyone on track. Jeff will also stay active as a CyclingSavvy Instructor and along with Jodi, both will continue to serve FBA as members of the advisory board.

Team Hohlstein has stayed very busy over the past eight years and it doesn’t look like they’ll be slowing down any time soon. But it’s not always about bicycling and there are two personal milestones to report:

1. They managed to write and publish Flashbacks of a fighter pilot; and memories with my true love, available through Amazon (soft cover and Kindle) at http://www.amazon.com/dp/B00T6S7O60. For more information, visit www.fojeff.com.
2. 2016 will be a year of celebration as Jodi and Jeff celebrate their 50th wedding anniversary. Congratulations and thank you both for a job well done!

Florida Bicycle Best Practices Workshop

Once known as the Florida Bicycle Club Leadership Workshop, the name change to Florida Bicycle Best Practices Workshop and location move to South Miami gave the 20 registered participants the opportunity to discuss solutions for better bicycling in Florida.

Presentations by Florida Department of Transportation District 1 Secretary Billy Hattaway and Miami-Dade County Bicycle and Pedestrian Coordinator David Henderson gave those in attendance a look at Complete Streets policy from both the state and local level.

In addition to bicycle club representation from both the east and west coasts of Florida, the workshop engaged bicycle businesses and area Metropolitan Planning Organizations in conversation of crash data and how good infrastructure can address change. Special attendees Dan Burden of Blue Zones and NASCAR driver Scott Lagasse, Jr. provided unique perspectives that were entertaining and insightful.

Florida Bicycle Association wishes to thank our presenters and participants for making the workshop an educational success. We look forward to providing additional workshops in 2016.

It was a special treat to meet Dr. Thomas Demarco during WHEELS this past November. Tom has been a featured contributor to the Messenger, telling stories of his bicycle travels throughout the world. FBA member since 2001, Tom calls Whistler, British Columbia (Canada) home. Tom and cycling friend from Broward County stopped by the conference in South Miami, using their bikes and transit, to say hello, before heading out on their next cycling adventure.

President’s Message…

Welcome from the New FBA President

by J. Steele Olmstead, President
Executive Director’s Corner...

Giving Thanks

by Becky Afonso, Director

We are somewhere between the Season of Giving and the Season of Giving Thanks. November closes with gratitude and blessings counted as December fills with gift giving and culminates with New Year’s Eve celebrations.

2015, what a year! Florida Bicycle Association has much to be thankful for and many blessings to count. FBA increased membership and partnerships, promoted Florida Bike Month and National Bike Month with event listings and hosted the first Florida Bicycle Best Practices Workshop in South Miami. Our visibility reached a new plateau when the FBA logo appeared on the bed of a NASCAR racing truck, thanks to the Florida Department of Transportation, Alert Today Alive Tomorrow and FBA member Scott Lagasse, Jr. (see cover story).

They say time flies when you’re having fun; bicycling for me is all about fun and 2015 went by fast. I love riding, but I also understand my responsibilities when using public roads and trails for bicycling. There are rules to the road and trail etiquette. Unfortunately for some, these fundamentals of good bicycling are not known, misunderstood or completely ignored by both bicyclists and motorists. As a means to get good information to the public, FBA created and launched in the latter part of 2015 a new educational outreach program, “Complete Streets Savvy.”

Complete Streets Savvy is a 10-minute educational presentation developed for civic organizations, government agencies, homeowner associations, bike clubs and lawmakers. Using information from the Florida Department of Transportation, Smart Growth America and American Bicycling Education Association’s Cycling-Savvy adult bicycle education program, “CSS” covers the fundamentals of Complete Streets policy, Florida bicycle law statutes and lane position for bicyclists and motorists. To date it has been presented at nine venues and reached over 300 public road users. There is no charge for this program and the format allows for interchangeable information to cover trail etiquette, transit and alternative transportation in general.

Want in on the fun? FBA will be recruiting members to volunteer to make presentations locally to their civic clubs, legislative representatives, etc., which in turn will forward the program regionally and across the state. FBA members will receive an email announcement in early 2016 with instruction on how they can be a part of this educational outreach as a presenter or supporter. Yes, membership will have the opportunity to be part of the solution! Volunteering a little time will go a long way to fulfill FBA’s bicycle safety education mission and education is a gift that keeps on giving. FBA appreciates the continued support of our members and we look forward to celebrated successes. Our Association is in a good place with good times to follow in 2016.

Happy Cycling to All!

Don't Overlook a Proper Fit for Your Child's Helmet

Lt. Katie Heck, Punta Gorda Police Department

The Punta Gorda Police Department recently partnered with local bicycle advocacy groups to develop an action plan to ensure we are working together to protect cyclists on the roadways, and ensure both cyclists and motorists are operating safely. A commonly overlooked group of cyclists in these talks is children, as we generally don’t anticipate children riding alone on major roads. Children, however, are a group of cyclists most in danger of sustaining serious injury while riding. More than 70% of children ages 5-14 ride bikes in the United States. Each year more than 362,000 children under the age of 14 are injured, and 200 are killed in bicycle related accidents.

Armed with this information, our police department attended training to certify 5 officers in the proper fitting of a child’s bicycle helmet. Our goal is to ensure that every child in Punta Gorda has access to a good helmet that is properly fitted to their head. At a recent Public Safety Day at our local elementary school, we partnered with the Charlotte County Sheriff’s Office to hold a bicycle rodeo, fitting over 200 children for helmets they were able to take home for free.

When we create city-wide action plans for adult bicycle safety, it’s easy to overlook our neighborhood roads as we feel comfortable in these areas and are not inclined to feel a bike lane marking is necessary. For children, nearly 60% of all bicycle-related deaths occur on minor roads – generally within one mile of their home. Education is the key to preventing these injuries, by teaching children predictable riding, stopping at stop signs, ride with traffic and ride straight.

What can you do to help promote helmet safety? Start at home, and make sure your children, and their friends, are all wearing helmets. The best child helmets are light and ventilated, with impact protection equal to adult helmets and more coverage in the rear required by the CPSC standard. For kids over 5, a small adult helmet works fine. There are no tiny helmets available because it’s not recommended to ride with a child under one year old, as their neck structure and brain are just not ready yet. If in doubt, take the helmet and child to a pedestrian and ask.

Your local police department likely receives helmets from the Florida Department of Transportation to transport and distribute to children. As with any government-funded program, there are times the availability of helmets is reduced, especially given the growing popularity of cycling. Consider speaking to your local cycling group about helping fund the purchase of – or purchasing and donating – helmets for local children. Check with your local police department or sheriff’s office to make sure they have someone certified to properly fit the helmet so they can facilitate getting them to children in need.

If everyone does their part, we can make a significant impact on avoidable injuries or even death to our most vulnerable cycling enthusiasts.

TEACH BIKE SAFETY • HOST A WORKSHOP

Florida Traffic and Bicycle Safety Education Program (FTBSEP)

This statewide, comprehensive, pedestrian and bicycle safety education program instructs school teachers, community professionals, and others how to teach pedestrian and bicycle safety to children.

