

Fast Track to...



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2021 Florida Legislative WIN!

On April 30, the Florida legislature ended its 2021 session and there will be changes to bicycle regulations – changes for the good.

Our Move Over for People initiative found bill sponsors in House Representative Christine Hunschofsky of District 96 and Senator Lauren Book of District 32 – HB 605 and SB 950 respectively. Known as the Bicycle and Pedestrian Safety bill, it passed all committees and found favorably by both chambers without objection. Compromises to our original bill language were made through the process, but the result is a WIN for cyclists in Florida. The changes to certain elements of the Florida statutes include:

- Providing that no-passing zones do not apply to motorists who safely and briefly drive to the left of center of the roadway to overtake a bicycle, provided that such a passing continues to give the cyclist the necessary three feet passing clearance. If a motorist cannot safely pass at a distance of three feet or more, the law clearly states they must wait until a safe moment to pass.
- Requiring a vehicle making a right turn while overtaking and/or passing a cyclist to do so only if the cyclist is at least 20 feet from the intersection and at a distance that the driver of the vehicle may safely turn.

MOVE OVER for PEOPLE

- Authorizing cyclists riding in groups, after coming to a full stop, to go through an intersection in groups of 10 or fewer. Motorists are now required to let one such group pass before proceeding.
- Providing guidelines for riding a bicycle in a substandard width lane and authorizing cyclists to ride two abreast to avoid dangerous conditions.

Although this law is not yet in effect, once it is ratified by Governor DeSantis, the effective date of the law will be established. We encourage our members and all cycling enthusiasts to send a thank you to the bill sponsors, co-sponsors and Governor DeSantis.

For more information, please visit our website: <https://floridabicycle.org/2021-legislative-outcomes>

Ride For Vets by Patty Huff

How I love living in South Florida in the middle of the Everglades where we meet so many wonderful tourists from around the world! Because we have not experienced the large number of Europeans and Asians visiting this past year, we are seeing more and more Americans from across the states finding their way here on the back of a bicycle. Many cross the Tamiami Trail headed to Key West, and each one has his/her own reason to take this journey through the Everglades.

Ricky Folse is one of these individuals who has a story to tell. I met him in early May for breakfast at one of our local restaurants, Island Café, just before he traveled east to Miami. After planning to spend a night there, he was going to bike south to Key West before cycling north along the Florida east coast, then on to Washington, D.C. Ricky started his adventure in New Orleans where he lives; he is a U.S. Army veteran and is cycling for other veterans who are suffering from Post-Traumatic Stress Disorder (PTSD), many who are homeless.

Last week Ricky telephoned me from Ft. Myers, looking for information about cycling in this area. It seems that I'm receiving a call every few weeks from bicyclists coming this way. The Friends

(continued on page 4)



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Working Together to Build a Bicycle-friendly Florida

OUR MISSION: is to encourage more people to bicycle through education and advocacy.

OUR VISION: is for bicycling to be safe, accepted and encouraged in Florida.

OUR PURPOSE:

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

Help Us Grow the Base! Give to FBA

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

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

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

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

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

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

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

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The FBA accepts and welcomes your advertising!

Please see the website for rates and specifications or e-mail: Becky@floridabicycle.org. Publishers reserve the right to review advertising content and to reject advertising that, in the opinion of the Association, is neither in the best interest of FBA's members nor its goals and objectives. Although we carefully review articles and information submitted, FBA is not responsible for the information or opinions contained herein unless explicitly stated as official policy of FBA.

Deadlines:

Winter Issue – November 15
Spring Issue – February 15
Summer Issue – May 15
Autumn Issue – August 15

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A copy of the official registration and financial information (ch9008) may be obtained from the division of consumer services by calling toll-free 1-800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state. <http://www.800helpfla.com/>

FBA ANNUAL MEMBERSHIP MEETING

SATURDAY, JULY 31 • 1-4 PM

North Regional/Broward College Library

Room 154/Auditorium, 1100 Coconut Creek Blvd, Coconut Creek 33066

Members and soon-to-be members: Mark your calendars now to attend this meeting in Broward County, home to our Bicycle and Pedestrian Safety bill sponsors! House Representative Christine Hunschofsky and Senator Lauren Book have been invited and so are YOU! Please visit our website for updated information.



The FBA Executive Director wishes to share her biking experiences during **March/Florida Bicycle Month (FBM)** and **May/National Bike Month (NBM)**

Check out her photos on pages 4, 6, 13, 14 & 15

East Coast Greenway Updates

by V Christiansen, Florida Coordinator

Take action and show support for Greenway Stimulus:

The United States cannot achieve cutting greenhouse gas emissions in half by 2030 without federal investment in Greenway Stimulus. Let the Biden Administration know you're in support of \$10 billion in infrastructure investment for safe, active and equitable transportation: greenway.org/advocate

New Greenway Design Guide now available:

In our updated Greenway Design Guide, East Coast Greenway Alliance staff and volunteer partners have compiled information and resources for the planning, design, construction, promotion and maintenance of local East Coast Greenway segments. The Guide defines our vision of a protected, connected series of safe facilities for a continuous non-motorized route from Maine to Florida. Federal, state and local elected officials, city and regional planners and local advocates will find requirements for Greenway segment design and construction. Access the guide online at greenway.org/design-guide

Cheesecake to cheesesteak:

Coming August 28-29, the East Coast Greenway Alliance's inaugural New York City-to-Philadelphia Greenway Ride travels from one iconic city to another, with lots of beautiful Garden State greenway in between. After departing New York we'll end for the day in Princeton, New Jersey, and head on the next day for an end-of-ride celebration in Philadelphia. Proceeds from the 2-day, 125-mile fundraising ride will benefit the nonprofit East Coast Greenway Alliance. Spots are filling quickly, so register today at greenway.org/nyctophilly



V riding on the SJR2C Loop, the East Coast Greenway's comp route, on the Palatka to St. Augustine State Trail.



Trek 520 at the start of a morning ride along the Seminole Wekiva Trail. Becky was in Winter Park to present an award to Lisa Portelli of Bike/Walk Central Florida for the Bike 5 Cities event and managed to also schedule a lunch with FBA President Courtney Reynolds.

President's Message...

Transportation Equity

by Courtney Reynolds, FBA President



There is a new topic in the world of transportation and I think it is one that the Florida biking community should discuss. That topic is equity and how it should factor into which transportation projects are supported - and perhaps which projects get funded. I have experienced a variety of reactions when equity is discussed; I suspect that some of the more negative discourse is due to a misunderstanding of what equity actually means. In a recent

FBA Virtual Seminar Series, Bill Nesper, executive director for the League of American Bicyclists, shared a definition of equity from *Recommendations of the Safe System Consortium*, a recent publication from the John Hopkins Center for Injury Research and Policy (JHCIRP) and the Institute of Transportation Engineers (ITE). Here's the highlight reel:

Equity differs from equality. A system can achieve equality if each individual or group are given the same resources or opportunities. But a system that is equitable goes further. Equity requires recognizing that communities have been differentially impacted by a variety of circumstances, structures, and historical contexts that have unjustly advantaged some, while unjustly disadvantaging others. Hence, communities that have been disadvantaged require a differential allocation of resources and opportunities to eventually reach an equal outcome.

Discussing equity in terms of transportation means acknowledging that harm has been done. How can this be? How can a road or a bridge or any type of infrastructure hurt a person, a whole community? To me, the power of these investments is clear because of what they can do: a road can connect, but it can also divide.

We can all probably agree that transportation spending has not been equally distributed to bicycle infrastructure projects and programs. The question that I expect that we are about to tackle is how to equitably distribute funding for cycle programs. We must inspect where active transportation funding has been concentrated so far and make an honest assessment of who has and has not benefited from these projects. (The same goes for transportation investments

overall, for sure.) The next question is whether or not we can build our way into equity. Does adding bike lanes in lower-income communities check the box for righting the wrongs of the past? Will we attempt to paint the roses red by slapping green paint everywhere we can?

