



P.O. Box 718, Waldo, FL 32694

Messenger



www.floridabicycle.org

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Fall 2007

Advocating a bicycle-friendly Florida

OFFICIAL NEWSLETTER OF THE FLORIDA BICYCLE ASSOCIATION, INC.

FBA Annual Awards...

FBA recognizes contributors to bicycling for 2007

Florida Bicycle Association annual awards are presented to worthy recipients for their contributions to bicycling.

The purpose of the awards is to bring attention to the efforts and achievements of groups, organizations and individuals that help deliver our mission to inspire and support people and communities to enjoy greater freedom and well being through bicycling.

The 2007 awards were presented during the annual meeting held in conjunction with the third annual Pro Bike® Pro Walk Florida Conference.

Bicycle/Pedestrian Advisory Committee (BPAC): Hillsborough County Bicycle Pedestrian Advisory Committee
Tina Russo, Chair

The Hillsborough County BPAC is one of the most active and productive committees in the state, currently chaired by Tina Russo. They are especially proud of their recent accomplishments. Since the BPAC was formed in 1977, the committee has requested facilities for cyclists to travel safely through downtown Tampa traffic. Their efforts have been rewarded along with the help of the Florida Department of Transportation in the form of downtown bike lanes becoming a reality. Enroute to downtown, an upcoming Nebraska Avenue project will include bike lanes, refuge islands and crosswalks. Tampa BayCycle rolled out with festivities during the month of May. Rides were logged and prizes were awarded. The BayCycle move-

continued on page 5

FBA adds its voices to the 'blogosphere'

Share the Road license plate campaign gets new media relations director

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



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

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

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

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

From time to time he will be looking for leads on articles and photographs relating to STR efforts, unique specialty tag stories, mini-grant success stories and the like. He can be reached at 352-337-1475. His office is in Gainesville, Florida (1330 NW 6th Street, Suite D, Gainesville, FL 32601). His internet address is: moose262@alltel.net. Please also feel free to reach him through the Bike Florida office at 352-392-8093.

In August FBA added an official Web log to its stable of communications choices.

You can reach the 'blog at <http://flabicycle.blogspot.com>

Initially, the association intends to use the vehicle for informal discussion and comment on bicycling-related issues.

Hopes are that the effort will augment information provided by the Website by providing a forum for interaction among advocates for better Florida bicycling.

You can access the latest FBA 'blogs at the above URL or by clicking the link on the FBA Website home page.

ACTION ALERT

TELL SENATOR MARTINEZ
FLORIDA NEEDS TRAIL FUNDING

On September 11, 2007, Florida U.S. Sen. Mel Martinez (R) voted to eliminate all federal spending on trails and other walking and biking facilities.

Tell Sen. Martinez that Florida needs more opportunities for walking and biking, not less.

Sen. Martinez's vote was in support of an extreme amendment proposed by Sen. Tom Coburn (R-Okla.) that blamed bicycle and pedestrian funding for the August Minneapolis bridge collapse.

This claim was made despite the fact that, since 2006, states have returned more than \$2 billion in unspent bridge project funding to Congress. Coburn's amendment was defeated 80-18.

This misguided scapegoating attempt cannot go unchallenged.

Please explain to Sen. Martinez why cutting trail, walking and biking funds would be a huge blow to Florida.

Bicycle facilities and trails have strong transportation value, produce zero emissions, support healthy lifestyles and provide economic development opportunities.

We need *more*, not less, funding for bicycle facilities and trails. Federal funding has helped to create numerous miles of highly used bike lanes and trails: the Fred Marquis Pinellas Trail and Cady Way Trail; regional connectors such as the Withlacoochee State Trail and the Suncoast Parkway Trail; and the soon to be constructed 50-plus mile East Central Regional Rail Trail and 49-mile Palatka to Lake Butler Rail Trail.

After you have taken action, please be sure to ask other Floridians to act as well. By multiplying our voice, we can convince Sen. Martinez to do the right thing in the future.

Floridians deserve better transportation choices. Please act now by visiting the Rails-to-Trails Conservancy "[What Can You Do?](#)" page at www.railstotrails.org.



Advocating a
bicycle-friendly Florida

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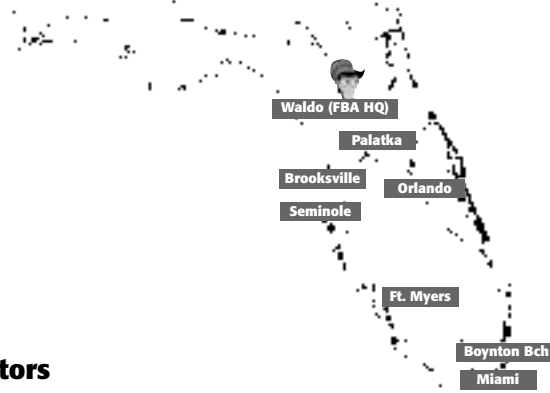
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City names denote board member distribution. Is your area represented? Contact a board member today!



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Rob Faw
Steve Morris
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Please see **Welcome**, page 4

Join FBA

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

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

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

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

Visit FBA's Website

www.floridabicycle.org

Subscribe to FBA News, and FBA and FORBA e-mail lists

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

To subscribe to Florida Bicycle Association's FBALink, send an e-mail to fa-subscribe@topica.com or forba-subscribe@topica.com. (for daily digest, e-mail fa-subscribe-digest@topica.com). For FBA News, fbicycle-subscribe@topica.com

FBA Blog
<http://flabicycle.blogspot.com>

Messenger Deadlines

Copy and Advertising Deadlines:
Summer Messenger - June 15, 2007
Fall Messenger - September 15, 2007
Winter Messenger - December 15, 2007
Spring Messenger - March 15, 2008

Inquiries and submissions:
FBAMessenger@aol.com

Membership Categories: Paceline Leaders (\$1,000+), Titanium Partners (\$500-\$999), Golden Gears (\$250-\$499), Silver Spokes (\$100-\$249), Bronze Pedals (\$50-\$99), Membership includes a subscription to the *FBA Messenger*.

President's message...

It IS About the Bike: How the Right Equipment Can Change Your Life

Mighk Wilson



I named my new truck Lakshmi, for the Hindu goddess of good fortune. My new truck, however, does not have a hemi, or an extended cab, or even four wheels. It's my new bike. Or as the folks at Xtracycle call it, a sport utility bicycle, an SUB.

My trusty 18-year-old Diamondback Apex, a mountain bike I'd converted to a city bike, was stolen in early May ("Happy Bike Month" I hear the thief chuckling), and I'd been thinking about the Xtracycle concept for some time; about converting the Diamondback. The theft inspired me to action; I bought a Marin Novato from my

Xtracycle at 200 pounds. You can also carry longer loads with greater stability.

When I hauled some 8-foot 1x4s on the B.O.B. it oscillated violently if I took one hand off the bars. Without the extra linkage of the trailer attachment such problems are much less likely on the Xtracycle.

You can carry an adult passenger with an Xtracycle (see load limit), or a couple of kids.

With a trailer you have to think ahead about hauling loads. You wouldn't pull an empty trailer around just in case you needed it. The Xtracycle's impact on riding when not hauling is minimal, and even has some other benefits, such as a much smoother ride on rough roads, easier track stands at red

The FreeRadical frame extension will not work with a full suspension frame; it requires a rigid rear triangle. If you want rear suspension you'll need a suspension seat post.

Your bike will weigh somewhere between 30 and 40 pounds. But then, if you're carrying a 50-pound load, who cares?

at (www.yubaride.com).

With so much attention given to road racing lately (Armstrong, Landis...) we tend to focus on speed as the prime measure of cycling performance. How 'bout we spend some time competing over how much stuff we can carry instead!



(Above) The basic configuration. (Right) An 80-inch bi-fold door and other miscellaneous stuff from Lowes, plus four bags of produce and groceries. Just a typical Xtracycle trip.

(Below right) With optional WideLoaders installed; right side FreeLoader removed to show FreeRadical and wheel attachment. Optional fender stickers say "Trucks are Sissy" and "Honk if You're a Wus in an SUV."

local bike shop, and the conversion kit from Xtracycle.com to make it into an SUB.

For someone new to transportation cycling, the Xtracycle might be seen as a revelation. You'll be able to carry things you would have assumed could not have been carried before—even with a bike trailer—and replace more car trips than previously possible.

For me it was more evolutionary than revolutionary, but that's still a very good thing. To see the possibilities go to www.xtracycle.com/gallery.php and click on the "Real Loads" link.

Converting your bike to an SUB is quite easy if you're somewhat experienced with bike mechanics. If not, ask your local bike shop to order the kit and install it for you. The frame extension (called the "FreeRadical") bolts into your rear triangle, you lengthen your chain, and replace your rear brake and derailleur cables with longer ones.

"Quick release" options are possible, but most users keep it as a permanent conversion. While road bikes can be converted, the concept is better suited to hard-tail mountain bikes and urban/comfort bikes.

The Upsides

The load capacity of an SUB is much higher than many bike trailers. A B.O.B. Yak trailer, for instance, is rated at 70 pounds; the

lights, and just plain coolness.

The Xtracycle system is also modular; adapting to your needs. "WideLoaders" plug into the sides to enable you carry (you guessed it) wider loads. "LongLoaders" push longer items (ladders, kayaks, surfboards) out so they don't interfere with your pedals. "Footsies" are footrests for passengers. The "TrayBien" is a rack that allows you to carry another bike.