HELP SAVE LIVES AND REDUCE INJURIES

Teach children safer traffic behaviors and skills such as:

- stopping at the edge, searching and scanning, signaling, and avoiding hazards

For more information on how to become a Regional Trainer or Host/Plan a Workshop please call 352-294-1685 or email safety@hhp.ufl.edu
Kids, Bikes and a Bear, OH MY!

OMBA Bike Patrol Take a Kid Mountain Biking Day

By: Frank Belaska OMBA Bike Patrol Lead

The 1st Saturday of each October is Take A Kid Mountain Biking Day (TKMBD) which is a national event promoted by the International Mountain Bike Association (IMBA) to get kids out on mountain bikes, promote bike safety and learn about proper trail riding etiquette. Last year over 15,000 kids and family members participated in 150+ community events in the U.S. Several events were registered in other countries including: Italy, Australia, South Africa, Canada, Malaysia, and Mexico.

The Ocala Mountain Bike Association (OMBA) Bike Patrol Team has been sponsoring the event for the past 10 years with the latest event being held on Saturday, October 3, 2015 at the Santos trail head. Over the years the event has grown from a handful of kids to well over 70 showing up in October (all said we had attendance of 150 kids/parents/volunteers this year!). This free event provides the kids and their families with a half-day of bike safety checks, free helmets if needed, as well as supervised bike skills practice at the Santos skills park, guided trail rides, lunch and prizes!

Once registration and the pre-ride activities have been completed, the riders are arranged into groups from beginners to advance riders and with Bike Patrollers as their ride guides they head out for an hour or more of single track fun! The rides for the beginners typically are about 4 miles staying on the easy trails (Yellow marked trails), where the more advanced riders got to experience the moderate to advanced trails (Blue or Red markers). Once back they could spend time on the pump track and skills park, while some regrouped and headed back out for another loop on the trails.

While the kids are out riding, lunch preparation was performed and Marion County Fire and Rescue showed up with their fire trucks and rescue equipment ready to give the kids a hands-on demo of the gear! The rescue team demonstrated the use of the off-road extraction ATV and trailer (which was partially funded by OMBA!) and selecting a volunteer from the crowd, gave them a ride around the trail head. The kids had a great time climbing all over the trucks and gear getting a close up view of the equipment.

For this year we even had a special guest show up… the one and only Smokey Bear! Smokey was a huge hit with the kids as they were lined up to meet him. Each kid received special Smokey Bear gifts (pencils, erasers, sharpeners, stickers) and a picture with Smokey!

Lunch was provided in a picnic family style manner with a buffet line where kids and their families got to grab a lunch (chicken by Zaxby’s and/or Subway subs), side dishes, dessert and a drink.

Once lunch was completed, prizes and gifts were handed out ending the fun filled day!

As stated earlier, the event has grown over the years, from OMBA Bike Patrol members cooking the lunch to now having local food establishments donate the lunch and drinks! It takes a lot of volunteer hours to plan and hold the event at the level OMBA provided this year. In addition to the Patrol team, a number of local vendors ranging from bike stores to local businesses participated in providing onsite support, bike products and other gifts to give away to the kids. OMBA also gave away two new bikes.

Pre-registering for the event has even improved with online registration on the OMBA site. Of course the free event would not be as successful without the help and support of local sponsors (all located in Belleview unless otherwise noted), which include: Subway, Zaxby’s, Winn-Dixie (Belleview, Belleview Ridge, Merricamp, Spanish Springs), Ricardo’s Pizza, True Value, Dunkin Donuts, South Marion Auto Body, CVS, Walmart Ocala, Santos Bike, City Bicycles, Village Bikes, Orange Cycles (Orlando), US Forest Service.

Key to the success of the event are the OMBA Bike Patrol members listed below who gave their time to make certain all the kids were safe and had a great time. Special thanks to Patti for working with the local business and getting their support and Sharon for getting Smokey to attend.

Sharon Belaska
Patti Kopec
Derek Kopec
Mike Stephens
Brock Lesperance
Richard Vidaud
Candance Whitehead
Joe Krenis (from Orange Cycle deputized for the day!)

Also a thank you to the Cross Florida Greenway Land management members Bre Ximenes and Marshall Gray.

The OMBA Bike Patrol team is an all-volunteer team who are certified in CPR/Basic 1st aid as well as certified as Bike Patrollers from the IMBA National Mountain Bike Patrol (NMBP). The mission of the patrollers is to provide support and assistance to riders on the trail, educate proper riding skills and rules of the trail and help inform both OMBA and Cross Florida Greenway land management trail issues.

For more information or how you can participate in next year’s event or become part of the patrol team, please see www.ombabikepatrol.org.

Congratulations 2015 Share the Road award recipients

Leadership: Teresa Jacobs, Orange County Mayor
Founder: Dan Burden, Blue Zones Director of Innovation and Inspiration, former and first Florida Bicycle and Pedestrian Coordinator
Visionary: Billy Hattaway, Florida Department of Transportation, District 1 Secretary

Media: The News-Press, Fort Myers
Advocate: Steve Christian, Venice
Bike Club: Vero Cycling Club, Vero Beach
Volunteer: The Cycling Hub, Clermont

Dan Burden is presented the 2015 Share the Road Founder award by FBA Executive Director Becky Afonso during the East Coast Greenway Alliance annual conference in South Miami, along with former Florida Governor and US Senator Bob Graham, 2014 Share the Road Visionary recipient Herb Hiller and former Bike Florida Executive Director Linda Crider.

Ocala Mountain Bike Patrol members and Greenway Trails and Volunteer Coordinators along with Smokey Bear! L-R Mike Stephens, Patti Kopec, Brock Lesperance, Richard Vidaud, Frank Belaska, Bre Ximenes, Marshall Gray, Candance Whitehead (Photo taken by Sharon Belaska)
I had an alarming situation with a couple who gave up their cars, canceled their car insurance and drove bicycles everywhere. They had no PIP and the wife was hit by a car and injured. The bills quickly mounted. If you have not spoken to anyone who has been to an emergency room, hospitals nationwide have started billing very aggressively (meaning outrageously—not HealthCareBlueBook.com prices). I routinely see ER visits billed at $10,000-$20,000. This can bankrupt most of my clients. If a bicycle is your main source of transportation, you need coverage.

Balanced against that, it’s common knowledge that the cost of owning, maintaining, insuring and fueling a car is about $10,000 a year. There are some folks who want to save that money because they live so close to their work, kids’ school and stores. These folks can get rid of one car (at least) and save that enormous chunk of money each year.

If you’re thinking of getting rid of your car, to do this safely, you have to assume that sooner or later you may have a bicycle crash. In that situation, you must have some kind of insurance coverage for medical costs.

There are a few sources for coverage for the non-auto owner cyclist.