Seeking equity in transportation is a second chance to get it right. What "right" is will not be obvious and it probably will not be fast. But what I am sure about is that by widening the circle of those who ride their bikes - including all their reasons why and all the types of bicycles out there - is our best chance. The bicycling community may not be a monolith but we are a movement. Let's help Florida move in the right direction when it comes to achieving equity in transportation by being at the forefront of this conversation. Push for more investment while also demanding data to help everyone understand the potential impacts. Ask for transparency and then bring receipts when accountability is being skirted. Make it clear on the local, state and federal level that expectations are high because the status quo is no longer acceptable.

If this seems hard, that may be a sign that it is worth it. I hope that all of FBA's members know that the board of directors is dedicated to our mission and the vision that cycling becomes safe, accepted, and encouraged in Florida. I cannot say often enough just how much I appreciate the dedication of our executive director Becky Afonso, the resilience of the entire team of staff that supports FBA programs (that's you, Laura, Mary Beth, and Ed!), and the support of FBA's advisory board. We could not do what we do without the support of our members - so thank you all for making it possible.

Enough of this - it's time to ride!

Ride For Vets (continued from page 1)

of the River of Grass Greenway (FROGG) has been a great resource to cyclists (www.evergladesrogg.org) by providing maps and stories about others who have biked along this historic highway between Naples and Miami.

Ricky's mission is to ride and support his fellow veterans. He says we should not forget those who have fought for our country. He knows how they are suffering; he lost two friends to PTSD last year, and this loss is what inspired him to do something, to bring awareness to their plight. So, he got

on his bike and is now telling the stories of vets as he rides through the United States. As Ricky and I cycled around Everglades City before his departure, we stopped to talk with local veteran "Farmer" while he was out on his daily bike ride. He tries to meet with veterans in every city he visits.

Ricky is raising money through donations to help those in need. If you would like to donate or learn more about his journey, visit "Rick Fit" on Facebook or <https://gofund.me/abea5efa>.



Executive Director's Corner...

Girl Talk by Becky Afonso, Director

“We believe in the power of women to create positive change. The purpose of our new group is to connect women in our region who ride bicycles; we’re providing this space for all women to virtually meet and discuss women-specific topics, like bicycle maintenance, safety, group riding, events, bicycle policy and local culture. Join us and network with other amazing women who bicycle!”

– Tampa Bay Women Bicyclists Facebook About This Group

I remember when Julie Bond, executive director of Bike/Walk Tampa Bay, invited me to join this group back in January; I believe I was the second woman to do so. This private Facebook group now has 200 members and continues to grow. Although I don’t spend much time on Facebook, being a member of this group is informative and fun.

Posts have ranged from general questions to submitting photos of moms on bikes for Mother’s Day. One member provided updates to her Florida coast to coast multi-day journey which may have inspired Joy Hancock (also a member) to offer Bike Florida’s inaugural Sunflower Tour – a women’s only cross-state ride. [<https://bikeflorida.org/events/sunflower-tour/>]

When Van Linkous posted about the Bike/Walk Tampa Bay and the

University Area Community Development Corporation partnership to host an iCan Bike Camp – the purpose of which is to help kids with special needs to learn how to independently ride bicycles – it generated an immediate volunteer and all manner of sharing. [<https://icanshine.org/ican-bike-tampa-fl/>]

Soon after joining, I offered to host guided rides of the Oldsmar Trail on the third Sunday of the month. Although these rides are taking a break for the summer, it’s been fun meeting new friends and showing off Oldsmar, all while riding a bicycle.

Girl power (sometimes spelled grl power) is a slogan that encourages and celebrates women’s empowerment, independence, confidence and strength. This is not a term I have used nor do I see myself as the FBA executive director with

How FBA Keeps Going

by Henry N Lawrence III, Co-Founder of FBA (the second edition)

The story of How FBA was born has been told many times before, but the story of How it keeps going is a Human Powered Miracle that involves countless bicycling enthusiasts and dedicated advocates, bike shop owners, event promoters and so much more. My experiences at the beginning of the re-birth of FBA taught me that fact.

Today’s bicycle community is no different. Bicycle shop owners, well organized bicycle groups and clubs, dedicated bicycle educators, professional bicycle riding engineers and planners, elected officials who step up their game for bicycling and so many more that simply want to just ride their bikes are what helps keep the Florida Bicycle Association Alive and Well!

Recently I had the opportunity to sit down with Becky Afonso, FBA’s executive director, after an award ceremony for Joe Fritz. We enjoyed dinner and conversation at my favorite restaurant. It was great to share stories and catch up with Becky. We got to know each other through both working on and supporting Bike Florida’s Annual Spring Tour and the Suwannee Bicycle Association out of White Springs.

Many of us who help keep the Florida Bicycle Association alive and pedaling have never met but I know in my heart of hearts that the same energy and passion that fueled myself and Becky are what helps

keep us all connected and growing during these very trying times.

My inspiration to make bicycling an important part of the transportation environment came from within me and was stimulated by my community and the loss of fellow cyclists who died simply trying to enjoy a beautiful day on their bicycles.

From Margaret Raynal who trained me in the then League of American Bicyclists’ Road 1 course many years ago in Pensacola, to a young Dr. Dwyer who was a thriving gynecologist with many healthy babies brought into this world to many other Very Special bicycle friends who were killed simply riding their bicycles for recreation and sport, my passion has never stopped but the years are slowing me down. I just celebrated my 70th birthday and No I did not go ride 70 miles. I actually drove to Tampa from Panama City and celebrated with my daughter and granddaughters who all ride bicycles, though not as often as we all once did. I’ve seen a lot of the Tampa and Brandon area by bicycle over the last 15 years of visiting and riding the rural roads.

Please know that I’m not so unique or different than anyone else who has dedicated their time and energy in support of FBA, but I simply wanted to encourage you all to Never Give Up!

The journey continues.



a cape, but maybe I should. International Women’s Day is celebrated every year on March 8; that’s right during Florida Bicycle Month. As I recall, I spent the day sorting our 2020 Annual Award plaques, admiring the work of others as I did my own important work.

Now the intention of this wasn’t to get all Towanda from the movie “Fried Green Tomatoes;” it was just to bring to light that women can create positive change. I feel that way every time I ride a bicycle, and even more so when riding with friends. Grrl.



Ask Geo Send Off

George Martin is a man of many talents. He retired as a Captain after 28 years of an exciting and rewarding career in the U.S. Coast Guard, with extensive experience in law enforcement and ship operations. He achieved a BS and MS from the University of Florida, and graduated from the Naval War College. Since 2000, he has been involved in bicycle advocacy in a variety of organizations including president of the West Palm Beach Bicycle Club, Florida Bicycle Association, Safe Bicycling Coalition of Palm Beach County, Palm Beach County Bicycle Greenways and Pedestrian Advisory Committee and with the PBC Sheriff’s Office on a bicycle safety grant from the Florida Department of

Transportation. George initiated the Bicycle Law Enforcement Program through the PBC Law Enforcement Planning Council and completed the written curriculum.

In 2004, George joined the FBA board of directors and served as treasurer through 2005. In 2006, he became the Bicycling Law Enforcement Program curriculum coordinator, a program initially funded by a FDOT grant and later through a benefactor. As the program took shape, it was apparent that the laws about bicycling could be difficult and confusing for many audiences including cyclists, motorists and law enforcement. As a result, a website, <http://flbikelaw.org> and aptly called Ask Geo, was established for questions and answers about the laws and the program. As George answered questions, he validated his answers with Florida Statute language. Ask Geo columns also became a staple in the quarterly Messenger newsletter.

George has maintained the Ask Geo website from its origination in 2009 as a service of the Florida Bicycle Association until recently when he retired. Fortunately, the site will remain functional with an archive of questions and answers that can be easily navigated. Always the professional, George will be missed as the man with all the answers, even if it was an answer you didn’t wish to hear. His time, passion and dedication knows no bounds, nor does our gratitude.

Thank you, George, for over 20 years of service to FBA and drivers of all vehicles who navigate roads and trails.

One of George’s favorite quotes –

In matters of truth and justice, there is no difference between large and small problems, for issues concerning the treatment of people are all the same.