The (Minor) Downsides

Yes, there are some things about an SUB that some might have problems with.

Fitting one into a bike locker can be a challenge, and perhaps even impossible, depending on your bike or your locker.

Mine just barely fits if I take my front wheel off. I had to cut my front fender short to make it fit, and with bar ends there is not a quarter inch to spare.

Curb-hopping is no longer an option, unless you have a suspension fork. With the rear wheel 15 inches farther back, lifting the front end is very difficult. I can normally pull my front end all the way back and over on a regular bike, but can only pull the front up about 2 inches on Lakshmi.

The integral "FreeLoader" bags are open-topped and not waterproof. You could drop in your own waterproof bags, or make your own tarp to cover it all. Xtracycle is working on a rain-cover for the system.

Supplemental Power
The folks at Clever Cycles in Portland, Oregon recognized that carrying loads up and down hills could discourage even some strong riders, so they came up with an electric motor designed specifically for the Xtracycle called the "Stokemonkey" (<http://cleverchimp.com/>).

With such horsepower and capacity, picking up your friend and his luggage at the airport may now be possible by bike.

A New Niche

A couple of smaller bike companies have taken the Xtracycle concept a step further by making entire bikes based on this configuration.

Check out Surly's new Big Dummy (www.surlybikes.com/new.html) and the Mundo by Yuba



FBA celebrates 10 years of working toward better Florida bicycling

FBA has weathered 10 years in its journey to make a difference for Florida bicyclists. We want to pause to thank those of you who joined the effort when a fledgling group of dedicated advocates set their sights on a lofty vision and stuck with FBA for the long term. Thanks also to those of you who joined early-on and have maintained your solid commitment.

FBA 10-year Members (continuous)

Bob Michaels	Gary Smigiel
Laura Minns and Thomas Lauer	Niles and Vickie Andersen
Erle and Sharon Boynton	Vicki Sorensen
Dr. Linda Crider	Art and Judy Ackerman
Mighk and Carol Wilson	Connie Fisher
Dwight Kingsbury	H. Middleton Raynal

5-9 years with FBA **Individuals**

William & Jan Mark	Kimberly Cooper
Aurelia Panica	Dr. Joseph Craig
Bruce & Tricia Martin	Allen Loyd
Chris & Valerie Sands	Brian Smith
Donna O'Neal & Linda Alexionok	Jane Corliss
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Tim Stedem	Jonathon & Sharon Noll
Richard & Marsha Berger	Larry & Nancy Pushor
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Maureen Cortese	John Henderson
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Patricia Bond	Al & Marsha Brown
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Richard Hammock & Lisa Cashulette	Ron Hickman
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Frank Schroeder	Jack Berger
Ron Elinoff, DDS	Gerald Bird
Dale Talbert	Brock & Kathy Magruder
Donald Bryan	Jesse & Leigh Slater

5-9 years with FBA **Clubs and Shops**

CLUBS	Sanibel Bicycle Club
Sarasota-Manatee Bicycle Club	Suncoast Cycling Club
Panama City Flyers Cycling Club	South Broward Wheelers
Florida Freewheelers	
Capital City Cyclists	SHOPS
Emerald Coast Cyclists	Orange Cycle Works, Inc.
Gainesville Cycling Club	Chainwheel Drive
North Florida Bicycle Club	Champion Cycling & Fitness
Tampa Bay Freewheelers	Jim's Bicycle Shop
Suwannee Bicycle Association	Out Spoke'N Bike Shops, Inc.
St. Petersburg Bicycle Club	Sun Cycle Centers
Spacecoast Freewheelers Bicycle Club	West Orange Trail Bikes
Boca Raton Bicycle Club	Santos Trailhead Bicycle Shop

Welcome New and Returning Members! (continued from page 2)

Charles Black	Deb Canning	Gunther Flaig
Margaret Barton	Steve Grovemeyer	Wendy Hoogsteden
Jim Freeman	Cary McCarn	Adam Quinn
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John Appel	Carol Mageluzzo	Amy Martin
Lee Smith	Noel & Jenaette Dunham	Phil McGrath
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Richard Zimmelman	Suzanne O'Neal	Moser Mhayamagury
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Ricardo Bazar	Andre Foucault	Mary Tucker
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Jana Newman	Bill White	George & Katherine Wing
Dan Chechele	Heather Perkins	Herry & Janice Nepon-Sixt
Janice Hajek	Sandy Scott	Laura Campbell
Chuck Ford	David Rusnak	Barbara Meyer
Felix McCauley	John Aldridge	Billy & Salli Kirkland

Executive Director's report...

Board's plan for future depends on members

Laura Hallam



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

Your Board of Directors has dedicated a great deal of time, energy and enthusiasm in developing a strategic plan for the future.

This plan was presented at our annual meeting and awards presentation held in conjunction with the Third Annual Pro Bike® Pro Walk Florida Conference August 28 in Orlando.

Here is a snapshot of the plan:

Vision:

We envision a state where people of all ages see bicycling as an enjoyable, practical and safe activity and transportation option, and where drivers of motor vehicles respect and appreciate bicyclists who use its roadways.

Mission:

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

Goals:

☐ To be a powerful, influential organization that protects and advances the interests of bicyclists

☐ To educate bicyclists, pedestrians and motorists about safely sharing roadways and paths

☐ To be a voice for the needs of bicyclists

☐ To encourage the creation of great on-road and off-road places to ride

☐ To provide a statewide communications network for bicyclists

☐ To encourage more people to bicycle more often

Our business vision is to grow the membership to 5,000 members by April 2010.

To achieve this goal, we need your help. Our 2007 membership campaign generated

nearly 200 new members —great news; however, we lost 167 members during the first two quarters of 2007.

Due to Florida's transitional population, some members may have moved out of state, but there may be other reasons why members chose to not renew their membership.

Help us grow our membership, as well as provide suggestions on ways to keep our current members.

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

FBA also launched two additional campaigns.

The first targets local bicycle club members. Members are eligible for a one-year membership to FBA for only \$10.00. On their anniversary date, we hope they will renew at the \$25, \$35 or higher membership level.

It is estimated that over 20,000 bicyclists are members of a local club. FBA needs their membership too.

The second campaign, championed by FBA board member John Sinibaldi, offers FREE first-year memberships to patrons of selected bike shops in the Tampa Bay area.

The program is being piloted at three shops, but can easily be expanded.

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

To be successful, FBA must prove how valuable bicycle advocacy membership is so the next generation of bicyclists will have better places to ride on the road, multi-use trails and off-road trails.

If your bicycle club or shop is interested in either program, contact me for details. Camera ready ads and membership applications are available.



Special thanks go to the members of the **St. Petersburg Bicycle Club, Tampa Bay Freewheelers and Suncoast Cycling Club**

for donating the proceeds from the 5th Annual Share the Road Memorial Ride held the second Sunday of July every year.

This year, the event generated \$3,500 towards bicycle advocacy and education.

St. Petersburg Bicycle Club president Tim Butts, accompanied by past president Wendy Menne and vice president Pat Ruta, presented the check to FBA at our annual meeting and awards presentation August 28 in Orlando.

The timing was perfect since their club received the Club of the Year award. It's not every day FBA receives \$3,500 from a club or organization.

More clubs should follow their lead and dedicate a portion of funds from events or membership to Florida's only statewide organization working for bicyclists.

This event owes a great deal of gratitude to original and still current administrator Janell Cory. Thank you, Janell, for all you do for bicycle safety education and advocacy. Save the date for July 6, 2008 for the Sixth Annual Share the Road Ride.



Now there are two Share the Road rides. Ute's October Blast: The Share the Road Ride will be held October 27 in Ft. Lauderdale.

This second annual event, originally called the Ute Burkhardt Memorial Ride, honors a wonderful friend to many who lost her life while cycling last year.

Event organizers have another great event planned to start and finish at Downtown Bicycles in Ft. Lauderdale. For details, contact Karin Sanders at flygirl2@bellsouth.net. The inaugural event generated nearly \$1,000 for FBA's programs.



In closing, I'd like to stress that it isn't always about membership or money, but without both, our association could not exist.

For the first time since 1999, FBA will not receive funding from the Florida

Department of Transportation.

Other funding sources must support our association so we can continue to improve the cycling conditions in Florida.

Our corporate sponsors have been wonderful and we will continue to research grant applications, collaborate with statewide partners and seek funding from other corporate and private donors.

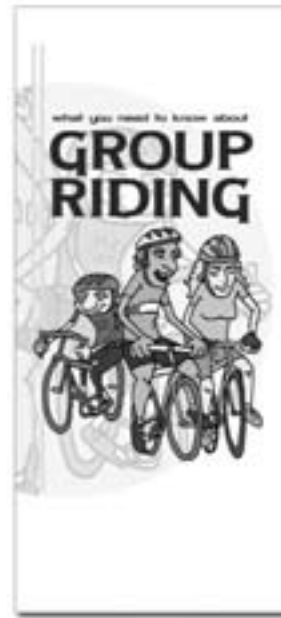
'Group Riding' brochure lays out rules for club rides

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

Get a bunch and share with your local TV stations.