The best is PIP (Personal Injury Protection) insurance. It is mandatory to have in Florida auto insurance policies under section 627.736 of Florida statutes. This pays up to $10,000 for your medical bills (80%), lost wages (60%) and household services (100%). PIP is handy because health insurance only pays for medical bills, not lost wages and household services (think pool service, lawn care, etc.).

Did you know PIP coverage has variations?

1. You can purchase a “non-owners policy” that will cover you on your bicycle (and interaction with cars) and if you are driving someone else’s car. This is an attractive option because of several factors:
   a) As a non-owner, rates are lower because you don’t have the property damage risk without the car;
   b) It is cheaper than health insurance for middle class folks;

2. If you do not have PIP, but are living with someone who has PIP, then that person’s PIP insurance to pay for those same benefits up to $10,000.

3. The final way for payment under PIP coverage is if you do not own a motor vehicle but you have an injury caused by an interaction with someone else’s motor vehicle that, by law, has PIP insurance. The statute requires that person’s PIP insurance to pay for those same benefits up to $10,000.

The only other common method to pay your medical bills (but not your lost wages or household services) is if you have medical insurance (Medicare, Medicaid, United Healthcare, Florida Blue, Aetna, Cigna, ad nauseam). Now, with the advent of the Affordable Care Act, despite your poverty, you should be able to afford some kind of policy that would pay for catastrophic care. Just break down and get the insurance.

Generally, when you go to the hospital, if they find that you were on a bicycle, they will ask you only for your health insurance.

This is good. They will bill your health insurance and get paid at a fraction of their going rate (for various reasons).

If you get injured without health or PIP insurance, you may be stuck with a large hospital bill and financial woes because of an interruption of your income during recuperation. If you have health insurance, your carrier will reduce the bills so there won’t be a huge co-pay or balance. PIP, however, is preferable to health insurance if your bills aren’t too much due to a crash on a bicycle. PIP will not reduce the bills like health insurance does, but any good trial lawyer can stretch those benefits until you’re able to get back in the saddle.

**Wheels of Justice - Ask a Lawyer**

**The ZEN of Getting Your Medical Bills Paid When You Are Injured**

by J. Steele Olmstead, Esq. – Attorney J. Steele Olmstead practices law statewide from offices in Tampa. He has been helping bicyclists back on the road since he was a tech in his brother’s shop in Tallahassee. Instead now he does it in front of a jury.

It’s time to nominate worthy individuals and organizations for their significant service and contributions to bicycling in Florida during 2015. The awards bring attention to the efforts and achievements of those who forward FBA’s vision for all Florida bicyclists to be safe, respected and encouraged to bicycle for transportation and recreation.

**Categories include but are not limited to:**

- Bicycle/Pedestrian Advisory Committee, Bicycle Club, Off-Road Club or Advocate,
- Enforcement Officer or Agency, Educator or Regional Trainer, Trail Manager or Promoter, Bicycle Friendly Community or Business, Supporting Agency, Program or Event, Bicycle Business or Store Advocate, Bicycle Professional, Citizen Bike Advocate, Developer, Elected Official Champion, Volunteer, Special Recognition.

Please go to our website, www.floridabicycle.org, to submit your nomination online or mail your nomination to FBA, PO Box 2452, Oldsmar, FL 34677 (please include your contact information with mailed nominations).

Nomination Deadline for 2015 FBA Annual Awards is January 31, 2016. Recipients announced March 1, 2016 to kick off Florida Bike Month!
They said Miami was next.

Our goal was to shine a bright spotlight on bikes, trails and transit, getting people to see South Florida’s streets, bikeways, and public transportation network as one interconnected system. Working together, an energetic team of partners and sponsors and volunteers prepared an amazing array of thirty-three events! (And only two were completely rained out, although they would have been big ones.) Despite the relentless, out-of-season rainstorms, WHEELS had a whole week of successes.

A lot of WHEELS participants joined in multiple activities each. We’re still counting everything up, but at last count folks joined in on WHEELS activities an estimated 3,912 times, pretty remarkable for a first-of-its-kind event. That tally is short of our original goal of 10,000 – but there have also been, at last count, nearly 49,000 timeline views of the WHEELS videos on Facebook alone, in just a week!

We started WHEELS Week with the official unveiling of the master plan for the Underline, soon to be Miami-Dade’s signature segment of the East Coast Greenway. Then we rediscovered forgotten bike history – and South Florida’s pivotal role in it – with the Celebrating Bike Heroes symposium featuring historians Arva Parks and Pam Lahiff and storytellers Herb Hiller and Linda Crider.

Thursday through Sunday, a dizzying schedule of organized rides with Bike305, runs, and other activities was underway, giving people fun ways to discover just how close together some of our region’s best destinations are by bike, trail and transit. These included group commutes with EBC, the first-ever 10K run on the future Ludlam Trail with Miami Marathon founder Frankie Ruiz, a Bike SoMi tour of local edible gardens with South Miami Neighbors’ Annick Sternberg, and a walking tour of Vizcaya’s Hidden Ecosystems with Urban Paradise Guild.

Indoors, the WHEELS Green Mobility Conference was filled to capacity, standing room only both days. National, state and local leaders – including Ryan Gravel, originator of the Atlanta Beltline, and former Governor Bob Graham – reported on the intertwined movements to promote everyday cycling, walkable cities, bike tourism, regional and local trails, parks, and public transportation. The conference was wrapped around the East Coast Greenway Alliance’s annual summit; ECGAs members and our speakers used Metrorail and loaner bikes from Mack Cycle to move around without rental cars, a crucial proof-of-concept for bike tourism in our region. Outside the hall, Prodecotech let conference goers test-ride their new line of electric bikes. Our county’s new Transportation Director Alice Bravo, South Miami’s mayor Philip Stoddard and other dignitaries welcomed the group.

A last-minute highlight came when car-sharing giant Uber chose WHEELS as the occasion to announce its congestion-reducing, pollution-reducing UberPOOL service in Miami. They could have chosen to make that announcement at the auto show or at a technology convention, but they chose WHEELS and walkable downtown South Miami.

The biggest event in the schedule, the Bike-in Street Bash, well, almost happened. And it would have been epic. Volunteers and restaurant owners slogged through the storms all morning and set everything up. Mentors assembled to explain bike/transit commuting. The bike valet racks were erected. The bike/parts swap meet organizers pitched their tents. Soaked, Sebastian the Ibis learned to put his bike on a Miami-Dade Transit bus, even in a downpour. We held out until the last possible minute, hoping the skies would clear, but eventually had no choice but to call off the evening. We’re left to guess just how big and cool it would have been, but not to wonder about our great volunteers, city and county workers, and downtown South Miami sponsors: they are the best.

WHEELS ended with a blast, though. Sunday, the rain barked but didn’t bite until after The Mango Republic and Bike Coconut Grove led a huge group in costumes on decorated bikes on their Magical Mystery History Tour through the Grove, Coral Gables, and South Miami.

Is Miami next to switch Florida commuters from cars onto bikes and transit? The WHEELS are definitely turning.