– Albert Einstein

The Case for an Active Transportation Policy in Florida

by Angela Ryan

A principal responsibility for communities is to provide impartial access for all people within a transportation network to access basic needs and services. A 2015 Harvard study found transportation as “the single strongest factor in the odds of escaping poverty.” Essentially, the longer an average commute, the worse chances for a low-income family to find economic success. Addressing transportation equity is paramount in Florida, as is addressing the human health and environmental damages caused by the current transportation network. I believe a stand-alone active transportation policy in Florida would provide viable options for all people to access work and education and would provide economic, health and environmental benefits.

It is obvious to anyone who visits Florida, that the current transportation network is largely dependent on automobile travel. This travel mode has provided modernization, urban and suburban development and increased tourism. However, we are now being confronted with the decades of damages from the reliance on a highly unsustainable system. Despite the many benefits, we have failed to recognize the natural capital demands on the environment and the damages to human health due to an auto-centric culture.

Specifically, an auto-centric transportation network directly impacts health and quality of life for Florida residents. Lack of physical exercise coupled with automobile dependency in Americans contributes to the high rate of health problems. A national survey by Buehler, et. al. in 2016, found that only 11% of travel is taken by walking and 1% by bicycle. This same study found that lack of physical exercise is associated with a cost of \$117 billion dollars (9-11%) of total health care cost in the United States. The time spent in automobiles driving is directly associated with overweight and obesity as research has concluded that driving time is associated with increased individual weight.

Lack of physical exercise is not the only threat to human health from spending our time driving in vehicles. As many are well-aware, the State of Florida has been ranked #1 by the 2021 Smart Growth America report, “Dangerous by Design”, due to the extremely high amount of automobile crashes resulting in fatalities and severe injuries. As demonstrated in this report, between 2010 and 2019, there were 5,893 people killed when walking or biking by automobiles in Florida. Furthermore, out of the top 20 metro areas in the Dangerous by Design 2021 report, Florida’s cities took eight of the top designations.

Regarding the natural environment, ecosystem related impacts directly

negatively impact human health and natural capital. Ecosystem damage from roadway runoff, construction and landfills is a prevalent issue in Florida. These anthropogenic impacts result in a decrease in natural habitat functions, such as reduced wetland quantity and quality resulting in reduced flood water storage, decreased water treatment, decreased air quality and loss of biodiversity. Furthermore, a high rate of carbon dioxide emissions is associated with automobiles which directly increases climate change related threats and global warming phenomena. According to the U.S. Energy Information Center, transportation is associated with 28% of all energy consumption in the U.S. This energy demand results in the need for human resources to create energy through currently unsustainable means, such as oil extraction. The aforementioned environmental impacts would all be greatly reduced through the use of biking, walking or micromobility as a viable transportation alternative.

There are many initiatives in place aimed at improving human health, the environment and the economy. On the national level President Biden has recently introduced the, “American Jobs Act” which is centered around infrastructure improvement and if successful, would provide funding for transportation, health, education and other community-based assistance. The State of Florida can follow this national trend of improving infrastructure through the development of a stand-alone, “Active Transportation Policy.” Such a policy could increase opportunities for safe active transportation networks which would result in improvements to human health, the environment and the economy.

There is currently no stand-alone active transportation policy in Florida; however, the State of Florida has made positive strides to provide partial funding for active transportation projects through programs such as, the Florida Forever Program, the Greenways and Trails Acquisition Program and the Florida Recreational Development Assistance Program. The State of Florida can increase the aforementioned programs through funding made possible through a distributive active transportation policy which provides for sufficient funding to retrofit existing communities to result in active transportation being a viable option and alternative to automobile travel.

An increase in active transportation funding would specifically provide communities the opportunity to increase and connect sidewalks, bike lanes, multi-use trails and third lane micromobility networks. In addition to direct project support, it is essential an active transportation policy include roadway safety studies and a robust education campaign.



In consideration for the potential criticism associated with funding and active transportation program, it is important to consider the research which has indicated that active transportation networks are associated with an increase in economic stability within communities. Specifically, a robust study on active transportation benefits to the economy using both cost-benefit analysis and cost-effectiveness analysis was conducted in 2018 by the Centre for Research and Public Health. The findings resulted in the following major economic benefits from active transportation versus automobile transportation:

- Reduction of operating cost for motor vehicles
- Roadway cost savings
- Parking savings
- Reduced crashes and associated costs
- Energy conservation
- Lowered auto exhaust

- Increased personal security
- Increased accessibility and mobility

The avenues to fund an active transportation program through policy would require several changes and clearly, a robust public education and media campaign would be required to solicit public support. The shift to a more sustainable transportation network will take time, resources and continued public involvement to vastly develop and increase active transportation throughout the State of Florida. Undeniably, there have been many benefits to automobile networks, and it is logical that vehicle use will be required for several industries and services. However, through strategic policy initiatives, programs and educational programs, a high amount of vehicle use could be converted to more sustainable means. I believe the time and resources to increase active transportation infrastructure would be offset through the rewards of a safer, healthier and more equitable future for Floridians.



Somewhere between the two months, Becky found herself on vacation in Mississippi and riding along the Tanglefoot Trail.

Congratulations to our 2020 Award Recipients!



Bike Club: Village Idiots Cycling Club

The Village Idiots Cycling Club of Lakewood Ranch, like most other cycling clubs, halted group rides when the pandemic hit. However, when the state opened gyms, the club resumed their group rides. The result was a record number of new members and many new cyclists. Under the leadership of Dawn Zielinski, all members were encouraged to follow CDC protocols for individual health and cycling education for group riding safety. Bike clinics were given while members practiced social distancing in addition to performance training rides to help improve their bike skills and speed. Following CDC guidelines, members enjoyed outdoor activities to celebrate their accomplishments including donations to four charities.

During 2020, the club reached out to FBA for infrastructure assistance to have a bike lane reinstalled at a high-traffic intersection. Although slow to resolve, the process has benefited both club members and transportation planners through listening and relationship building. The VICC has grown in size and earned respect by being a community conscious club that cares.



Law Enforcement Officer: Master Deputy Jason C. Johnson

Master Deputy Jason C. Johnson is a truancy officer who works between various schools in Orange County. He also serves on the Orange County Sheriff's Emergency Response Team. While filling in as a Safety Resource Officer at an Orange County elementary school, he noticed many students riding without helmets and made arrangements for each child and parent riders to be fitted with helmets several times during the 2019-2020 school year. Additionally, he knew of several families who walked long distances to and from school so he obtained information for the families to receive bikes, locks and helmets. He also reached out to other deputies to do the same at their schools. Next, he helped set up a class for 20 deputies to become certified Helmet Fitters. He also has helped collect 15 plus bikes to be rehabbed and passed on to local families. His dedication and enthusiasm have helped many families see law enforcement officers as partners in keeping their families healthy and safe.

On or off duty, Master Deputy Jason C. Johnson continues his quest to keep children safe and protect their most precious resource, their brains. He enjoys mountain biking and hits the trails with his son whenever he can.

Educator: Tom Roberts

Tom Roberts, a long-time Sarasota Manatee Bicycle Club member and volunteer, is always searching for ways to broaden his service to the community and the club. Tom saw an opportunity to provide safety training to cyclists and completed the League of American Bicyclists' League Cycling Instructor (LCI) program in 2017. Since that time, Tom has served as a ride leader, taught numerous Smart Cycling workshops and participated as an instructor in the SMBC Basic Bike Maintenance classes. During the pandemic, Tom taught Smart Cycling courses while observing all Covid-19 safety protocols. During this time, Tom also helped create a meeting in a box presentation for community service groups and homeowner associations that told the story about cycling safety. Tom and two other members created a "lunch brief" virtual meeting for a local condominium association to use as an employee bike safety meeting. In addition to Tom's LCI duties, he has also served on the club's board of directors and is currently club



Educator: SMBC Bud Gaunce and Tom Roberts

webmaster. And then there are Tom's many years of community service as both an instructor and dispatcher for the American Red Cross. Pandemic or not, Tom is always ready to serve his club and the community.