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

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



Annual awards

continued from page 1

ment, and the benefits of bike commuting and recreation, will continue for a lifetime. With the near completion of a new paved shoulder on CR 39 in Keyssville, Hillsborough County marks the 100th mile of paved shoulders constructed since 2000. An outreach working group was formed to focus on ways to better communicate their mission to a larger and more diverse audience. Televised safety messages, safety messages on sports arena monitors, suitability map legend printed in Spanish, and the expansion of the already successful Alternative Transportation Education program underway in Seminole County into Hillsborough County are a few of their ideas. The group will focus on projects the BPAC can accomplish as a committee of volunteers.

continued on page 8



FBA presented its annual awards during the recent Pro Bike® Pro Walk Florida conference held in Orlando. Assisted by central Florida's Lynx bus services, workshop attendees experience the urban transportation challenges often faced by mobility impaired travelers.

Health Matters...An informative series of tips and products for helping you stay healthy.

Heart Disease Liquidator

by Marilyn T. Brady, RN

Gimme an "H"! Gimme a "D"! Gimme an "L"!

HDL is getting all the Buzz lately—but what is it?

HDL is "High-Density Lipoprotein," the "Good Cholesterol."

High levels of HDL seem to protect against heart attacks and low levels of HDL (less than 40 mg/dl-40 points) increase the risk of heart disease.

Medical experts think HDL tends to carry cholesterol away from the arteries and back to the liver, where it's passed from the body.

In practical terms, the bottom line is simple: the higher your HDL cholesterol, the better. Data from the Framingham Heart Study suggest that raising HDL by 10 mg/dl (10 points) has a similar reduction for the risk of heart disease than lowering the LDL

by 60 mg/dl (60 points)
www.framingham.com/heart/

How Does HDL Help?

At first, scientists believed that HDL was simply a garbage collector that picked up cholesterol from an artery's walls and delivered it to the liver for disposal. That's still considered the main role of HDL, but research is starting to suggest that HDL can help protect the heart in many ways...

1. **Reverses Cholesterol Transport.** HDL latches onto LDL cholesterol (the Bad Cholesterol) embedded in an artery wall, lugs it back into the bloodstream, and carries it to the liver. The liver collects cholesterol from the HDL particles, packages it into bile salts and bile acids, and dumps it into the intestines and rids it from the body.

2. **Antioxidant Activity.** LDL cholesterol in the artery wall is bombarded by oxygen free radicals, which turns it into "Oxidized LDL cholesterol." Oxidized cholesterol is the stuff actually responsible for arterial damage-and research shows that HDL can help protect LDL cholesterol from free radicals.

3. **Anti-Inflammatory Action.** HDL helps to quiet the inflammation of an atherosclerotic plaque. Elevated levels of C-Reactive Protein (CRP) reflect the inflammation of such a plaque and HDL may neutralize CRP's tendency to perpetuate the inflammatory cycle.

4. **Antithrombotic Activity.** Plaque rupture triggers the formation of an artery-blocking blood clot. By halting the flow of oxygen-rich-blood, the clot kills the heart muscle cells (heart attack) or brain cells (stroke). HDL reduces clot formation and accelerates the healing process that dissolves clots.

5. **Endothelial Function.** Blood vessels plagued with atherosclerosis sustain other damage. In particular, the endothelial cells lining the arteries fail to produce normal amounts of nitric oxide, the chemical that allows arteries to dilate (widen) when tissues need more oxygen. HDL helps preserve nitric oxide production and protect endothelial function.

How Much Does HDL Help?

The 50-year Framingham Heart Study was responsible for many landmark discoveries about HDL cholesterol, and the Physician's Health Study helped confirm that HDL was protective. Data continues to show that the good cholesterol is very good indeed!

What is Normal HDL?

For the average man, HDL cholesterol ranges from 40 to 50 mg/dl. Thanks to female sex hormones - which have a positive effect on HDL cholesterol - the average woman fares better, with HDL cholesterol ranging from 50 to 60 mg/dl. But both men and women can benefit from increasing those averages. Many individuals now strive to get their HDLs closer to 60 and some get as high as 100.

Heart Disease

Low HDL levels are associated with an increased risk of heart attacks, while high levels are protective. According to Framingham, cardiac risk rises sharply as HDL cholesterol levels fall below 40 points. In general, each 1 point rise in HDL can be expected to curb cardiac risk by 2% to 3%

Stroke

Strokes come in many forms, but the most

Here's a list of the items featured in past issues:

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

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

common type, ischemic stroke, shares many risk factors with heart attack. High HDL levels reduce the risk of stroke; in several studies, HDL is a much better predictor of risk than LDL cholesterol, particularly in people older than 75

Longevity

Several investigations suggest that high HDL is linked to longevity, particularly exceptional longevity. Other research links high levels of HDL to preserved cognitive function in old age

Gender Differences

Women benefit from cholesterol lowering activities as much as men do. Beyond age 45, a greater percentage of women have higher cholesterol levels than men, and heart disease has emerged as the leading cause of death among women. It has also been shown that HDL levels tend to drop in women who have just given birth, and that this reduction can continue for as long as 10 years.

However, women are far less likely to seek or receive treatment for high cholesterol. In addition, studies have suggested that high LDL levels are not as significant a risk factor for women as for men.

American Heart Association

In Studies presented at the American Heart Association's 7th Annual Conference, Dr. Peter Verdegem, Senior Scientist with the BiosLife Company, presented clinical evidence which showed that the all natural BiosLife Complete, a multi fiber-base product increased HDL levels by 26.3% in a group of stain users that had HDL levels below 40 mg/dl at baseline. It is safe to note that there are no side effects to BiosLife when used as directed. Prescription statin drugs are an effective modality to manage high cholesterol but not without potential and serious side effects. Statin drugs do lower LDL levels, but do very little at this time to impact HDL levels.

Personal Responsibility

There is no magic bullet unfortunately. Lifestyle and Genetics play an important part in Cholesterol Management, but as one ages, so can our blood values. Discuss with your physician safe alternatives to managing cholesterol and "Know All Your Numbers"!

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

Bed, Breakfast & Bike Florida

by Dale V. Lally, Jr.

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

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

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

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

Bed, Breakfast & Bike Florida

by Dale V. Lally Jr.

ISBN: 0-933855-24-9

208 pages, paperbound, \$16.95

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

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



Letters to FBA (and, in this case, to and from others)

Bring back the Fla. Bicycle & Pedestrian Citizen Advisory Board

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

Dear Governor Crist,
 In 2005, the last year with nationally correlated statistics, the state of Florida led the country in bicyclist and pedestrian deaths per capita. It has been at or very near the top for pedestrian and cycling deaths and injuries for decades. As a new and visionary leader in our state you have to opportunity to save the lives of Floridians, improve their health and lessen the environmental impacts of the automobile by getting us off this honor roll of shame. Florida should be striving to improve safety while simultaneously promoting walking and cycling as a healthful, environmentally responsible activities. Unfortunately, during your own term as governor, FDOT has turned the clock back on bicycle safety and the common sense leveraging of State and Federal resources by refusing to continue funding, and thus in effect abolishing, Florida's Bicycle and Pedestrian Citizen Advisory Board (BPCAB). This useful committee enabled qualified citizens throughout the state to provide their expertise free of charge to FDOT and other interested state agencies. By tap-

ping into a pool of knowledgeable and motivated expert citizens the state recaptures many times the costs of staffing this kind of committee. 16 other states (see list at the end of this letter), all less dangerous for cycling and walking than Florida, currently have this type of committee at a state level. Why is it that Florida, the most dangerous state in the nation for cycling and walking, has chosen to shut off expert citizen input on how to improve conditions for these most basic means of transportation?...

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

Now...cyclists and pedestrians...have one less cause for hope...Please help us to feel safe and respected as we walk and cycle in the Florida sunshine.

— Richard D. Browning, AIA

FDOT's Chief Safety Officer, responds...

Dear Mr. Browning:

...The Department has a long tradition of bicycle pedestrian safety initiatives and began its Pedestrian/Bicycle Program in the early 1980s...one of the first state programs in the nation...It was funds from this pro-

gram that had been used to support the Bicycle and Pedestrian Advisory Committee...While the BPAC provided useful input, a decision was made that the funds...could provide a greater positive impact on safety if directed toward other safety programs.

The BPAC has not been the only group providing direction to the Department on pedestrian and bicycle issues. One of the significant efforts of the Safety Office...was the recent development of the Strategic Highway Safety Plan [which]...reflects the input and strategies of numerous safety minded individuals, organizations, and agencies...One of the critical "Emphasis Areas" identified in the SHSP is "Vulnerable Users (pedestrians, bicyclists, and motorcyclists)..."

Another group...is the Steering Team for the conserve by Bicycle Program and Study...[conducted] with the assistance of the State Pedestrian/Bicycle Coordinator, metropolitan planning organizations, the Office of Greenways and Trails...and the Department of Health...

The Department remains dedicated to its longstanding and ongoing commitment to pedestrian and bicycle safety...periodic evaluations will be made about future needs to reestablish a BPAC or to consider other changes to the Department's bicycle and pedestrian initiatives...

— Marianne A. Trussell

Planned Giving to FBA

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

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

Planned Giving provides a method to provide assets for a bicycle-friendly future from your will or estate. You can provide for FBA in your will or as a beneficiary of a life insurance policy, or consider other gifts that may also provide you with current income.