**WHEELS Wrap up**

**by Herb Hiller and Victor Dover**

The boldest attempt to switch Florida commuters from cars onto bikes and transit – the five-day mid-November WHEELS mega-event in South Miami – drew a turn away conference crowd that heard from national leaders about how the switch works in cities around America.

The Mango Republic and Magical Mystery History Bicycle Tour celebrating at WHEELS grand finale.

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**WHEELS wishes to recognize the following Sponsors and Partners:**

Florida Department of Transportation, Dover, Kohl & Partners Town Planning, East Coast Greenway Alliance, The Miami Foundation, City of South Miami, Health Foundation of South Florida, National Resources Defense Council, Baptist Health South Florida/South Miami Hospital, MDX, Miami City Commissioner Marc Sarnoff, Green Mobility Network, Miami-Dade Parks Recreation and Open Spaces, Miami-Dade Transit, South Florida Commuter Services, South Florida Regional Transportation Authority/Tri-Rail, Florida Greenways & Trails Foundation, MBAF, Mack Cycle & Fitness, Deli Lane / Sunset Tavern, Bougainvillea’s Old Florida Tavern, First National Bank of South Miami, People for Bikes, Prodecotech, FootWorks, Awesome Foundation Miami, Greater Miami Convention and Visitors Bureau, Hunton & Williams, Bike SoMi, Roar Media, Genesis Group, Bike305, Everglades Bicycle Club, SOMI Magazine, Tropical Audubon Society, Planet Bike, The League of Women Voters of Miami-Dade County, J & B Importers, Friends of the Underline, Emerge Miami, Miami Bike Scene, Urban Paradise Guild, Florida Bicycle Association, The Mango Republic, Bike Coconut Grove, Urban Paradise Guild, Bike Walk Coral Gables, Everything Entertainment, Street Plans Collaborative, CNU Florida, APA Florida, Active Towns, Human Powered Delray, SOLE Runners, RunMiami, CitiBike, Winn-Dixie, TamboWorks and Florida East Coast Industries.

*Your support of WHEELS was truly appreciated – THANK YOU!*
Our pro bono PR support team at Roar Media and WHEELS volunteers secured 51 media spotlights. The Reuters wire service story was syndicated to more than 15 publications across the country, including Yahoo! News. We also got the WHEELS message out through prominent print publications such as The Miami Herald (above the fold). New Times and our Emerge Miami Farmers Market ride even scored a story in Edible South Florida. Plus, we had interviews on major broadcast outlets, including NBC (WTVJ), ABC (WPLG), CBS (WFOR) and PBS (WLT).
of South Florida College of Engineering, Environmental Health & Safety, College of Public Health, Campus police, Bull Runner, Administrative Services and Student Government. The message to “Discover Your Role: Walk Wise, Bike Smart, and Drive Carefully” was well received. The week kicked off with a Press Conference and stroll around campus with President Judy Genshaft. Numerous rewards and educational items were distributed to participants throughout the week including t-shirts, water bottles, first aid kits, reflective gear and helmets. Participants entered a drawing for a bicycle give away and six students were happy to win new rides!

Scott “walked the message home” during the International Walk to School event on Wednesday, October 7, along with National Football League Jacksonville Jaguars player Johnathan Cyprien. “Walk on Wednesday!” or “WOW!” as the students called it, was an International Walk to School Day event celebrating the health benefits of walking and biking to school. Students received information about street signs, traffic patterns, and safe pedestrian and bicycling behavior while being encouraged to walk and bike to school as an opportunity to improve physical fitness.

Alert Today Florida continues to partner with organizations around the state to create further outreach for safe pedestrian and bicycle initiatives. Tampa Bay Area Chick-fil-A restaurants are one of the newest partners and will provide yummy food rewards for positive behavior by having law enforcement officers give Chick-fil-A gift cards to bicyclists, pedestrians, and motorists who follow safety laws.

Scotty and NASCAR, Alert Today Florida, FBA and partners all across Florida are driving the message together, and now the Chick-fil-A cows join in the effort to truly deliver the safety message for both bicyclists and pedestrians – Alert Today Alive Tomorrow.

As a rural area in Northeast Florida, Putnam County has plenty of trails and country roads to bicycle. Palatka, the county seat, recognizes the many benefits of bicycling and is positioning itself as a “bicycle friendly place” that is a “hub” for north Florida bicycling. Why a hub you might ask? If you look at the geography of the state, you realize there is a big, long river along the northeastern part, “the mighty St. Johns”. One can only cross this river safely by bicycle in one place for 60 miles in either direction, and that’s in Palatka! Florida DOT and the Office of Greenways and Trails recognized this logistical fact and began work back in the early 1990’s to link a system of multiuse trails to Palatka and across the bridge. The largest of these planned trails will connect Lake Butler in the west to St. Augustine in the east utilizing the bridge in Palatka. Several long sections of this trail are already paved and being used including the completed trail across the bridge. In addition to the Lake Butler to St. Augustine trail, the River to Sea Loop will connect Palatka to Deland and the Springs to Springs Trails and continue through Titusville and up to St. Augustine.

Putnam Blueways & Trails, a Citizens Support Organization, coalesced around the development and use of trails in the county for bicycling, paddling the designated blueways along the river and tributaries, hiking which includes portions of the Florida Scenic Trail, and equestrian rides. Another volunteer group, Palatka Main Street, wanted to help sponsor events that would bring people to Palatka to enjoy what we have to offer, namely some of the best bicycling back country roads in N.E. Florida. Together these groups are hosting the 2016 Palatka Bicycle Festival on April 9-10 offering an assortment of routes from slow paced 10 mile “Historic Homes & Murals” for beginners, to a full Centurion and additional rides in between. There will also be an assortment of non-bicycling activities such as tours of the Waterworks and of Ravine Gardens, pontoon boat rides along the riverfront, and a narrated bus (or trolley) tour of the numerous hand-painted murals depicting the life and history of Palatka. There are dining opportunities from riverfront restaurants to the local Dairy Queen just across from the Putnam Bicycles shop. BBQ, pizza, and excellent vegetarian lunches can be found along the main street of town.

Enjoy Palatka’s hospitality with family and friends. It IS a bicycle welcoming place! Visit putnambluewaysandtrails.org for ride details, places to stay, etc. Palatka Main Street: www.palatkamainstreet.com. Or you can call 386-546-1668.

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Questions about the laws related to bicycling?  
Ask Geo @ FLBikeLaw.org*

by George Martin

Car Stopped on Sidewalk Area

Q Joseph asked: A car has pulled over a sidewalk, after checking the sidewalk for pedestrians and cyclists, to wait for an opening to make a right turn. While waiting a bicycle approaches from the right. Should the cyclist wait for the car to turn, or go around the front or back of the car?