Event: Bike 5 Cities

Lisa Portelli, M.P.A. is the volunteer board chair of Bike/Walk Central Florida (BWCF), a non-profit agency dedicated to advocating for safe, comfortable, bikeable and walkable communities throughout Central Florida. She is also the volunteer ride director and force behind BWCF's signature event, Bike 5 Cities. Bike 5 Cities is a welcoming and inclusive 28-mile slow-pace ride to show people of all ages and biking abilities where they can feel most comfortable riding a bike through an urban setting - the five cities of Winter Park, Eatonville, Maitland, Casselberry and Orlando. The event advances equity through better transportation options, improves safety by teaching people of all abilities and ages how to use routes safely, enhances local economies by bringing bike "traffic" to businesses and builds public support for connecting bike routes throughout Central Florida.

During BWCF's first three years hosting the event, interest and participation grew each year, but for BWCF's 4th annual Bike 5 Cities event, they were faced with



Bike Club: Village Idiots Cycling Club. Photo credit OdellPhotos.com

(continued on next page)

Congratulations to our 2020 Award Recipients!

(continued from previous page)

how to safely host such an event during the Covid-19 pandemic. Significant safety adjustments were made including setting a registration limit, staggering start times, and offering guided, small group rides of no more than five riders per group. Temperature checks were taken, and masks were required at all stops. By building in these safety precautions, BWCF was able to host the ride and build on the momentum and enthusiasm for biking that has only increased throughout the pandemic. In fact, 36 percent of the 2020 participants were novice or casual riders and over 60 percent were first-time participants! One participant summed it up by saying, “I loved seeing how all the bike trails are connected. I wouldn’t have known about most of the trails without riding the event!”

Bicycle Professional: Michael Zayas-Morales

Mike Zayas-Morales is a young professional who is using his positions within the public sector (first at the City of Jacksonville and now at the Town of Miami Lakes) to put the focus on active transportation and the positive impacts bicycling can have on the community. He was an active participant in this year’s Mobility Week effort, organizing virtual events and even taking up bike commuting himself. He advocated for incorporating bike rides as part of the Town’s wellness program for employees, and continues to find ways to encourage people to try biking for themselves.

Mike is an “up and comer” and well-deserving of this honor as he continues on this path of leadership and dedication to cycling advocacy.



Event: Bike 5 Cities, Lisa Portelli, Chair of BWCF

Citizen Bike Advocate: Howard Tessler

Approximately three years ago Dr. Howard Tessler had a vision (no pun intended, he’s an ophthalmologist): dramatically improving the cycling conditions on Longboat Key. Singlehandedly organizing the Longboat Key Bicycle Association (LBKBA), his vision is clearly a reality. The Association’s sole purpose is to monitor and improve cycling conditions on the Island and maintain a strong relationship with both law enforcement and city officials. Members of this now sizeable Association have, with Howard’s lead, taken to the bike lanes with cameras and LBKBA jerseys, reporting what were substantial violations of the lanes by landscapers, delivery vehicles, sanitation trucks and careless civilians, reporting the cycling lane blockages to Longboat Key law enforcement who have contacted purveyors, given tickets when necessary and jumped on board to help keep Longboat Key’s bike lanes clear for cyclists.

In addition, city officials have been quick to clean up lanes when accidents and other debris have made the bike lanes unsafe. Dr. Tessler rides the 23-mile round trip on Gulf of Mexico Drive daily monitoring bike lane conditions. The LBKBA email list is ripe with conversation on issues to be addressed and are done so quickly and efficiently. When cycling over the bridges on the north and south end of the Island, one quickly notices a difference in the road and safety conditions on Longboat Key thanks to Dr. Howard Tessler; a fine cycling advocate and man of action. He’s made a difference.



Bicycle Professional: Michael Zayas-Morales

Citizen Bike Advocate: Sue Van Bernum

Sue van Bernum is a natural-born leader. Sue is positive, energized and willing to do the work. She is the current president of SORBA Orlando, the Orlando/Central Florida chapter of SORBA (Southern Off-Road Bicycle Association). A 501(c)(3) nonprofit organization founded in 2013, SORBA Orlando is dedicated to promoting and supporting mountain biking in Central Florida. These off-road trails offer everything from family-friendly places to ride, endurance bike races and time trials, skills-building sections and opportunities to give back to the community.

Under Sue’s leadership, membership has grown and work continues to add trail systems (soon to be seven) to central Florida’s off-road network. SORBA Orlando’s trails are 100% volunteer built and maintained. As you enjoy your ride on the trails, look around and you will see the hard work of dedicated teams of volunteers. There are more projects in the works.

Sue has been a great advocate for off road cycling in central Florida.

Bicycle Business: Trek Bicycle Store of St. Petersburg

Rick and Anne Fidanzato have a passion for cycling and are proud owners of ABC Bicycles and Trek Bicycle Store of St. Petersburg. Anne Fidanzato manages the Trek store and assists with the women’s rides. She believes too many women feel intimidated just to walk into a bike shop,



Citizen Bike Advocate: Sue Van Bernum



Citizen Bike Advocate: Howard Tessler

so she schedules two women to work the Trek store and one woman at ABC. It’s something she has focused on to try and get women comfortable with riding, comfortable with the equipment and comfortable with changing their own flat tire. Being affiliated with Trek, and Trek being a sponsor of the Florida Interscholastic Cycling League, you may find shop employees taking time to assist with League races throughout Florida. This level of commitment and care for the cycling community is what makes a visit to the Trek Bicycle Store of St. Petersburg a worthwhile experience.

Bicycle Friendly Community: City of DeBary

The City of DeBary, founded in 1993 and located on the St. Johns River, offers a unique urban community, highlighting its history, ecotourism and small-town living. It is also emerging as Central Florida’s shared use path/multi-use trail hub. Four regional trail systems – St. Johns River-to-Sea Loop, Coast to Coast Connector Trail, Lake Monroe Loop and Heart of Florida – converge here. Trailheads are featured at the DeBary Hall Historic Site Trail Welcome Center, Lake Monroe Park, Gemini Springs and Rob Sullivan Park. Outdoor camping opportunities are also available.

The DeBary Sun Rail Station allows riders to connect directly with Orlando and the world through international airports and it will soon be welcoming cyclists at the planned Mainstreet area near the station. The city has established a “Mobility Plan” to connect all of DeBary and has planned additional trails extending west to include the new planned Alexander Island ecopark on the St. Johns River.

These assets combined will create a cycling mecca and the City of DeBary as a destination.



Bicycle Business: Trek Bicycle Store of St. Petersburg



Bicycle Friendly Community: City of DeBary City Council Members
Phyllis Butlien, William Sell, Jim Pappalardo, Patricia Stevenson, Mayor Karen Chasez

Trails Promoter: Mike Stephens

Mike Stephens is the chair of the Lake 100 Trails Committee and helped create the Friends of Lake County Trails, a citizen advocacy group promoting cycling trails in and around Lake County. Mike has been a tireless advocate for connecting regional trails into a network of inter-county systems. He is personally leading the charge to connect Green Mountain Scenic Overlook Trailhead to the Hancock Road Trail which will create a safe 40-mile cycling trail around Florida’s fourth largest lake, Lake Apopka.

Mike has effectively built consensus among local, county and state legislators. He has coalesced broad support in the business community and the Lake County population in general. Mike leads with tireless energy and eloquence, but most importantly, he is effective.

Volunteer: Dave Hunter

Dave Hunter has a passion for cycling that goes beyond the ride. He is a leader, serving as president of the Vero Cycling Club, and director and officer of Bike Walk Indian River County (BWIRC), a 501(c)(3) bicycle advocacy and community support organization.

Through BWIRC, Dave serves the community as the liaison for the Bike Rehab Project. This project matches those in need with a bicycle, that is, after completion of a bike safety course,



Volunteer: Dave Hunter



Elected Official Champion: Senator Jeff Brandes, District 24



Trails Promoter: Mike Stephens

a bicycle fitting and helmet fitting if interested. Dave volunteers to teach the safety course and makes himself available for the fittings – each and every time.