If you have an interest in supporting FBA programs for current and future generations in this manner, FBA's executive director will be glad to discuss details of this option with you at your convenience.

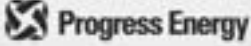
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Road Club: St. Petersburg Bicycle Club
Tim Butts, President, also present past President Wendy Menne & Vice President Pat Ruta



Butts

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



Menne

involved in their community to make things happen at the local level. Their "Share the Road" mantra is visible in all they do.

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

Bill started mountain biking after he moved to Florida in the 1980s. He still refers to mountain biking as "hiking at speed," but in those days the speed on the sandy fire-roads on a heavy steel framed bike wasn't any faster than walking around his home in Port St. Lucie. In talking with his running buddies he discovered Jonathan Dickinson Park had a "real" mountain bike trail under construction. He quickly volunteered his services to the group that was cutting the trail and has been non stop ever since. His next trail project was the Ft. Pierce Trail. Over the years he helped organize a group to help save the trail due to land ownership and conservation easement issues. Bill helped to create the Airborne Mountain Bike Club and took on the role of South Florida's IMBA (International Mountain Bike Association) representative, one of two positions in the state. Bill's dedication to mountain bike access spread into Martin County. Bill has logged over a thousand hours of trail care, sat through countless meetings with land managers, spent untold hours developing



FBA annually recognizes Floridians who have stood out during the past year in their efforts to help the association build a more bicycle-friendly Florida. This is a copy of the artwork on the plaque given to awardees. This year's list of awardees begins on page 7.

and maintaining several club websites and has managed to create a working relationship with two municipalities, and helped many new clubs get on their feet and offered suggestions to development clubs and trail systems.

Educator/Regional Trainer: Lyndy Moore

Lyndy Moore, League Cycling Instructor (LCI) and new employee of the Orlando Police Department, has been a leader in

bicycle safety education for many years. Even before acquiring her LCI credentials in 2001, Lyndy was teaching children and adults bicycle safety education, advocacy, bike mechanics and the benefits of the color purple (her favorite). One of Lyndy's greatest assets is her ability to keep the attention of her audience through humor and personality. Her knowledge and experience with all types of groups translates to successful trainings. In addition to teaching bicycle

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ROADS LESS TRAVELED...

Polk County offers endless opportunities for extreme family fun. Cyclists can pedal along rolling country roads or attack our off-road trails. Enjoy high-energy excitement with roller coasters and water skiing, or try your hand at bass fishing and golf. Experience award-winning theatres and museums, celebrate nature with an airboat ride or a relaxing walk in one of our beautiful gardens. Central Florida Lakes District offers you the vacation value you deserve.

For more information and a free guide to Central Florida Lakes District call 800/828-7655, code FB or log on to www.visitcentralflorida.org.

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Moore

safety education, including FBA's Alternative Transportation Education program, Lyndy has extensive experience in bike event planning as a volunteer, director and consultant to various size rides. She

has been the director and assistant director for Bike Florida and Share the Road Rally and Summit; committee member for the Florida Bicycle Safari, Tour de Cure, Hibiscus Pedal and Mt Dora Bicycle Festival and helps visiting tourists with routes and contacts to cycle throughout Florida. Her leadership and drive in organizing the Florida Discovery Bicycling Center program was huge. She also initiated the first Rolling Road I workshop during Bike Florida. This concept has been duplicated at other events since Lyndy's vision in making bicycle safety education fun. As former program director for FBA, she organized the 2005, 2006 and 2007 Pro Bike@Pro Walk Florida conference until she stepped down in June to accept a position with the Orlando Police Department. Lyndy lives in East Orange County with her husband Don.

Program: Alan Snel, Bicycle Bash by the Bay

South West Florida Bicycle United Dealers

After writing newspaper stories for metro papers for 25 years, Alan left the full-time news business in July 2006 to work as the marketing director for two bicycle shops in Tampa. Now he represents a coalition of bike shops in the Greater Tampa Bay area called the South West Florida Bicycle United Dealers (SWFBUD) to fight for bicyclists' rights. By joining forces, the coalition's goal is to grow bicycling together so all can benefit while also leaning on public officials and transportation officials to stripe more bike lanes, clean up the roads and build safer roads for bicyclists. The coalition's first event was the Bicycle Bash by the Bay bike festival held November 4, 2006 in

St. Petersburg. It was a fun day of celebrating bicycling in the Tampa Bay area. Alan isn't here with us today because he bikes more than 10,000 miles a year having twice biked solo across the country while writing travel stories about his travels. Alan believes in one central assumption -- the world would be a better place if more people lived more of their lives on a bike.

Enforcement Officer: Officer Bill Edgar
Orlando Police Department



Edgar

Officer Edgar joined the Orlando Police Department in 1991 and was assigned to a patrol unit. In 1993, he was reassigned to a new "neighborhood bike unit", transferred to the downtown bike patrol a year later and ultimately was transferred to the department training unit in 1999 where he still resides. Bill became a Law Enforcement Bicycle Association (LEBA) instructor in 1995 after assisting for two years. His accomplishments include being named LEBA Trainer of the Year and has trained law enforcement personnel at 40+ agencies including training assignments in Puerto Rico, Canada and Hawaii. Hey, someone has to do it so why not Bill! Bill is an accomplished and avid cyclist on both road and mountain bikes. He has participated in the Law Enforcement Bike Olympics for six years winning silver and gold medals. Bill became a League Cycling Instructor (LCI) in 2006 so he also has credentials to teach civilians. For the past three years, Bill has served as ride director for the Central Florida Tour de Cure bike event to benefit the American Diabetes Association. His efforts have doubled participation every year. On and off the bike, Officer Edgar has been successful in promoting bicycling and bicycle safety education.

Supporting Agency: Jena Brooks and Jim Wood Office of Greenways & Trails



Wood

The Department of Environmental Protection Office of Greenways & Trails has been instrumental in the promotion of bicycling via events like Bike Florida and the Florida Discovery Bicycling Center program, and the Pro Bike/Pro Walk Florida Conference. Their quarterly Office of Greenways & Trails Connections newsletter often features articles about FBA member bicycle clubs and organizations that further promote the use of paved and off-road trails. In 2005, OGT partnered with FBA and several other organizations including VISIT FLORIDA, Rails to Trails Conservancy, Bike Florida, Florida Park Service, Florida DOT, Florida Fish & Wildlife Conservation Commission and the Division of Forestry to produce the Florida Bicycle Trails guide to Florida's top paved and off-road trails. A hiking and paddling brochure have since been produced as well. Further collaborations

were achieved when FBA Board member Linda Crider was appointed by the Governor on the Florida Greenways and Trails Council.

Bicycle Professional: Michael Woods
Lake-Sumter County MPO



Woods

Mike Woods has a unique and challenging job since his position as Transportation Coordinator covers two counties and 17 municipalities in North Central Florida. Lake County has always been a haven for bicyclists and triathletes, but due to development, rural, low traffic county roads are becoming few and far between. Thanks to a very active MPO Bicycle/Pedestrian Advisory Committee, Mike's job is made a little easier by the committee's diligence in preserving Lake and Sumter Counties' popular bicycling roads and trails. Mike was

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Annual awards continued from page 9

very aggressive in promoting House Bill 7079—passing a bicycle at a safe distance legislation that became Florida Statute 315.083 Overtaking and passing a vehicle. Mike produced several 30x40" posters to promote this new law at special events including the Mount Dora Bicycle Festival. A press conference was held in conjunction with the festival to promote the law. Mike has also been very involved with the Florida Discovery Bicycling Center program since he and his wife Lynn live in Lake Helen. Every tour featured a cookout or s'mores roasted over a campfire at the Woods' farmhouse. Mike also graduated from the required Road 1 course that was a prerequisite before taking the Ride Leader training required for all FDBC tour guides/leaders.

Citizen Bike Advocate: Jim Glanz



Jim epitomizes the family and community spirit of cycling. He works full time and gives untold hours to support youth racing. Daughters Megan (7th grade) and Tiffany (5th) have caught the cycling bug and you can find Jim and Megan at events throughout the state. His encouragement has motivated other youth cyclists to stay active and according to daughter Tiffany, "our Dad helps other kids on the rides because they will listen to him and not their parents just like us." Jim volunteers as the Deltona representative to the Volusia County MPO Bicycle/Pedestrian Advisory Committee. He also is organizing "Ride with the Mayor" of Deltona in September.

This event will promote bicycle safety awareness for motorists and cyclists aimed at all age groups, though youth will be targeted. Activities will include adaptive cycling demonstrations for the handicapped, plus trails and the health benefits of cycling will be promoted. Jim takes time to communicate with elected officials to educate them about bicycle related issues. He single-handedly convinced the city of Deltona to show bicycle safety DVD's on its govern-

ment access television channel.

Citizen Bike Advocate: Bob Dioguardi

Bob Dioguardi is Mr. Bike Advocate in Lake Wales and throughout Polk County. He doesn't take no for an answer, nor does he give up easily. Several times a year, Bob requests a supply of bicycle safety materials from FBA to distribute throughout the community. He wrote a bicycle safety helmet

proclamation that was accepted by the principal of Lake Wales Charter Schools proclaiming the month of May 2007 to be Bicycle Helmet Awareness Month. A poster was designed to be displayed in the charter schools classrooms and front offices.