A The vehicle should not be there since drivers in that situation are required to stay out of the crosswalk area and behind the stop bar, if present, until it is clear to proceed, and yield to pedestrians or bicyclists on the sidewalk and crosswalk.

s. 316.123 – Vehicle Entering Stop or Yield Intersection

(2)(a) ... every driver of a vehicle approaching a stop intersection indicated by a stop sign shall stop at a clearly marked stop line, if any, before entering the crosswalk on the near side of the intersection or, if none, then at the point nearest the intersecting roadway where the driver has a view of approaching traffic on the intersecting roadway before entering the intersection.

s. 316.075 – Traffic Control Signal Devices

(c) Steady red indication

1. Vehicular traffic facing a steady red signal shall stop before entering the crosswalk on the near side of the intersection or, if none, then before entering the intersecting roadway and shall remain standing until a green indication is shown; however:

2. The driver of a vehicle which is stopped at a clearly marked stop line, if any, before entering the crosswalk on the near side of the intersection, or, if none then at the point nearest the intersecting roadway where the driver has a view of approaching traffic on the intersecting roadway before entering the intersection in obedience to a steady red signal may make a right turn, but shall yield the right-of-way to pedestrians and other traffic proceeding as directed by the signal at the intersection ....

The laws are not specific enough to determine the best course of action. The safety the cyclist is of primary concern. Keep in mind that if you go in front of the car, the driver is probably looking for oncoming traffic from the left and may not see you. If you go behind the car, other drivers turning into that roadway may not see you in time to avoid an incident.

Citation for Motorized Bicycle

Q Sherman asked: I ride a 2013 go zetta. An electric moped. It has pedals. Doesn’t go faster than 19.8mph. Has a 500 watt brushless motor. With all working blinkers. Headlight etc. I got a ticket for driving while license suspended by the sheriff’s office one month after the Leesburg pd inspected my vehicle and said it’s an electric bicycle. No license required. Please help me figure this out. I feel like I am being falsely charged for a crime I did not commit.

A It appears that your vehicle is as the Leesburg police stated, a motorized bicycle that does not have to be registered and does not require the operator to have a driver’s license. It is a bicycle. A driver’s license is only required for the operator of a motor vehicle.

ds. 316.003 – Definitions

(2) Bicycle – Every vehicle propelled solely by human power, and every motorized bicycle propelled by a combination of human power and an electric helper motor capable of propelling the vehicle at a speed of not more than 20 miles per hour on level ground upon which any person may ride, having two tandem wheels, and including any device generally recognized as a bicycle though equipped with two front or two rear wheels.

I recommend writing to the Sheriff’s Office with this information and asking them to delete the citation. If you do so, make sure you get their answer in writing.

You may also want to file a motion to dismiss before traffic court or present this information to the traffic court.

In any event, we recommend writing to the Sheriff’s Office and asking them to educate their deputies about bicycle laws using the information on FLBikeLaw.org.

Three Feet

Q Linda asked: If a bicyclist is in the bike lane and a car is in the car lane – is there a distance that the car must stay away from the bicyclist? (i.e. in Maine, the car must stay at least 36” away from the bike in the bike lane). Is there a similar distance requirement in Florida?

A A driver of any vehicle must stay at least 3 feet from a bicyclist when passing, whether the cyclist is in a bike lane or not.

ds. 316.083 – Overtaking and Passing a Vehicle

The following rules shall govern the overtaking and passing of vehicles proceeding in the same direction...

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

Calling all FBA Members: Show us your RIDE!

This is one Smart Ride!

You could be our featured member in the next Messenger!
Email your photos and contact information to becky@floridabicycle.org

SAFETY DOESN’T HAPPEN BY ACCIDENT

www.AlertTodayFlorida.com
Stay current with Florida’s Pedestrian and Bicycle Strategy Plan and other Florida Department of Transportation safety campaigns.

FDOT and STRAVA GPS Cycling and Running App: Make your Florida miles count!

*DISCLAIMER: The purpose of this column is to inform about bicycling laws. The material provided here and through other means is for general informational purposes only and shall in no way constitute or be construed as legal advice by the officers, directors, agents or employees of the Florida Bicycle Association. If your experience in a court of law or on the streets differs from that presented, we want to know about it, but George Martin and FBA are not accountable for a ruling contrary to our interpretation of Florida Law or other consequences of cycling. You should seek legal advice on a particular situation.
Gears 101: Understanding those Pesky Cogs

By Jeff Hohlstein, CSI

I hate stopping for anything! You lose all your momentum and it’s a pain getting the bike back up to speed.

That’s right, you lose the momentum but starting and getting back up to speed is a piece of cake if you know your gears.

The gearing system on a modern bike is one of the most efficient devices on the planet for translating human effort into actual work, like moving on down the road. Understanding gears should not be daunting.

Properly used, gears make you as efficient as possible for the speed, wind conditions and terrain that you are experiencing. They’re easy on the knees. And they prolong the life of your chain and cassette. That translates into money saved. So let’s start with the basics.

In a standard configuration, the shifter on the left handlebar controls the front derailleur which controls the position of the chain on the crank-set, which is what the pedals are attached to. The right shifter controls the rear derailleur which positions the chain on the cassette, which is mounted to the rear wheel.

Remember when you drove a stick shift car? You started out in low or first gear and as you accelerated, you shifted up until when at highway speed, you were in fourth gear. Did you ever try to start out in fourth gear? Well, it didn’t work out for you then and it doesn’t work very well on a bike, either.

Shifters And Gear Combinations

The lowest gear combination on a bike is when the chain is on the gear rings closest to the wheel (smallest diameter crank ring, largest cassette cog) as shown in Figure 1. If you have numbers on your shifters, they will each start out at “1” closest to the wheel through “x” farthest from the wheel.

Front Crank Rings Are Like Gear Shifts On A Car

Most geared bikes have three crank rings. Road bikes usually have two. The low or No. 1 gear is designed for going up steep hills or in Florida, big bridges with a headwind. You’ll pedal like mad, barely able to maintain balance speed, but eventually you’ll get to the summit. Some people call it the “Granny gear.”

The mid crank ring (smaller of two crank rings on road bikes) is your basic utility front gear. It optimizes your rear gears for speeds from zero to between 15 and 20 mph. Cyclists who generally operate below 20 mph should use the mid crank almost exclusively.

The large crank is for speed. It should be used normally when cruising above ballpark, 15 - 20 mph. The correct switch-point is dependent on many factors including bicycle gearing ratios and rider pedaling cadence. We’ll discuss cadence and how you may determine your correct front shifting point in Gears 102 in the next issue.

The universal fact is, depending on what rear cassette ring your chain is on, if you start from zero on the large crank ring you are starting out in the equivalent of at least second gear in a car, probably higher.

Rear Cassette Cogs Are Like The Accellerator

Most geared bikes have from seven to ten cassette cogs. These cogs change gear ratio in small increments. Use them as you would use your car’s accelerator.

When you start from a stop, you should be in the first or second cog. As you accelerate and hit your target cadence, shift up. As you hit it again, repeat the process until you are at cruise speed. You may only make one or two pedal strokes between shifts. You’ll be amazed at how fast and easily you can accelerate even on the seat, and how easy it is on your knees.