In large part as a result of Dave’s efforts, the Bike Rehab Project has been wildly successful at getting hundreds of bikes to people who need them.

That’s hundreds of people who Dave will personally get to know and help. His passion for helping the less fortunate is nothing short of amazing.

Elected Official Champion: Senator Jeff Brandes, District 24

Senator Jeff Brandes was first elected to the Florida House of Representatives in 2010 and currently serves as senator for District 24 in Pinellas County. Senator Brandes has been a friend to the Florida Bicycle Association since 2016 by assisting FBA in defeating an attempt to remove FBA as a recipient of Share the Road specialty license plate funds. For the past five years, the senator has always given the FBA executive director 30 minutes of his time during

the off-session to discuss current events and legislative changes. One such change involved 2020 legislation for electric bicycles (e-bikes). Although this legislation is a national initiative from PeopleforBikes, FBA asked and was granted two amendments to the bill before it was signed into law. These amendments cleaned up statutory language that included the removal of the mandatory 25-inch seat height for bicycle seats, thus now allowing recumbents and adult trikes to be considered, by Florida statutes, a bicycle.

Special Recognition: Joe Fritz

Joe Fritz is a shining example for bicycling wherever he goes. He is a competitor, mechanic, event director, leader and advocate for bicycling in all types of terrain from road to dirt to mountains and pure fitness. He is a former bike shop owner, has done bike repairs for people in need and set up a Ghost Bike program in Panama City.

Joe was a member of the Panama City Flyers Cycling Club and later a group called Hammer Down Sports. He helped lead many group rides and races over the years hosted by the clubs, and was often one of the first to complete the courses. He has tried just about every type of competitive bicycling event, as well as advocating at public meetings.

Joe is to be commended for his many years of dedication to bicycling in Florida and everywhere he has traveled to compete as a Floridian.

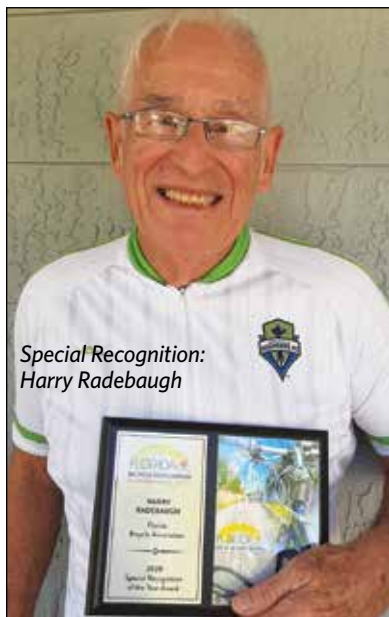
Special Recognition: Angelo Rao, FBA

Angelo Rao was invited to join the FBA Board of Directors early in 2020, bringing his professional experience as the Manager of Traffic Operations for the City of Lakeland. Unfortunately, Angelo soon had to relinquish his position with our association; he’s just that busy.

(continued on next page)

Congratulations to our 2020 Award Recipients! (continued from previous page)

Although FBA misses Angelo's energy and sense of humor during our Board conference calls and meetings, his commitment to FBA continues with his service on our Advisory Board and his dedication to improving conditions for bicyclists and pedestrians in Lakeland and beyond.



Special Recognition:
Harry Radebaugh

Special Recognition: Harry Radebaugh

Harry is a long-time member of the Coastal Cruisers Bicycle Club and inspiration to ANYONE who's ever ridden a bicycle! Last year, for his 90th birthday, the club was "locked down" for Covid so he rode nine 10-mile loops on his own in celebration of that milestone. Several club members did a drive-by to wish him a happy birthday and he was in front of his house with a hand-made sign jokingly telling us "whippersnappers" to get off his lawn.

When the club was functioning, Harry regularly served as a ride leader. In addition to his bicycle, Harry still rides a beautiful motorcycle. He is sharp as a tack and has a wealth of knowledge. He is often teased about his knowledge of history in particular as folks would say, "Harry was there!"

If there ever was a poster-child for riding a bicycle and being a warm, friendly guy, it's Harry Radebaugh. But Harry is more. He has been an



Supporting Agency: Blue Zones Project of Southwest Florida
L to R: Jodi Walborn and Megan Greer of Blue Zones Project

icon to the Coastal Cruisers Bicycle Club for 20 years. Many members still recall their first ride with Harry. Three times a week Harry rises before the sun and begins three, 10-mile rides.

Supporting Agency: Blue Zones Project of Southwest Florida

Blue Zones Project® is a community well-being initiative that makes healthy choices easier in all the places we live, work and play. Since 2014 when Naples Community Hospital (NCH) Healthcare System and other community members invited the Blue Zones Project to Southwest Florida in support of its 10-year vision, the focus of Blue Zones has been to positively impact the well-being of our citizens and to unite SW Florida around a common goal. It offers free activities online centered around living longer better, fitness and yoga classes, workshops, community challenges and plant-slant cooking demonstrations. Over the past several years the Blue Zone Project has organized the multi-county Bike to Work and Bike to School events in SW Florida.

At the October 2020 Collier County MPO BPAC meeting, Megan Greer presented Blue Zones' initiative of coordinating a safety coalition involving Naples Pathways Coalition, Naples Velo and others in support of a unified messaging for a public education campaign on bicycle safety. Blue Zones is willing to absorb the Community Transportation Safety Team into their Build Environment Committee with the idea that the process may lead to fewer meetings but more work accomplished.

Blue Zones Project Southwest Florida

is taking the initiative to be more active in the cycling community of Lee and Collier Counties. As part of its 2021 Bike/Ped Safety Campaign, Blue Zones is promoting one safety video per month on all of its social media platforms.

Bicycle Professional: Sam Beneck

"To improve east-west roadway capacity and enhance overall mobility within the area bounded by SR-52 to the north, SR-54 to the south, US-41 to the east and Moon Lake Road, Decubellis Road, Starkey Boulevard to the west in accordance with the County's current Comprehensive Plan and the Metropolitan Planning Organization's Long Range Transportation Plan." – So go the words to explain the purpose of a project, and in this case, one led by Pasco County Project Manager Sam Beneck. This same project – the Ridge Road Extension Project – will also provide additional roadway capacity and improved routing away from coastal hazard areas and improve hurricane evacuation clearance times in the event of a hurricane or other major weather-related occurrence in accordance with State of Florida requirements and the County's current Comprehensive Plan.

Sam is an avid cyclist and adds this passion to his work to ensure safety for all users. His other projects, now being enjoyed by cyclists, include the Starkey Gap Trail and the Anclote Coastal Trail. As far as the Ridge Road extension, look for a multi-use path within that project that will connect to the Suncoast Parkway Trail; future bike/ped projects in Pasco County are in good hands.



Serving AAA Members, even on two wheels.

Take the worry out of your journey – even when you're on a bike.
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18-PR-0975B



Bicycle Professional: Sam Beneck

US 90 Corridor Master Plan Multi-Use Trail

by Caitlin Cerame, AICP Planner,
Emerald Coast Regional Council

The Emerald Coast Regional Council is currently developing a Corridor Master Plan to envision what a multi-use trail could look like along US 90 in Escambia, Santa Rosa and Okaloosa counties. This Department of Economic Opportunity funded project builds upon an existing initiative to create a connected bicycle and pedestrian network that will be a tourism attractor and contribute to a high quality of life for local communities in Northwest Florida. A similar effort was previously completed by Walton, Holmes, Washington and Jackson counties, with a historic tourism plan that draws upon the rich culture and history of US 90's predecessor, the Old Spanish Trail.

The purpose of the plan is to inventory and identify gaps in the current regional network, develop implementation strategies and propose recommendations to help complete connections throughout the three counties. Data collection and site visit reconnaissance will help to analyze land use, available right-of-way, access points and other components that contribute to the feasibility of a multi-use trail. Site visits of targeted locations along US 90 are currently being conducted to evaluate the onsite conditions, opportunities and constraints of a multi-use trail application. The assessment is an unbiased examination of the walking and biking environment, where citizens and the local working group can document issues related to safety, access, comfort and convenience of the current network. Public workshops are scheduled and the plan will be completed in June 2021.