He attributes his success to the support of FBA and Lyndy Moore for her help and extra effort to make things happen in Lake Wales. (Bob's award was presented at the

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Create some excitement with youth bicycling

JIM GLANZ BELIEVES opportunities are plenty for getting youth involved in cycling. You may remember Jim from a youth profile in of daughter Megan, the girl with an attitude in the Winter 2007 [Vol. 10, No.1] *FBA Messenger*.

Megan, 13, and sister Tiffany, 10, are budding racers on area junior racing teams. Jim—"Dear old Dad," as Tiffany referred to him in the article—is the bike/ped action committee Deltona representative on Volusia County's MPO.

Jim heard that some who attended a recent Deltona workshop thought too much emphasis was on trails and not enough on youth programs. Jim disagrees and has evidence to the contrary.

Local communities are mentoring well-equipped youth on racing teams and providing kids in disadvantaged neighborhoods their first bicycles. They are sponsoring activities, according to Jim, that will result in the next generation of trail users.

"...[W]hen you think of youth, think of trails; they go hand in hand," Jim recently wrote to city commissioners. Jim is doing what he can to shed some light on making cycling into a positive activity for youth.



Kids of all ages from a traditionally African American Orlando neighborhood recently benefited from one of that city's community youth programs. Recovered and restored bikes were distributed and FBA and local law enforcement helped fit helmets and gave safety training to the new riders. That's Megan at left, staring down the photographer.

'Get Active' works to increase city residents' activities

by Leah Nash

As one of 25 Active Living by Design (ALbD) communities throughout the United States, Orlando is in its fourth year of its Get Active Orlando campaign, an initiative to increase physical activity for residents living in downtown Orlando and its surrounding communities.

ALbD is a national program encouraging community planning that breaks down barriers to healthy living and offers choices to engage in physical activity on a daily basis.

The primary focus behind this plan is that active living can be achieved by addressing areas such as land use, transportation and park development. For example, wider sidewalks and shadier streets may entice people to engage in physical activities such as riding a bicycle, walking or playing in the park.

After assessing 620 acres in the City of Orlando's Community Redevelopment Area (CRA), Get Active Orlando developed a

vision for establishing the downtown area and its neighborhoods as an "Active Living District," with community members making daily choices for safe physical activity.

Some recent Get Active Orlando projects include a community garden at the Nap Ford Community School, recommendations to the City for downtown transportation, a free walking program for seniors, a youth jump rope/double dutch program and promoting active living in the community in general.

Bike projects have included a community ride in the Parramore neighborhood, as well as a youth bike giveaway and an adult bike giveaway through the Orange County Health Department. Both bike giveaways included helmets, lights, locks and safety education.

Serving as a partner cooperative, the Get Active Orlando committee advises City Council on active living issues. These partners include: Arlington Concord

Neighborhood Association; Florida Hospital; Orlando Regional Healthcare; Orlando Neighborhood Improvement Corporation; Orange County Health Department; City of Orlando - Families, Parks and Recreation; Florida Freewheelers; UCF College of Nursing; Rippe Health Assessment; Johnson's Diner/Taylor Foods Incorporated; Florida Bicycle Association and City of Orlando - Transportation.

The lead agency for this grant is the City of Orlando - Planning Division, working with Dean Grandin as the Project Director, Amy Stachnik (Rippe Health Assessment) is the chairperson and Malisa McCreedy (City of Orlando - Transportation Department) is the Vice-Chairperson.

For more information on Get Active Orlando, please visit www.getactiveorlando.com.



This Orange County Health Department client received a free bike from Get Active Orlando, as well as a helmet, light and lock, in March of this year.

Selected State-wide Contacts

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

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

AGENCY/functional responsibility	NAME	TELEPHONE	E-MAIL	
FDOT Central Office				Other FDOT (continued from below)
State Ped & Bicycle Coordinator	Dennis Scott	850.245.1527	dennis.scott@dot.state.fl.us	FDOT Dist 1 Safety Prgm Manager
State SRTS Coordinator	Pat Pieratte	850.245.1529	pat.pieratte@dot.state.fl.us	Gary Amig, 863.519.2507
Asst. Ped & Bicycle Coordinator	Dwight Kingsbury	850.245.1520	dwright.kingsbury@dot.state.fl.us	gary.amig@dot.state.fl.us
District 1				FDOT Dist 2 Safety Engineer
	Gary Amig	863.519.2666	gary.amig@dot.state.fl.us	Holly Walker, 904.360.5629
	Sarita Taylor	863.519.2216	sarita.taylor@dot.state.fl.us	holly.walker@dot.state.fl.us
Charlotte County MPO	Gary Harrell	941.639.4676	harrell@ccmpo.com	FDOT Dist 3 Safety Prgm Manager
Collier County Community Development/eview	Russ Muller	239.403.2462	rusmuller@colliergov.net	850.415.9534
Collier County Transportation/pathways project	Trinity Caudill-Scott	239.417.6027		FDOT Dist 4 Safety Prgm Manager
Lee County MPO	Julia B. Davis	239.338.2550x219	jdavis@swfrc.org	Gilbert Soles, 954.777.4358
Lee County DOT	Victoria Griffin	239.479.8580	vgriffin@leegov.com	gilbert.soles@dot.state.fl.us
Lee County Health Dept/bike-ped safety education	Dan Moser	239.332.9514	dan_moser@doh.state.fl.us	
Polk County TPO	Ryan Kordek	863.534.6558	ryankordek@polk-county.net	FDOT Dist 4 PD&E Mgmt Engineer
Sarasota County Public Works Trans. Planning		941.861.0931		Beatriz Caicedo-Maddison, 954.777.4336
District 2				beatriz.caicedo@dot.state.fl.us
City of Gainesville Trans. Svcs/Bike-Ped Prog Assist	Randy Warden	904.360.5631	randy.warden@dot.state.fl.us	FDOT Dist 5 Safety Engineer
First Coast MPO	Dekova Batey	352.334.5074	bateydt@ci.gainesville.fl.us	Anthony Nosse, 386.943.5334
Duval County Health Dept/Injury Prevention	Elizabeth DeJesus	904.306.7505	edejesus@fcmpo.com	anthony.nosse@dot.state.fl.us
	Stephen McCloskey	904.630.3300x2308	stephen_mccloskey@doh.state.fl.us	FDOT Dist 6 Safety Engineer
District 3				Maria Vilches-Landa, 305.470.5722
Panhandle MPOs (West Fla RPC)	Mary Anne Koos	850.415.9547	maryanne.koos@dot.state.fl.us	maria.vilches@dot.state.fl.us
Capital Region Transportation Planning Agency (MPO)	Mike Ziegler	800.226.8910x215	zieglerm@wfrpc.dst.fl.us	FDOT Dist 7 Safety Prgm Engineer
	Peter Koepfel	850.891.8090	koepfel@talgov.com	Peter Hsu, 813.975.6251
District 4				ping.hsu@dot.state.fl.us
	Larry Hymowitz	954.777.4663	larry.hymowitz@dot.state.fl.us	FDOT Elder Road User Prgm
	Jeff Weidner	954.777.4670	jeff.weidner@dot.state.fl.us	Gail Holley, 850.410.5414
City of Boca Raton Mun Svcs Eng/trans analyst	Daphne Spanos	954.777.4483	daphne.spanos@dot.state.fl.us	gail.holley@dot.state.fl.us
City of Boca Raton PD/traffic safety educ	Joy Puerta	561.416.3410	jpuerta@ci.boca-raton.fl.us	FDOT Dist 7 Safety Prgm Engineer
Broward County UrbanPlann & Rdvlpmt/Special Projects & Bicycle Coordinator	Mark Horowitz	954.357.6641	mhorowitz@broward.org	
City of Delray Beach Parking Mgmt	Scott Aronson	561.243.7286	aronson@ci.delray-beach.fl.us	Adrienne Ehle
City of Fort Lauderdale Planning & Zoning Dept/bicycle-pedestrian coordinator	Adrienne Ehle	954.828.5798	aehle@fortlauderdale.gov	Felix Castrodad
Martin County MPO	Felix Castrodad	772.419.4081	fcastrad@martin.fl.us	Bret Baronak
Palm Beach County MPO	Bret Baronak	561.684.4163	bbaronak@co.palm-beach.fl.us	
District 5				Community Traffic Safety Program District Coordinators
Brevard County Transportation/Bike-Ped-Trails Prgm Coordinator	Joan Carter	386.943.5335	joan.carter@dot.state.fl.us	FDOT Dist 1 CTST Coordinator
Brevard County Transportation/traffic safety education	Barbara Meyer	321.690.6890	bmeyer@brevardmpo.com	Debra Stallings, 863.519.2347
Lake-Sumter MPO	Kim Smith	321.690.6890	ksmith@brevardmpo.com	debra.stallings@dot.state.fl.us
Ocala-Marion County MPO	Michael Woods	352.315.0170	mwoods@lakesumtermo.com	FDOT Dist 2 CTST Coordinator
City of Orlando Transportation Planning/bicycle-pedestrian-transit	Jeff Shrum	352.629.8529	jshrum@ocalafl.org	Andrea Atran, 904.360.5416
Metroplan Orlando (MPO)	Malisa McCreedy	407.246.3347	malisa.mccreedy@cityoforlando.net	andrea.atran@dot.state.fl.us
Seminole County Trails & Greenways	Mighk Wilson	407.481.5672x318	mwilson@metroplanorlando.com	FDOT Dist 3 CTST Coordinator-East
Volusia County MPO	Cindy Matheny	407.665.2095	cmatheny@seminolecountyfl.gov	Quinton Williams, 850.415.9426
	Stephan Harris	386.226.0422x34	scharris@co.volusia.fl.us	quinton.williams@dot.state.fl.us
District 6				FDOT Dist 3 CTST Coordinator-West
City of Key West Parks & Rec/bicycle-pedestrian coordinator	Ken Jeffries	305.470.6736	ken.jeffries@dot.state.fl.us	Barbara Lee, 850.415.9231
City of Miami Beach/bicycle program coordinator	Jim Malcolm	305.293.6495	jmalcolm@keywestcity.com	barbara.lee@dot.state.fl.us
Miami-Dade County MPO	Christine Leduc	305.673.7080x6768	cleduc@miamibeachfl.gov	FDOT Dist 4 CTST Coordinator
Monroe County Planning	David Henderson	305.375.1647	davidh@miamidade.gov	Carmen Pullins, 954.777.4092
	Jose Papa	305.289.2514	papa-jose@monroecounty-fl.gov	carmen.pullins@dot.state.fl.us
District 7				FDOT Dist 5 CTST Coordinator
City of Clearwater/bicycle-pedestrian coordinator	Michelle Greene	813.975.6411	michelle.greene@dot.state.fl.us	Barry Wall, 904.943.5324
Citrus County Sheriff's Office/traffic safety educ	Felicia Leonard	727.562.4852	felicia.leonard@myclearwater.com	barry.wall@dot.state.fl.us
Hernando County MPO	Kristen Reinhard	352.726.4488 x307	kreinhard@sheriffcitrus.org	FDOT Dist 6 CTST Coordinator
Hillsborough County MPO	Steve Diez	352.754.4057	stevend@co.hernando.fl.us	305.470.5346
Hillsborough County Parks&Rec	Gena Torres	813.273.3774x357	torresg@plancom.org	FDOT Dist 7 CTST Coordinator
Hillsborough County Public Works/bicycle-pedestrian coordinator	Charner Reese	813.276.8388	reesec@hillsboroughcounty.org	Jeanette Rouse, 813.975.6256
Hillsborough County Public Works/Manager, Bicycle, Pedestrian & School Safety Prgms	Deborah Carreno	813.307.1852	carrenod@hillsboroughcounty.org	jeanette.rouse@dot.state.fl.us
Pasco County MPO	Gary Tait	813.307.1871	taigt@hillsboroughcounty.org	Other organizations
City of Pinellas Park Planning	Doug Uden	727.847.8140x8230	duден@pascocountyfl.net	Bike Florida
Pinellas County MPO	Ron Hull	727.541.0704	rhull@pinellas-park.com	Linda Crider, 352.392.8192
City of St. Petersburg Transportation & Parking/bicycle-pedestrian coordinator	Brian Smith	727.464.8200	bsmith@co.pinellas.fl.us	lbcrider@aol.com
City of Tampa Public Works	Cheryl Stacks	727.892.5328	cheryl.stacks@stpete.org	Rails-to-Trails Florida Office
City of Tampa/Parks & Rec Dept/Greenways & Trails Coordinator	Jan Washington	813.274.8303	jan.washington@ci.tampa.fl.us	Ken Bryan, 850.942.2379
	Mary Helen Duke	813.231.1332	mary.duke@tampagov.net	rtcfloida@transact.org
Program coordinators under FDOT contract				Fla. SAFE KIDS/state coordinator
Fla Traffic&Bicycle Safety Educ Prgm/director	Linda Crider	352.392.8192	lbcrider@aol.com	Ralph Salvas, 850.245.4440x2774
FTBSEP assistant	Yukari Takata	352.392.8192	safetyed@grove.ufl.edu	ralph_salvas@doh.state.fl.us
Fla School Crossing Guard Training Prgm/administrator	Leigh Matusick	386.943.5600	leigh.matusick@dot.state.fl.us	
FSCGTP Assistant	Carol Dunn	386.943.5601	carol.dunn@dot.state.fl.us	
Other FDOT, state & federal agency staff				
FDEP Ofc of Greenways & Trails	Jim Wood	850.245.2052	jim.m.wood@dep.state.fl.us	
FDOE Student Transportation/Director	Charlie Hood	850.245.9924	charlie.hood@fldoe.org	
FDOT ADA Coordinator	Dean Perkins	850.414.4359	dean.perkins@dot.state.fl.us	
FDOT CO Policy Planning	David Blodgett	850.414.4815	dave.blodgett@dot.state.fl.us	
FDOT CO Policy Planning	Melanie Weaver Carr	850.414.4817	melanie.carr@dot.state.fl.us	
Florida Tech Transfer (T2) Center/co-directors	Janet Degner, Nina Barker	352.392.2371x227	jdegn@ce.ufl.edu	
FDOT CO Roadway Design	Vacant			
FDOT CO Systems Planning	Martin Guttenplan	850.414.4906	martin.guttenplan@dot.state.fl.us	
FDOT CO Transit Planning	Amy Datz	850.414.4239	amy.datz@dot.state.fl.us	