Cadence, by the way, is how fast your legs are spinning the pedals. There’ll be much more about that in Gears 102. Once you’re cruising, you can make small adjustments one cog at a time to balance cadence with your strength and environmental conditions. If you want to go faster, shift up. It will become harder to pedal. If pedaling is too hard, shift down.

As you slow to stop you should also downshift through the cogs so what when you’re ready to go, you’re again in a low gear. If you do this religiously, you’ll always be ready to go even on a hill, bridge or when faced with a high crown in an intersection.

When And How To Shift

Due to its geometry, the front derailleur shifts the chain on the front side of power stroke. This means that when shifting the front derailleur you must ease pressure to make the shift. You have to anticipate that shift and do it, for instance, before starting up a hill. The rear derailleur shifts the chain on the back-side or slack side of the power stroke and you don’t have to ease up on the power. Just keep on pedaling, and shift.

Let’s Get Going

Armed with this information you have enough now to go out and get to know your gears; it will change your ride for the better.

Or, in CyclingSavvy’s Train Your Bike, we take gear novices, some of which have pedaled for years and make them basically competent through a set of exercises in about 20 minutes. You can find out more about CyclingSavvy at the CyclingSavvy National website at http://cyculingsavvy.org. To find and sign up for a class in your area, click on the “Find a Course” button at the upper right-hand corner of the CyclingSavvy Homepage.

Coming Up

Cadence and gears are tightly entwined to deliver the best power to your bike. That and simple power train maintenance can cut your power train repair costs in half! In the next FBA Messenger edition, Gears 102: Getting max performance from your legs and gears and save $$ will, explore how using both cadence and gears, you can extract the maximum performance that you are capable of on every ride. And save big bucks in the process.

Florida Bike Month is just around the corner!

Get your MARCH 2016 events on our special Florida Bike Month web page listing. Go to www.floridabicycle.org for details.
Oh, Canada!

(Part 2 - Continued from Autumn 2015 issue)

Other than the ADA-related shortcomings most other aspects of the pedestrian experience was much more positive than what we’ve come to expect in Florida. Whether it was running or walking, it quickly became apparent that there was less aggressiveness among drivers towards pedestrians and other motorists, even on the busiest inner-city streets. Horn blowing and antagonistic behavior was almost nonexistent, at least from what we observed. Likewise, pedestrians were less timid when interacting in traffic and took fewer risks since, as I mentioned earlier, compliance among motorists was an expectation that was generally met, unlike here. Illegally parked cars and other items that obstruct sidewalks was not an issue, neither in the inner-city or surrounding residential neighborhoods. And although I read and heard about incidents and complaints that were opposite of what we witnessed I came to expect in Florida. Whether it was running or walking, the pedestrian experience was much more positive than what we’ve come to expect in Florida. Whether it was running or walking, the pedestrian experience was much more positive than what we’ve come to expect in Florida.

Specific to the dynamics between people on bikes and those on foot and behind the wheel, as well as aspects of the transportation infrastructure, the first thing that struck me was the obvious increase in people on bikes as part of the traffic flow since our previous visit. Adding to those riding on the roads were the many taking advantage of the bike racks of all sizes peppering the city. As I mentioned earlier, when meeting with City of Toronto officials in 2011 I left with the impression that they were fully committed to considerably improving the infrastructure and overall environment for people using bicycles as their preferred mode of transportation, although much of the City’s work at the time was still only on paper. Fast forward to June, 2015. Staying in the same parts of the city as we had in our two previous visits meant we were relatively familiar with our surroundings. What I immediately noticed was the steady flow of bikes on all streets, whether or not there were bike lanes, sharrows, cycle tracks, or no specific bicycle treatment at all (many streets now have one or another aforementioned treatment). Also remarkable was the increased number of bike parking structures. Unlike what I’m used to seeing in most Florida locations, there were very few bikes tied up to light posts or anywhere other than legitimate bike parking structures because they were abundant and appropriately located.

Something that disappointed me and that is totally counter to everything I’ve learned and teach about cycling in traffic is that most bike operators rode very far to the right, creating too many close passing situations and “dooring” potential for my liking. Only a few times did I see cyclists riding an adequate distance from the curb, where CyclingSavvy and other education programs teach as the proper roadway position. That being the case, the dance between motorists and cyclists appeared to somehow work, most likely because there was inherent trust between the two, something I cannot say is the case here. Just as Toronto’s pedestrians can count on drivers to yield to them in crosswalks – regardless of how close they may come to each other. Still, I can’t say I’d recommend the common roadway position I witnessed.

Another observation is that neither in Toronto nor the cities and towns we visited in Nova Scotia was sidewalk riding a problem; other than an occasional sidewalk rider in the more suburban areas I saw only parked bikes or people walking them when using the space intended for pedestrians. I also noticed the conspicuous absence of law enforcement in all of the locations we visited, at least in comparison to what one sees here. Even so, drivers, cyclists, and pedestrians weren’t behaving as if there were no potential for traffic law enforcement. Finally, we didn’t make it to the World Naked Bike Ride (www.worldnakedbikeride.org) held in Halifax while we were there but it did generate plenty of fodder for media (locals seemed amused by and accepting of this annual event). Maybe something organizers of local rides might want to consider...

A version of this article (in two parts) appeared in Fort Myers edition of Florida Weekly newspaper (www.floridaweekly.com)
Upcoming Bicycle Touring Events in Florida

This printed version is 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. Data are gleaned and summarized from an online calendar database maintained by Florida Bicycle Association. We’re not responsible for accuracy of information or quality of these rides.

Roger Pierce and published on the FBA web site. To add an event to his (our) calendar, e-mail to fba@pierseguyes.com or go online to post your own entry. See complete calendar, including many out-of-state rides we don’t have room to print here, at www.floridabicycles.org/touring.

JANUARY

January 10 (Sun) Venice FL Piggy’s Revenge Endurance Challenge 10,20,40,60+ miles of off-road goodness in Sarasota County Florida. Self supported single track, gravel, dirt, sand and water ride. Piglet Ride: 10 miles of great double track riding perfect for beginners. The 20 and 40 mile loops will have a little more suitable for mountain bikes, the 60 mile is a gravel grinder and includes some road riding. The big loops will connect several wilderness areas. 1800 Mabry Carlton Pkwy, Venice, FL 34292. http://blog.piggyrevenger.com/

January 10 (Sun) Punta Gorda FL Hamster Wheel 200 Charlotte County Lock and Safe and Peace River Riders present. January 10, 2016 That’s right, this is only for the brave of heart, those that feel no pain, the ones that don’t know the word can’t, followers of the little engine that could, the preparers for Bike Sebring. Yes it’s the fourth annual Hamster Wheel 200. Mark your calendars, Register early because the first 140 riders receive the incredible Hamster Wheel coffee cup to remind them of their accomplishment. www.peacecerverriderbicyclerclub.com