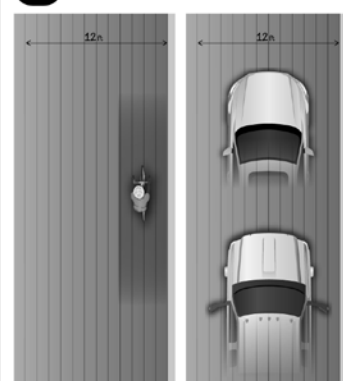
Data collection efforts may be viewed on the interactive map at <https://tinyurl.com/US90CorridorMasterPlan> and project updates are available at www.ecrc.org/US90CMP

90 US 90 CORRIDOR MASTER PLAN MULTI-USE TRAIL



Defensive Driving for Group Riders

1 Normal lanes are not shareable



Most traffic lanes are 10-12 ft wide. A cyclist needs a minimum of 4 ft of lateral operating space.* The average width of passenger cars is 7.5 ft. Trucks can be 10 ft wide, mirror-to mirror.

*AASHTO Guide for the Development of Bicycle Facilities, 4th Edition (2012)

2 Must change lanes to pass legally



In most states, motorists are required to give cyclists at least 3 ft of passing clearance.

Even if a cyclist is riding near the edge of the lane, a motorist must use part of the oncoming lane to pass legally.

NOTE: 3 ft clearance is only adequate for small vehicles at low speeds.

3 Squeeze passes cause crashes



Many motorists are impatient, or poor at judging space. They will illegally squeeze past a bicyclist if it looks like they can.

The majority of overtaking crashes are a result of this behavior.

4 Lane control is defensive driving



Bicyclists can prevent this by closing up the space between themselves and the lane line, making clear to motorists that they must change lanes to pass. This is legal defensive driving for a bicyclist.

NOTE: The best position may vary based on lane width, number of lanes or other factors.

5 Group riders should use lane control



A group of cyclists should use the same defensive lane position. It's even more critical to discourage motorists from squeeze-passing a group because avoidance of road hazards, wind gusts, or actions that startle cyclists can cause a crash with the car or among the cyclists or both.

6 A shorter double line is easier to pass



The defensive lane position creates space on the right for another line of cyclists. Since a long line of cyclists requires greater distance to pass, riding in a double line of half the length is courteous and makes overtaking easier and safer for everyone.

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West Volusia's Trail Network Continues to Push Forward

by David Swanberg, Visit West Volusia

Trails in West Volusia continue to pedal forward! There's a lot to be excited about when it comes to biking in Central Florida, so read on to learn about the latest updates to West Volusia County's extensive trail network.

A New Sign to Show The Way

On April 30, 2021 the City of DeBary unveiled a brand new 3-panel sign at the DeBary SunRail Station. The new signage, which was completed through a partnership with the St. Johns River-to-Sea Loop and the River of Lakes Heritage Corridor, highlights the trail systems that meet in DeBary: the St. Johns River-to-Sea Loop, the Heart of Florida Trail, the Florida Coast-to-Coast Trail and the Spring-to-Spring Trail.

"This panel will ensure that the many visitors arriving via SunRail will have clear direction on how to access the many trails in and around DeBary and enjoy all the assets we are fortunate to have in West Volusia," stated DeBary Mayor Karen Chasez.

The unveiling event was followed by a short bike ride to view the in-construction trail section on Shell Road – just north of Benson Junction Road that will connect the currently uncompleted segment of

the Spring-to-Spring Trail which stretches from Dirksen Drive to W. Highbanks Road in DeBary.

The sign is visible as soon as riders exit the train at the DeBary SunRail Station.

What About Special Designation?

In addition to getting a new Trail sign, the Florida Bicycle Association announced the City of DeBary as being 2020's Bike Friendly Community of the Year during a city council meeting on Wednesday, May 5.

Nominated by Maggie Ardito, president of the St Johns River-to-Sea Loop Alliance, DeBary joins other municipalities in Florida in being recognized for their work in helping shape the Association's vision for all Florida bicyclists to be safe, respected and encouraged to bicycle for transportation and recreation.

Who even needs Osteen Maytown Road?

The long-awaited Gobblers Lodge to Guise Road gap on the St. Johns River-to-Sea Loop in Osteen, FL is finally complete! With this completion, there is now 59 miles of completed trail stretching from Titusville to DeBary. This newly paved section is a welcome addition and will offer cyclists a much more pleasant, and safe experience.



More information on West Volusia County can be picked up in our Visitor Center located at 116 W. New York Avenue in Downtown DeLand, FL or can be found at visitwestvolusia.com. Please call 386-734-0162 for more information.



FBA POSITIVE SPIN

Adrenaline Bike Works Spring Event

Join FBA Today!

Your membership makes a difference.

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

Name _____

Gender: ☐ Male ☐ Female

Business/Club/Agency _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Membership type:

| | |
|--|---|
| <input type="checkbox"/> Individual (\$25) | <input type="checkbox"/> Family (\$35) |
| <input type="checkbox"/> Student/Snowbird (\$15) | <input type="checkbox"/> Supporter (\$50) |
| <input type="checkbox"/> Club/Business/Agency (\$100) | <input type="checkbox"/> Benefactor (\$100) |
| <input type="checkbox"/> Champion (\$250) | <input type="checkbox"/> Legacy (\$500) |
| <input type="checkbox"/> Other/additional donation _____ | |

Membership includes a FREE subscription to the FBA Messenger!

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

Or go online to: www.floridabicycle.org



What a family ride to ice cream looks like

If you live in Mount Dora area, the Adrenaline Bike Works bicycle shop is like none other. Owned by Shawn Lukens, a former Lake County Sheriff's Office officer, the commitment to community and customer go hand in hand.

On Saturday, March 27, the shop hosted its annual spring event. Vendors, product reps, deals and all manner of rides were offered – the highlight being the family ice cream ride to the library. About 40 cyclists went on this short ride and of course, the children were first in line for ice cream. Eventually, adults were allowed to enjoy the tasty treats.

Donations were also being accepted for the new Mount Dora Flo Trial. This two-mile moderately popular off road single-track trail is located near the bike shop.

POLK COUNTY NEWS

Summertime Bike Rides *by Jack Cormier,*

Communications Specialist Central Florida's Polk County Sports Marketing

Summer is here and the weather is good – at least until those pesky afternoon showers roll through. We're ready to get outside and make up for lost time.

Here in Polk County, blessed with more than 500 lakes and miles of roadway, it's a perfect time to dust off the old bike – and check the tires, lube both the chain and the shifters and inspect the brakes – and hit the road. Here are some spots you might try riding during this summer of cycling.

Take your trail bike to Loyce E. Harpe Park

For serious summer adventure on two wheels, try the most intense off-road rides Central Florida offers at Loyce E. Harpe Park. Just make sure you take your trail bike. Anything less ensures you will eat trail – or take a swim – more than once.

Once a phosphate mine, the main trails, marked in blue and yellow, wind through the woods, around manmade ponds and up and down hills and dales. However, hop on the red trails and you'll soon find rocks, dirt and plenty of sand along with berms and other obstacles created and maintained by the Ridge Riders Mountain Bike Association. Remember to pay attention when on the trail – one false move and you'll join the Swim Team Club into one of the ponds. Loyce Harpe offers nearly 10 miles of trail.

With four miles of descent and 37 different trails, there is a trail for every different skill level. Trails are named appropriately, from The Beast, a dangerous stretch complete with steep descents, gnarled roots and craggy rocks to get over, to the wide and open Dog Park and the narrow and twisting Roller Coaster, which takes you right by Big Mamma's House, named after a 14-foot-long alligator often seen hanging around. And she isn't the

only resident reptile. Loyce E. Harpe Park is located at 300 W. Carter Road in Mulberry. Besides the bike trails, there are four adult softball fields, six multi-use fields, a dog park, a playground and public bathrooms. The trails are open rain or shine, but only the most intrepid should dare the advanced trails when they are slick.