Annual awards continued from page 10

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

Volunteer: Murray Hand



Hand

Murray has not always been a bicyclist. His brother encouraged him to try mountain biking in the early 90's as a way to deal with his grief over losing his father. Murray's passion for mountain biking grew and was contagious to his friends and family. Murray's wife, Susan, refers to her husband as the "pied piper of mountain biking," and emphasizes it is the foundation that has extraordinarily influenced awareness and presence of mountain biking in their community of Malabar (Brevard County). As chairperson for the Brevard MPO Bicycle/Pedestrian/Trails Advisory Committee and as chair of the Brevard County Environmentally Endangered Lands Program-Recreation and Education Advisory Committee, Murray has acquired a vast knowledge of all the trails and paths in their community that can be used for bicycling and hiking. He came to a Neighborhood Watch meeting one year and

distributed beautiful colored maps he had made showing residents the available soft and hard surface trails in their area. These maps enabled residents who were not previously familiar with these trails to now use them for bicycling. Murray does not hesitate to go before board or county commissioners to further the cause of developing trails in Brevard County. This persistence resulted in the approval of the continuation of a paved trail in the Malabar Scrub Sanctuary. Murray can be seen routinely biking these trails throughout the week. He has spent many hours performing trail maintenance. Murray is an inspiration to all of us to take care of our natural resources so we can enjoy and preserve them for ourselves and future generations.

Volunteer: Fred Tessier

Fred has worked tirelessly with the Florida Discovery Bicycling Center program in Lake Helen. He came on board in the early stages of the program and turned into a key player with his planning and organizational skills. Fred kept the meetings on track, provided the financial details needed to keep us accurate and kept everyone accountable to their particular responsibilities. Fred also checked the FDBC mailbox daily, reported

to the staff as needed and welcomed the tour participants with a welcome message on the city marquee. Fred's guidance, patience, perseverance and diligence got FDBC's inaugural season on the road and into the community. Fred planned to join us today, but health issues prevented him from doing so. His award will be presented at an upcoming Lake Helen City Commission meeting.

Bicycle Friendly Community: Joe Kubicki, City of St. Petersburg

The City of St. Petersburg, was recently awarded the Bicycle Friendly Community designation from the League of American Bicyclists. The City is making excellent strides toward accomplishing the goals stated in the CityTrails Bicycle Pedestrian Master Plan that includes the installation of 93 miles of bicycle facilities by the year 2008. To increase efforts in areas outside engineering, the St. Petersburg completed a successful program of activities for National Bike Month in May and continues to support many bicycle-friendly events including the Pinellas Living Green Expo and the Fit for Life Teen Summit. In the past year, St. Petersburg CityTrails staff participated in events that have directly reached over 17,000 attendees, fitted nearly 500 bicycle helmets, and registered nearly 50 bicycles with the city's police department. The City is cooperating three active clubs, the St. Petersburg Bicycle Club, The Tampa Bay Freewheelers and the Suncoast Cycling Club and provided support for the 5th Annual John Sinibaldi Share the Road ride. They just released the first edition of the St. Pete Bike Map, a bicycle suitability map that will assist cyclists in planning their routes through the city and further promote more, safe cycling in St. Petersburg.

Trails Manager: Susanne Inman

Volusia County Leisure Services



Inman

Susanne joined Volusia County Leisure Services in June 2003 as a facilities and trails planner. Previously she worked as a planner for Palm Beach and Martin Counties, plus the City of Deltona. She is especially proud of her work with the Spring to Spring Trail, East Central Regional Rail Trail, and Colby-Alderman Park planning. Susanne annually presents a National Trails Day Celebration at Gemini Springs Park in June. The event features nature hikes and bike rides on the Spring to Spring Trail, exhibitor booths, music and food vendors. This year, the opening of the Lake Beresford Loop was featured which will soon connect to additional segments of the Spring to Spring

Trail. Susanne played a vital role in the development of the Florida Discovery Bicycling Center program as a committee member. She made presentations during ride leader trainings and helped design the bicycle routes for the tours and kick off event, Red, Bike & Blue, held last November. In her spare time, Susanne enjoys boating with her husband, Dan, and working on her Master of Planning Administration degree from UCF.