January 10 (Sun) Fort Lauderdale FL Tour de Coast 50k or 100k hosted by VeloSport Events Beautiful scenic route of the A1A beside the Atlantic Ocean with clearly marked route for the 50k or 100k distance. VeloSport is partnering up again with Women In distress of Broward County, Inc. Ride to support domestic violence victims and their children. Both routes fully supported with sag vehicles, police escort and well stocked rest stops! For the beginner to advanced participants! Starts at Snyder Park: Coldwell Pavilion (road charity ride). 7:45 a.m. to 2:00 p.m. https://events.hakuapp.com/tour-de-coast

January 17 (Sun) Cape Coral FL 25th Anniversary Tour de Cape - Ride Presented by the City of Cape Coral Parks & Recreation Department offers a 5K run on Sat. Jan. 16, and on Sun. Jan. 17 there are four cycling courses that travel through the City of Cape Coral, one of the largest cities in the state. The Tour de Cape offers a 15mi, 30mi, 60mi and 100mi course. All courses are manned with support teams and rest stations throughout. This is a great family event. www.tourdecape.com

January 17 (Sun) Gainesville FL Battle of Oustee A tradition started in 1984 by Gainesville legend John Harlan and evolved into signifying the start of the Florida racing season. 9:00 a.m. at the Holiday Inn corner of 441 and University Avenue, head north on 441 then north (right) on 121 at the Highway Patrol Station. Ride length 110 miles with one brief food stop at about 45 miles. Expect substantial acceleration with 40 hilly miles to go. See https://www.facebook.com/events/940825856000595/ for parking and map.

January 18-22 Cross City FL gulfoasteventstours.com Tour package consists of 5 days and four nights; cycling on Florida’s beautiful Gulf Coast, other attractions include a visit to Historic Yulee Sugar Mill, see the Mermaids perform at Weeki Wachee Springs, and see the Manatees at Crystal River. www.gulfoasteventstours.com

FEBRUARY

February 15 (Mon) Cross City FL gulfoasteventstours.com Tour package consists of 5 days and four nights; cycling on Florida’s beautiful Gulf Coast, other attractions include a visit to Historic Yulee Sugar Mill, see the Mermaids perform at Weeki Wachee Springs, and see the Manatees at Crystal River. gulfoasteventstours.com

February 21 (Sun) White Springs FL Suwannee Sweetheart Ride Due to a conflicting festival nearby, the date has been moved a week later than it used to be. There will be rides of 25, 52, 62, and 100 miles. The century ride starts at 8:00 from Suwannee Bicycle Association Headquarters in White Springs, FL. If you’re spending the weekend, join us for a club ride on Saturday, Registration is not required. Check back soon. Questions? Call 904-563-7724. http://suwanneebike.org/events/sweetheart.php

MARCH

March 11-13 Chiefland FL Chiefland Bicycle Ride Come join us for the Chiefland Spring Bicycle Ride/Tour! Three fun-filled days riding on Florida’s Gulf Coast Trails. All rides start in Chiefland. Choose from several options to these destinations - Trenton, Cross City, Cedar Key and Horse Shoe Beach. Phone: (727) 457-6994. www.chieflandbicycletest.com

March 13 (Sun) Everglades City FL 2016 Annual Everglades Bike Ride 62 or 16 mile on road: Customize the distance of your ride; 27 mile off-road: Paved and gravel roads, through beautiful and wild Janes Scenic Drive in Fakahathee Strand Preserve State Park. Registration at 7:30 am at McLeod Park in historic Everglades City. Marked route with SAG-support, continental breakfast, snacks, lunch, visit to Smallwood Store & Museum. 239-695-2397 or visitcaamevents.com/event/everglades-ride

March 13 (Sun) Fort Myers FL Eighteenth Annual Royal Palm Classic 3 seperate rides offered under 65 miles. Pre-register at our website, or register the day of the event. The ride starts at Ft. Myers Brewing Company. Lunch and a beer glass is included as part of the full registration (glass only guaranteed for the first 300 registered.) Children under 15 years accompanied by an adult receive lunch and ride FREE (no glass.) Non-riders may purchase a meal. www.calbosadscdiers.org

March 13 (Sun) West Palm Beach FL 8th Annual Pedal for PAL Bike Tour (p/b Valor Cycling Club) Join riders from all over South Florida as they ride to benefit the Police Athletic League (PAL) of Palm Beach County, FL. 31/62/100 miles. Registration opens at 6:00 am at The Dryfoos School of the Arts, 501 S. Sapodilla Ave. West Palm Beach FL, with a structured start at 7:30 am. Ride along beautiful Flagler Drive, A1A, and along the ocean on your way to the 31/62/100 mile turn arounds. Police motorcycle escort to lead out the riders from DSOA. Several well stocked rest stops, a well marked route with SAG service, dry towels, and a tasty lunch at the end of the ride. On-line registration is open now at Active.com. Call Kevin at 561-644-9278 or http://www.pbso.org/pal

April 2 (Sat) Hernando (Inverness) FL Ride for the “Y” Fully supported ride on both the Withlacoochee State Trail (46 miles) and the Citrus County Trail (11 miles). Ride will start and end at the almost competed YMCA complex in Central Citrus County. Rides of any distance up to 124 miles (Double Metric Century) available. Proceeds to benefit the Citrus County YMCA, T-shirts provided to riders. Breakfast and lunch available for all riders. This is a family event; games, bounce house, face painting, and other activities available at the Y. Registration from 7 - 9 AM, no mass start. For information, call Eric at 863-670-0734. rotaribikeredeyf.com

April 16-21 Live Oak FL 36th Florida Bicycle Safari Ride through beautiful North Florida. Choose either the full 5 days or ride just the first 3 days. Mileage from 35 to 100 miles. Camp site, breakfast & dinner catered by Dixie Grill each day included in registration. Sag stops and vehicles on route. Mechanic on site each day. Fun activities in the afternoons (after the bike rides)-games, music, dancing, and much more. Registration open 1/1/16. The 6 day option is limited to 250 riders. Sponsored by the Florida Freewheelers. 352-978-4428 or www.florida bficialsafety.com

April 23 (Sat) Gainesville FL Ride To Remember 10 Choose a ride length of your choice on the Gainesville-Hawthorne Trail, or a road ride into the Ocala horse farm territory of 50, 75 or 100 miles. Again this year 50 and 25 mile rides from Flemington, FL. Support trained at the legendary Horse Farm Hundred. A benefit for ElderCare of Alachua County and ALP’s Place, providing Alzheimer’s Day Care. http://gfcfla.org/rtr/

April 24 (Sun) St. Augustine FL 25th Annual Tour de Forts Classic North Florida Bicycle Club. 26/38/56/ 70/100 miles. Online registration with complimentary T-shirt open around 2/1/16. This classic one-day bicycle event is designed for road cyclists of all abilities. Cycle through St. Augustine along the Atlantic coast past the Castillo de San Marcos to Matanzas. Longer routes head west along county roads with the 70 and 100 mile routes coursing along the St. Johns River. Pre-ride snacks, rest stops, a post-ride lunch, mechanical support, motorcycle escorts, roving SAGs and traffic control provided. http://nibuc.us