Hit the roads in Lakeland

Perhaps you've had enough of long, winding trails or maybe you feel like mixing in a light lunch or a cup of gourmet coffee on your bike ride. Or heck – you just want a leisurely pedal through a mix of hip urban core and lakeside trail.

No matter the reason, the Lake to Lake Bicycle Route, a 26-mile network of paved multi-use paths that traverses between numerous lakes in Lakeland, is worth the visit. While not the most physically challenging ride, this journey is a feast for the eyes and, if you choose, the palate.

One of the highlights is Lake Hollingsworth. A little less than three miles in circumference, the lake is ringed with million-dollar homes, including the home to the largest single site of fabled architect Frank Lloyd Wright's work, the campus of Florida Southern College.

Next, downtown Lakeland, full of artisanal shops and places for a quick drink or fine dining, beckons. If you've worked up an appetite and feel like sitting down, try a taste of New Orleans at Harry's Seafood Bar & Grille. There are also plenty of places for quick bites, including Black & Brew Coffee House, Palace Pizza, Silver Ring Café or Taco Bus.

Just a few short pedals from downtown is Lake Mirror, circled with a promenade. Along its banks are Hollis Garden, 1.2 acres of fountains, public art and flower



The Poor Porker, Lakeland

beds; Swan Brewing, a microbrewery with a steady schedule of visiting food trucks; and the Poor Porker, a cluster of buildings featuring everything from beignets, cold brew coffee, burgers and T-shirts during the day to live music, beer and wine at night, open Friday through Sunday. A short jaunt away is The Joinery, a food hall complete with everything from sushi and ramen to pizza, burgers and desserts, plus plenty of adult beverage options.

Lonely locales

If you desire wide-open spaces and fewer people, look no further than the rolling backroads that surround remote and rural Lake Buffum. The location of the road race portion of the Chain of Lakes Cycling Classic, the hilly, twisty and tranquil area east of

Fort Meade is surrounded by orange groves and all the challenges a cyclist wants. Make sure you bring food and water, however, because you won't pass a corner store.

If you'd rather things not get THAT rural, launch your bike expedition from the friendly confines of Bartow. During the week, Bartow bustles as the county seat. But on weekends, the historic downtown transforms into a sleepy Southern city. Home to the largest road tour in the area, the Blooming Bike Ride, the back roads quickly go from small city to gently rolling roads near the Peace River Basin through expansive citrus groves and around the old Florida backwoods. When you are done, make sure to bring a mask so you can enjoy either dine-in or take-out from the fine downtown Bartow restaurants and shops.

To learn about other trails or any of the other attractions that go into making Polk County Florida's Sweetest Spot, got to visitcentralflorida.org or call (800) 828-7655.



Mountain Biking in Loyce Harpe Park, Mulberry



Becky participated in the inaugural Sumter Landing Bicycle Club Ride of Silence. The ride was well organized and respectfully quiet. (photo credit John Komoroske)

The DCC-Dolphin Cycling Challenge – Ride Marshal Event

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

On April 10, 2021, I participated and was a ride marshal for the fifth time during the 11th annual DCC--The Dolphin Cycling Challenge. It was my first ride marshal event since the start of the pandemic. The DCC raises funds that support doctors and researchers working to find a cure for cancer through the Sylvester Comprehensive Cancer Center, part of the University of Miami Health system. My brother died of cancer so this ride is personal for me as well.

I participated in marshaling the 35-mile ride from University of Miami in Coral Gables to the Hard Rock Stadium in Miami Gardens. The other DCC rides started and ended at the Hard Rock Stadium and included 15, 50 and 100-mile rides. There were nearly 100 ride marshals to support over 3,000 cyclists who participated live, many more participated all over the world in the virtual event. All of us had to pass the League of American Bicyclists' bike safety courses and be referred and fully vetted by the ride marshal coordinator Mickey Witte (who was highlighted in the Spring 2021 Messenger article). All to ensure this elite ride marshal group are qualified to support this ride.

It was a different ride than in the past with new rules and guidelines to keep the cyclists and volunteers safe. Masks were mandatory for entry to all rest stops and at the ride start and end. We rode in smaller groups than in years past; designated packs by each speed level, with 6-10 ride marshals per level, pending the size of the groups. Each ride marshal had a buddy marshal assigned. My buddy was veteran DCC Ride Marshal Richard Harden. We were partners for the entire ride. Each rest stop was fully supported and each wave of riders, by their designated pack, arrived and left the rest stops together. This allowed us to control how many cyclists were at each rest stop, for social distancing, at one time. We were fighting Covid and creating a safe environment, yet not sure how much we supported the environment. Safety was the priority and that meant individual water bottles and individually wrapped rest stop food which accounted for a lot of trash.

The DCC Ride Marshal Team was a fundraising team as well, so not just a volunteer position with no commitment to the charity. Our DCC Ride Marshal team collectively raised over \$50,000 to fight cancer. I rode for my family and friends



Richard Harden and Mary Beth Garcia on the Julia Tuttle Causeway at the top of the bridge with two of our cyclists in our pack and at the Ride Start at UM.

who are battling cancer, battled and won, and unfortunately like my brother Stephen, lost the fight to cancer.

I am proud to be a ride marshal for this and other charity rides and I am proud to be the Ride Leader/Ride Marshal program director for Florida Bicycle Association.

It provides me the opportunity to not only share my real life cycling and ride leader experiences with other ride leaders enrolled in our certification course, but to practice and continue to “sharpen my saw” to earn credibility, to lead and teach ride leaders. Tailwinds!

East Coast Greenway Trail Biking Opportunities

by Jim Dodson

Can you imagine the cycling adventures made possible by a safe and scenic 3000-mile bike route stretching from Calais, Maine to Key West, Florida? That's what the founding group of East Coast Greenway Trail had in mind in 1991 when they came up with the idea of creating a biking venue that includes a combination of urban and rural settings. Segments of the trail wind through fifteen states and 450 communities, each with its own natural beauty and unique sites to explore. Thirty years on, about a third of this ambitious project is complete, much of it in the form of protected trails.

In Florida, 600 miles of the East Coast Greenway—the longest of any state—will run along the coast from north of Jacksonville along Fernandina Beach, down to St. Augustine, Ormond Beach, and south along the beach areas to Key West. A little over 30 percent of it is off-road, 13 percent under development and just under 40 percent in public control to be developed. The great thing about it is having the choice of doing a day, weekend,

week, or even months-long trip, depending on individual skills and schedules.

Some people might only take advantage of local segments to commute to work, have a family outing or enjoy a bit of healthful exercise. Already existing bike trails are being incorporated into new ones as many puzzle pieces are being fitted together over time. During 2020, usage of the East Coast Greenway grew by 50 percent. Its ongoing construction also involves community leadership and volunteers, as well as ECGA staff members.

In late summer and fall of 2021, Timberline Adventures out of Colorado will be sponsoring four “Odyssey Tour” rides along the East Coast Greenway, with the first leg starting in Maine on September 8th, ending on the 24th in New York. The second is from September 24th to October 10th (New York to Raleigh, North Carolina). The third portion is from October 10–21st (Raleigh to Savannah, Georgia). The fourth is from October 21st to November 5th (Savannah, Georgia to Miami).

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

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

This tour includes all the amenities of food, lodging in local hotels, support vehicles and mechanics on hand, all with Covid-19 safety procedures in place. Prices are based on single or double booking. Timberline's website states: “The trail is a combination of paved bike paths, back roads and unpaved path sections. Hybrid or gravel bikes are perfect for this epic ride. Traditional road bikes with some wider tires can also work.” It's important to note

that this is not a race but an event designed for participants to go at their own speed. Even better, since it's the east coast, most of the distance is completely flat and can therefore accommodate a variety of ages and riding abilities.

So when you have a few moments, take a deeper look into this impressive biking trail. See what parts of it—or all of it—you might want to explore on your own, with a cycling club or with family and friends.



Becky finished FBM with a ride along the Courtney Campbell Causeway Trail and secured the FBA 1st place finish in the Bike/Walk Tampa Bay Love to Ride Florida Bicycle Month Challenge.