Special Recognition: Tina Russo

Former FBA President and board member



Russo

Tina joined the board in August 1998 bringing her skills as a trails manager with Hillsborough County Parks Department. Over the years, her expertise and passion as an advocate through education and enforcement has influenced the lives of many. Her devotion to educating and working with law enforcement has been a vital element in the success FBA has had in education and enforcement programs. Tina will continue this work and be available to help FBA as time permits. Over the past six months, she participated in her first triathlon, bought a kayak and a tandem bike, became a certified Spinning® instructor and personal trainer. It doesn't look like Tina is going to have much spare time to stay active with FBA, but we'll make sure she stays involved.


Special Recognition: Carol Pulley ~

Former FBA board member


Carol joined the board in December 2001 bringing her skills as a transportation planner with the West Florida Regional Planning Council covering Escambia, Okaloosa and Santa Rosa counties. She retired a couple years ago to spend more time with family, plus could devote more time to FBA activities. Early this year, Carol came out of retirement to join the staff of Santa Rosa County Community Planning & Zoning which will limit her travel time needed to attend FBA gatherings. Northwest Florida is lucky to have Carol working for better bicycling and walking conditions again.

Share the Road License Plate Sales awards to the following agencies were presented at the Florida Tax Collectors Fall Conference in Destin.

Share the Road License Plate Sales:
Dennis W. Hollingsworth, St. Johns County Tax Collector
Share the Road License Plate Sales
Runner-up: Doris Maloy, Leon County Tax Collector



NPC's Second Annual Pedaling for Pathways Bicycle Brunch



**• \$30 for NPC Members
 \$35 for non-members
 One child age 10 and under may ride free with each paid parent/guardian.
 Additional children are \$10 each.
 T-shirts or tank tops are guaranteed for paid adult riders who register by 1/14/2008.**

Phone 239/ 690-1152 or e-mail michelle@naplespathways.org

- A fully supported road ride
- Choose 10, 20, 62 or 100 miles through beautiful Naples and surrounding SW Florida
- Enjoy Brunch-on-the-Beach after the ride from Russell's Clambake
- Rides begin and end at Lowdermilk Beach Park in Naples, Florida

Sunday January 27, 2008 7:00 AM registration and breakfast, 8:00 AM rides begin, brunch to follow

Register online today at www.active.com or visit www.naplespathways.org for more information!

Upcoming Bicycle Touring Events in Florida

ABRIDGED from promotional material provided by tour organizers. We're not responsible for accuracy of information or quality of these rides. Use the contact information for more details about each ride. Ask your friends. Data are from a calendar maintained by Roger Pierce. To add an event to his (and our) calendar, e-mail to fbtc@piercepages.com. See complete calendar, including many out-of-state rides we don't have room to print here, and all the hype we edited out at www.floridabicycle.org/fbtc/.

November

November 2-4 *Madison*
26th Annual North Florida Tour
 Camp Cherry Lake, 3861 NE Cherry Lake Circle, Madison, FL. Great Route Maps for cycling: Friday, 55 to 80 mi. to Madison/Greenville; Saturday, 50 to 100 mi.; Sunday, 48 mi. to Quitman.
Active.com Online Registration

November 3 (Sat) *Cape Coral*
Brevet Series South: 200 km / 125 mi "Tour De Lee - Lee County Barrier Islands and Bridges Plus Interior"
 125 miles, SOUTH CENTRAL REGION. Brevets are limited supported long distance rides which offer a greater challenge than century events. They start with a 200km (124mi.) and go to 600km (375 mi.) in this Region. Brevets are NOT RACES, but do have time limits and control points where one checks in along the route. They require conditioning, perseverance, and dedication, but riders of ALL ABILITIES (A.B. and C riders) can participate. A series of four brevets qualify riders for longer 1200km (750 mi.) events such as The Paris-Brest-Paris held in France and The Boston-Montreal-Boston held in USA. For more specific information about Brevets click on the web site below. Michael Grussemer, RBA, (239)549-7459. CELL (239-699-9548) Email: RBACentralFlorida@bike4one.com www.bike4one.com/brevets/

November 3 (Sat) *Micosukee*
24th Annual Spaghetti 100 Road/Off-Road Century
 For registration, directions, and ride information please visit the Capital City Cyclists Website (below). www.cccyclists.org/

November 4 (Sun) *Heathrow*
Boys & Girls Club of Central Florida 7th Annual Salute to Freedom Century Bike Ride
 100/66/33 miles. Registration opens at 7 am in the parking lot of AAA, located on International Parkway. Ride through scenic back roads in north Seminole County and south Volusia County. The ride will include fully stocked SAG stops, mechanical ride support, ride marshals, t-shirts, breakfast, picnic lunch and entertainment. Family fun bike ride rodeos for children. Heathrow Arts Festival less than a mile away. Pre-registration is \$25, \$35-day of ride. Information (407)841-9839 X31 (Sandra). Email: sbrown@bgccf.org www.bgccf.org/ Active.com Online Registration

November 4 (Sun) *Bradenton/Sarasota*
Gulf Coast Cycle Fest
 Choose 15, 31, 62, or 100 mile route options. Each pre-registered participant will get a Polar Insulated water bottle. Additional water bottles will be distributed on event day until they run out. Sponsored by Sarasota-Manatee Bicycle Club, Box 15053, Sarasota, Florida 34277-1053. Email: khenderson@verizon.net www.smbc.us Active.com Online Registration

November 9-11 *Lithia*
Alafia Fat Tire Festival
 Alafia River State Park, South of Brandon, FL. With unique topography that offers some of the most radical

elevation changes in Florida, the Alafia trails are the most challenging in our riding area. For new riders, there is excellent singletrack and 2-track. Boyette's trails are forgiving enough for newer riders while still offering an exciting ride for more experienced cyclists. We have increased the amount of intermediate trail since last year's event. The diversity of single-track, technical berm sections, and hilly meadow riding will make for a fun day. Guided rides offered at both locations on Saturday, 813-689-5109. www.swampclub.org/alafiaftf.htm Email: julianne@SWAMPclub.org

November 10-11 *Cooper City*
South Broward Wheelers 23rd Annual Century
 Sat. Nov.10 Pre-Century rides and Crit races (USCF license required); Sun. Nov. 11 Ride 28/62/100 miles in western Broward County. Marked route, fully-stocked rest stops SAG. Post-ride pasta lunch and massage included. T-shirt & giveaways to first 350 registrants. Brian Piccolo Park 9501 heridan Street Cooper City, Florida. Email: vp@southbrowardwheelers.com www.southbrowardwheelers.com Active.com Online Registration

November 11-17 *Key Largo*
Bubbafest Florida Keys
 Biking vacation on the beautiful Florida Keys. Loop ride starts and ends in Key Largo. Bike to Key West and back. Daily average mileage, just over 30. Seven-day, six-night camping tour with motel options. Most breakfasts and dinners, route sheets, sag support, and baggage shuttle included in the \$495 registration fee. Complete details from Website. Bubba, PO Box 560189, Rockledge, FL 32956. 321-759-3433. Email: BikerBubba@aol.com www.bubbaspamperedpedalers.com/

November 16-17 *Port Charlotte*
Pasta Bash
 Sponsored by the Coastal Cruisers Bicycle Club. This popular annual event features a Friday night wine-and-cheese social, and a Saturday continental breakfast followed by fully-supported rides of 61.6/32.3/16 miles and a superb pasta lunch. SAG support and well-stocked rest stops are provided along the routes, and mechanical support is provided at the event venue. Fees increase after Oct. 24, so register early! For more information, contact Dave Warren at (941)497-5170, e-mail him (below), or visit our web site for a complete info sheet and printable registration forms. (No on-line) Email: ragmansr@comcast.net www.coastalcruisers.net/

November 17 (Sat) *Deltona*
Deltona Family Bike Ride and Festival
 The ride led by Mayor Mulder will start at 8:30 am at the Deltona Alliance Church on Deltona Blvd. All ages and abilities (no training wheels allowed on the road; OK at bike rodeo). Orlando Road Club, Florida Freewheelers, and Seminole Cyclists will stage their club rides in the area. 1 p.m. bike rodeo and festival, giveaways and other events. Contact: Jim Glanz, jglanz@cfl.rr.com, Jamie Pearson jpearson@deltonafl.gov, 386-878-8900.

November 17-18 *Tampa*
Inaugural Ride Without Limits

Benefits United Cerebral Palsy. Contact: Christy Van Heugten phone: (888)547-3239 x813. Email: tampabay@ridewithoutlimits.org www.ridewithoutlimits.org/ Active.com Online Registration

November 18 (Sat) *Clermont*
Horrible Hundred
 Florida Freewheelers' infamous southern mountain stage experience. 37/72/102 miles along rural Lake County roads. www.horrible-hundred.com.

November 18 (Sun) *Ormond Beach*
The Classic Y-100 RESCHEDULED FROM OCT 21
 100/65/35 mile rides start and end at the YMCA on 51 N. Center St. Century RIDERS MUST start at: 7 AM. All other rides start at: 8 AM. Fees: Early bird Until July 31 = \$ 40. Until Sept. 30 = \$ 50. Thereafter = \$ 60. Children under 10 = \$ 12. At all times. Benefactor: YMCA youth program. Power breakfast. Fully stocked support stations, Gatorade, spring water, fruits, and more. Goodie bag at registration. Post ride lunch. FREE T-shirts for riders registered before September 30. Route sheet and roads are clearly marked. Info.: 386-673-9622 or Email: events@earthlink.net Active.com Online Registration

November 19-23 *Cross City*
Gulf Coast Highlight Tour
 Ride on Florida's west coast rail trails. Email: Glen Morey glenma21499@peoplepc.com www.proeventsflawestcoasttours.com/

December

December 1 (Sat) *Jupiter*
Brevet Series South: 200 km / 125 mi "Ocean Ramble"
 125 miles, SOUTH CENTRAL REGION. See Nov 3 listing for details.