April 28 - May 1 White Springs FL SBA Spring Pedal ‘n’ Paddle Festival with Century Ride roads, trails, walk Florida trail or paddle down the Suwannee River. 4/28- 5/1/16. Beautiful back roads around White Springs or the 50+ miles of off road trails. Registration open at 8am Fri., & Sun., 7am Sat. Continental breakfast each morning. Make Camp Site Reservations at Stephen Foster State Park. Visit suwanneebike.org or go to Active.com and register. Dale Nanny at dalenanny@aol.com

April 30 (Sat) Ocala FL Ride for the Arts Take an idyllic trip on the second annual bicycle Ride for the Arts. From Ocala’s historic downtown through the scenic country of Marion County. The ride covers 62 miles (metric century) of challenging and beautiful rolling hills filled with majestic horse farms adorned with huge Live Oak trees covered with Spanish moss. A 37 mile route is also available. 23 SW Broadway, Ocala, FL 34471. https://www.facebook.com/events/845085668847445/
FDOT Districts

District 1
Cities: Bradenton, Fort Myers, Naples, Sarasota
Counties: Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, Lee, Manatee, Okeechobee, Polk, Sarasota
FDOT Bike/Ped Coordinator: Providence Nagy, 239-225-1983
FBA Member Bicycle Clubs: Bonita Bay Bicycle Club, Caloosa Riders Bicycle Club, Coastal Cruisers Bicycle Club, Highlands Pedalers Bicycle Club, Peace River Riders Bicycle Club, Polk Area Bicycling Association, Sanibel Bicycle Club, Sarasota-Riders Bicycle Club, Polk Area Bicycling Pedalers Bicycle Club
FBA Member Bicycle Shops: Acme Bicycle Shop, Bicycle Center of Port Charlotte, Bike Route (Fort Myers), Naples Cyclery, The

District 2
Cities: Gainesville, Jacksonville, Lake City, St. Augustine
FDOT Bike/Ped Coordinator: Derek Dixon, 904-360-5653
FBA Member Bicycle Clubs: Gainesville Cycling Club, North Florida Bicycle Club, Suwannee Bicycle Association
FBA Member Bicycle Shops: Gator Bicycle Club, Champion Cycling & Fitness, Bike Works locations), Lake Shore Bicycles & Fitness, Bike Works

District 3
Cities: Destin, Panama City, Pensacola, Tallahassee
Counties: Bay, Calhoun, Escambia, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Okaloosa, Santa Rosa, Wakulla, Walton, Washington
FDOT Bike/Ped Coordinator: Olen Pettis, 850-330-1543
FBA Member Bicycle Clubs: Capital City Cyclists, Emerald Coast Cyclists
FBA Member Bicycle Shops: St. Joe Velo, The Great Bicycle Shop (2 locations), Dragon Sports

District 4
Cities: Fort Lauderdale, Fort Pierce, Palm Beach, Stuart
Counties: Broward, Indian River, Martin, Palm Beach, St. Lucie
FDOT Bike/Ped Coordinator: Jennifer Fierman, 954-777-4318
FBA Member Bicycle Clubs: Boca Raton Bicycle Club, Vero Cycling Club
FBA Member Bicycle Shops: Bike America (6 locations), Lauderdale Cyclery, Tri Bike Run, Wheels of Wellington, Bicycle Generation

District 5
Cities: Cocoa Beach, Daytona Beach, Kissimmee, Melbourne, Ocala, Orlando
Counties: Brevard, Flagler, Lake, Marion, Orange, Osceola, Seminole, Sumter, Volusia
FDOT Bike/Ped Coordinator: Deborah Tyron, 407-482-7897
FBA Member Bicycle Clubs: Florida Freewheelers, Suntr Landing Bicycle Club, Orlando Runners & Riders

District 6
Cities: Key West, Miami
Counties: Miami-Dade, Monroe
FDOT Bike/Ped Coordinator: Zakary Lata, 305-470-5308
FBA Member Bicycle Clubs: Everglades Bicycle Club, South Florida Triathletes
FBA Member Bicycle Shop: Mack Cycle & Fitness, Elite Cycling & Fitness

District 7
Cities: Brooksville, Clearwater, Port Richey, St. Petersburg, Tampa
Counties: Citrus, Hernando, Hillsborough, Pasco, Pinellas
FDOT Bike/Ped Coordinator: Christopher Speese, 813-975-6405
FBA Member Bicycle Clubs: Central Florida Randonneurs, Florida Panthers Tandum Club, St. Petersburg Bicycle Club
FBA Member Bicycle Shops: Suncoast Cyclery, City Bike Tampa, Bike Sport, Chainwheel Drive (2 locations), Jim's Bicycle Shop, Hampton's Edge Trailside Bicycles, University Bicycle Center

Bonita Bay Do-Good Bike Project

Lyman Phillips of the Bonita Bay Bicycle Club and Steve Nicks started the “Do-Good Bike Project” to benefit the Bonita Springs Community. They are collecting and refurbishing bicycles no longer in use from owners in the retirement community of Bonita Bay. These bicycles are then donated to any person in the community in need of a bike for transportation or recreation.

A partnership has been developed with the Literacy Council Gulf Coast in Bonita Springs to connect such bikes with their adult students learning English. So far, mainly adult students have eagerly received 19 bikes and there is now a waiting list. We had five children’s bikes that went to the Mom and Tot language class. The moms were ecstatic!

The Bonita Bay Bicycle Club has been very helpful with the initial outreach and Joe DuBois of Trek Bicycle Store has been a valuable resource as well. A new bicycle lock goes along with each ‘re-positioned’ bike; even the cost of a decent lock is daunting to some in this target group.

This is a self-funded, garage based and volunteer driven initiative. Mr. Nicks and Mr. Phillips enjoy using their fundraising and mechanical skills in the service of others. If you have a bike or two that you can part with, please send an email to Lyman Phillips (lymanphillips55@gmail.com) or Steve Nicks (Steve.nicks1@gmail.com).

Have you been injured while cycling?
(I have. That’s why I’ll fight so hard for you.)

Chris Burns is not your typical personal injury attorney. As an avid rider, he combines his experience on the road with his expertise and insight in the courtroom. This unique perspective provides cyclists across Florida with the representation they deserve.

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Is cycling helping your community? Tell us at floridabicycle.org, click Positive Spin logo
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CERTIFIED PUBLIC ACCOUNTANTS

Applauds the Florida Bicycle Association for its efforts in making our community a healthier one by providing education and inspiration of cycling.

See you on the road!

Kenneth L. Scearce, CPA
David A. Satcher, CPA
Carla M. Hansen, CPA

(407) 647-6441 Office   (407) 645-0099 Fax
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Central Florida's Polk County is the "Cycling Capital of Florida." Explore more than 60 miles of paved multi-use trails and 1,700 miles of pre-mapped road routes. Unlike most of Florida's flat terrain, Central Florida's unique topography provides elevation changes of more than 300 feet, so your cycling adventure won't fall flat! Ready to ignite the fire inside yourself? Scan the QR code now to learn more.