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: Deborah Chesna, 863-519-2562; Bike/Ped Safety Specialist: Mengya (Amy) Ao, 863-519-2510; SUN Trail Coordinator: Deborah Chesna, 863-519-2562

FBA Member Bicycle Clubs: Caloosa Riders Bicycle Club, Highlands Pedalers Bicycle Club, Peace River Riders Bicycle Club, Sanibel Bicycle Club, Sarasota-Manatee Bicycle Club, Gulf Coast Velo, Bonita Bay Bicycle Club, Coastal Cruisers Bicycle Club, Naples Velo, Village Idiots Cycling Club

FDOT Statewide Bicycle/Pedestrian Coordinator:

Mary O'Brien, 850-414-4283

www.floridabicycle.org/resources-by-the-f-dot for more FBA member club & shop info.

FBA Member Bicycle Shops: Acme Bicycle Shop, Fort Myers Schwinn Cyclery, Pedelec SQB LLC Electric Bicycles, Road & Trail Bicycles, Bicycles International, Real Bikes Englewood

District 2

Cities: Gainesville, Jacksonville, Lake City, St. Augustine

Counties: Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Gilchrist, Hamilton, Lafayette, Levy, Madison, Nassau, Putnam, St. Johns, Suwannee, Taylor, Union

FDOT Bike/Ped Coordinator: Derek Dixon, 904-360-5653; FDOT Bike/Ped Safety Specialist: Jennifer Graham, 904-360-5636; FDOT SUN Trail Coordinator: Stephen L. Browning, 386-961-7455

FBA Member Bicycle Clubs: Gainesville Cycling Club, North Florida Bicycle Club,

Suwannee Bicycle Association

District 3

Cities: Destin, Panama City, Pensacola, Tallahassee

Counties: Bay, Calhoun, Escambia, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Okaloosa, Santa Rosa, Wakulla, Walton, Washington

FDOT Bike/Ped Coordinator: Olen Pettis, 850-330-1543; FDOT Bike/Ped Safety Specialist: Michael Lewis (Interim), 850-330-1266; FDOT SUN Trail Coordinator: Olen Pettis, 850-330-1543

FBA Member Bicycle Clubs: Capital City Cyclists, Emerald Coast Cyclists, Bike Pensacola

FBA Member Bicycle Shops: The Great Bicycle Shop

District 4

Cities: Fort Lauderdale, Fort Pierce, Palm Beach, Stuart, Vero Beach

Counties: Broward, Indian River, Martin, Palm Beach, St. Lucie

FDOT Bike/Ped Coordinator: Larry Wallace, 954-777-4208; FDOT Bike/Ped Safety Specialist: Adolfo Prieto, 954-777-4616, 954-777-4355; FDOT SUN Trail Coordinator: Wibet Hay, 954-777-4573

FBA Member Bicycle Clubs: Boca Raton Bicycle Club, Vero Cycling Club, South Broward Wheelers Bicycle Club

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

District 5

Cities: Cocoa Beach, Daytona Beach, Kissimmee, Melbourne, Ocala, Orlando

Counties: Brevard, Flagler, Lake, Marion, Orange, Osceola, Seminole, Sumter, Volusia

FDOT Bike/Ped Coordinator: Stephanie Moss, 386-943-5734; FDOT Bike/Ped Safety Specialist: Chad Lingenfelter, 386-943-5336; FDOT SUN Trail Coordinator: Stephanie Moss, 386-943-5734

FBA Member Bicycle Clubs: Florida Freewheelers, Sumter Landing Bicycle Club,

Spacecoast Freewheelers Bicycle Club, Ocala Mountain Bike Association (OMBA), SORBA Orlando, Seminole Cyclists Cycling Club

FBA Member Bicycle Shops: Village Cycles (2 locations), Orange Cycle, The Ride Xperience, Adrenaline Bike Works

District 6

Cities: Key West, Miami

Counties: Miami-Dade, Monroe

FDOT Bike/Ped Coordinator: Tiffany Gehrke, 305-470-5308; FDOT Bike/Ped Safety Specialist: Isis Sotolongo, 305-470-5187; FDOT SUN Trail Coordinator: Tiffany Gehrke, 305-470-5308

FBA Member Bicycle Clubs: Key West Bicycle Association, Everglades Bicycle Club

FBA Member Bicycle Shops: Mack Cycle & Fitness

District 7

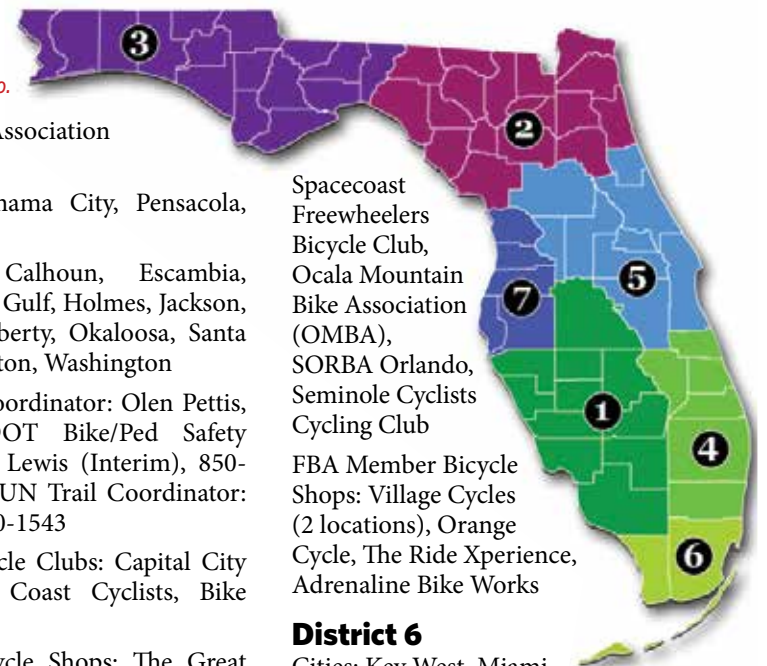
Cities: Brooksville, Clearwater, Port Richey, St. Petersburg, Tampa

Counties: Citrus, Hernando, Hillsborough, Pasco, Pinellas

FDOT Bike/Ped Coordinator: Alex Henry, 813-975-6405; FDOT Bike/Ped Safety Specialist: Ginger Regalado, 813-975-6970; FDOT SUN Trail Coordinator: Alex Henry, 813-975-6405

FBA Member Bicycle Clubs: Florida Panthers Tandem Club, St. Petersburg Bicycle Club, Suncoast Cycling Club, Swamp Mountain Bike Club

FBA Member Bicycle Shops: Bike Sport, Chainwheel Drive (Clearwater, Palm Harbor), Jim's Bicycle Shop, City Bike Tampa, E-Mobilize




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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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904-632-2424




The Trek 520 participated in the virtual Forward Pinellas Bike Your Own City - in Safety Harbor. The artwork was created at the virtual Bike Your City event during October 2020 and Becky knows exactly where her orange tile is located.

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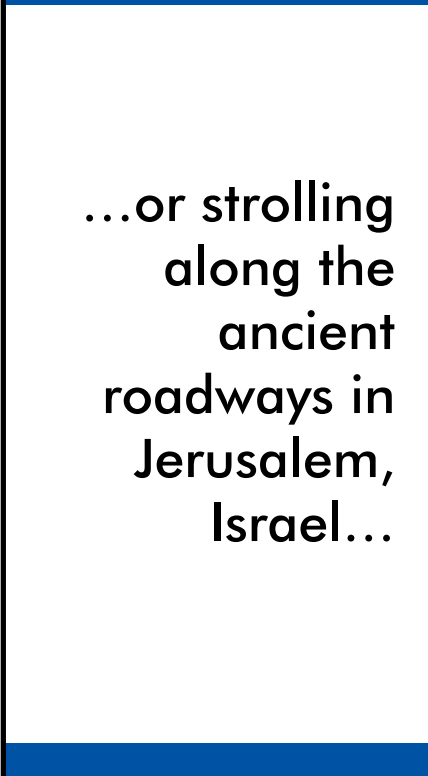
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...or strolling along the ancient roadways in Jerusalem, Israel...

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