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

December 3-7 *Cross City*
Gulf Coast Highlight Tour
 Ride on Florida's west coast rail trails. Email: Glen Morey glenma21499@peoplepc.com www.proeventsflawestcoasttours.com

December 8-9 *White Springs*
Secret Santa Open House & Cycling Weekend
 Suwannee Bicycle Association. A memorable weekend of preholiday cycling activities and festivities. Both on-road and off-road rides will be conducted each day. Secret Santa Open House is scheduled to coincide with White Springs Festival of Lights and Christmas Parade. Suwannee Bicycle Association, PO Box 247, White Springs FL 32096. 386-397-2347 mail: bikesba@aol.com www.suwannee-bike.org/santa.htm

Dec 28 - Jan 4 *Ft Myers*
Gator Country Hell Week Training Tour

100 mi/day loop tour of Southern and Central Florida led by former RAAM Director Nich Gerlich. (806)499-3210. Email: info@hellweek.com www.hellweek.com

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

January

January 27 (Sun) *Naples*
Pedaling for Pathways Bicycle Brunch
 10/20/62/100 mi. through Naples and surrounding SW Florida. Brunch on the beach after the ride from Russell's Clambake. 7 a.m. registration and breakfast. Rides start at 8 a.m. and begin and end at Lowdermilk Beach Park. \$30/NPC members; \$35/others. One child, 10 and under may ride free with each paid parent/guardian registration. Addl. children: \$10 each. T-shirts or tank tops guaranteed for riders registering by 1/14/08. 239-690-1152. Email: michelle@naplespathways.org Active.com Online registration Information: www.naplespathwas.org

Other Touring Calendars

National Bicycle Tour Directors Association
www.nbtda.com


Georgia Bicycle Federation Calendar
<http://bicyclegeorgia.com/gac.html>

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

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

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

Florida Discovery Bicycling Camp
www.floridabicycle.org/discovery



28th Annual Horrible Hundred

November 18th, 2007

28th Annual
Horrible Hundred
 Course options: 37/72/102 miles along rural Lake County roads
 The century includes
ALL of Central Florida's "mountains"
www.horrible-hundred.com

Transportation can lead in emissions reduction and conservation

by Ken Bryan, Florida Director, Rails-to-Trails Conservancy

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

He drives a large SUV occupied by only him, thinks anyone who rides their bike is a "treehugger" and has always scoffed at the thought of riding a bicycle or allowing his daughters to ride their bikes beyond the walls of his private upscale community.

For years I have begged him to join me on one of my many cycling adventures throughout the country and world, but to no avail.

However, the most amazing breakthrough has occurred during the last two years; I still can't believe it: his cuter-than-a-button daughter now has him riding his bike with her to and from a school that is located well outside his subdivision.

I spoke with him on the phone as he was getting ready to leave his house to meet his daughter for their ride home from school and he mentioned it was about to rain.

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

His response left me stunned. "Are you kidding me?" he replied. "Marisa would be crushed if she couldn't make the return home on her second day of school."

Here, my macho, six-foot-plus, tough-guy, SUV-driving friend was reduced to riding his bike home in the rain because he didn't want to let his young daughter down.

Children have a way of influencing their parents with little more than a smile and a steady resolve, and as a result, my friend is on the verge of being hooked on riding his bike.

He no longer drives his SUV to the gym to ride the stationary bikes. Now he rides his own bike there and has unknowingly become one less car congesting our roadways and polluting our precious environment.

About half of all car trips made annually are less than three miles in length; a distance even my friend has adapted to nicely as he now rides his bicycle to the grocery store and even Starbucks.

There are a growing number of people just like my friend throughout Florida. And a new study, *Conserve By Bicycle*, from the Department of Transportation is aiming to determine what it will take to get reticent citizens to embrace the occasional bike trip or commute.

Requested by the Florida Legislature in 2005, the Department of Transportation just completed the first phase of the study and presented its initial findings to the Governor and Legislature.

The purpose: determine how to

□ save energy by increasing the number of

miles ridden on bicycles, thereby reducing the usage of petroleum-based fuels,

□ increase the efficiency of cycling as a transportation mode by improving interconnectivity of roadways, transit and bicycling facilities,

□ reduce traffic congestion on existing roads,

□ provide recreational opportunities for Florida's residents and visitors,

□ provide healthy transportation and recreation alternatives to help reduce the trend towards obesity and reduce long-term health care costs, and

□ provide safe ways for children to travel from their homes to school.

My friend is fortunate that his community has made the commitment to build sidewalks, bike lanes and trails, and he is able to move about his community safely and seamlessly.

And while he hasn't noticed that he's helped to reduce congestion, save fuel and produce zero carbon emissions, he does realize that he is now as fit as he was 20 years ago in college, his blood pressure has improved, his cholesterol has dropped and his daughters are learning to develop healthy, active lifestyles that will serve them their

entire lives.

The *Conserve By Bicycle* study confirmed what my friend learned on his own: If a community is perceived as safe and offers sidewalks, bike lanes and trails, people are much more likely to participate in bicycling, hence facilitating a transportation mode shift. In addition to health benefits to the person and planet, making the mode shift to cycling and walking increases existing road capacity, stretches roadway lifespan by reducing usage, and stabilizes and protects roadbed surface and subsurface through the placement of bike lanes.

With a combination of monetary, health and conservation benefits it's easy to agree with the position of the *Conserve By Bicycle* study—especially when the final component includes an emphasis on safety.

It amazes me how little attention is given to the embarrassing statistic that Florida again leads the nation in total bicycle fatalities for 2006.

And you fare no better being a pedestrian in the state.

Since bicycle and pedestrian fatalities have been tracked, Florida has dominated these horrible stats.

Additionally, a report released by the Surface Transportation Policy Project, lists Florida as having four out of the five worst cities, nationwide, for biking and walking.

These disturbing factors reinforce a stark reality: Florida needs a new approach to its

Fla. Traffic and Bicycle Safety Education Program honors trainers

The Florida Traffic and Bicycle Safety Education Program (FTBSEP) is a state-wide, comprehensive, school-based program funded by the Florida Department of Transportation for teaching traffic safety through classroom instruction and on bike skills.

Its mission is to prevent injuries to children from bicycle and pedestrian crashes by training them with the knowledge and skills needed to be competent and safe in traffic.

FTBSEP employs the skills of a diverse group of professionals from around the state. The program's trainers are school teachers, law enforcement officers, Bicycle/Pedestrian coordinators, and health officials that represent 14 counties throughout Florida.

Known collectively as the program's "Regional Training Team," these dedicated individuals are helping to implement its mission.

This group of dedicated trainers, volunteer their time to help teach educators, resource officers, school administration officials, and community members how to implement the program through teacher and community workshops.

The League of American Bicyclists has certified all Regional Trainers in the network. The Florida Traffic and Bicycle Safety Education Program recently recognized Regional Trainers Award Recipients for 2007.

Florida Traffic and Bicycle Safety Education Program Award Recipients for 2007

Regional Trainer of the Year, 2007:

Walter Nygard
Palm Beach County Bicycle Safety Specialist, Palm Beach Sheriff's Office

transportation future. The *Conserve By Bicycle* study is the first step.

The current state of affairs is troubling, yes. But I remain extremely optimistic for the future of the *Conserve By Bicycle Program* and for the State, Volusia County and Floridians like my good friend Seth and his daughter.

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

We at Rails-to-Trails Conservancy refer to this as "active transportation." To find out how you can be part of this exciting movement and improve your community by incorporating active transportation into your daily routine, or to learn more about the *Conserve By Bicycle* study, visit www.railstotrails.org or www.dot.state.fl.us/Safety/ped_bike/ped_bike_reports.htm.

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

The Florida Traffic and Bicycle Safety Education Program recognized Walter Nygard as the program's "2007 Regional Trainer of the Year" for his dedication to bicycle and pedestrian safety made evident in both the number of schools and school children he has touched, as well as his constant willingness to assist in other trainings.



Walter Nygard

Walt has implemented bicycle safety programs in 57 schools throughout his county and has also been responsible for the maintenance of all the equipment.

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

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

Paul Casazza
Retired Safety Officer
Jupiter Police Department

For excellence in community bicycle and pedestrian safety education.

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



Paul Casazza

Pedestrian Safety Education."

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

This level of certification is a step to help them become FTBSEP Regional Trainers themselves.

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

Paul's continued efforts to increase the effectiveness and awareness of the program is a mark of a true leader.

Report Links Decline in Bicycling and Walking to Nation's Obesity Epidemic

According to a report released this August by the Thunderhead Alliance, the dust settling on Americans' parked bikes is likely linked to our expanding waist lines.

Bicycling and Walking in the U.S., Thunderhead's Benchmarking Report, shows that bicycling and walking have been in decline in the U.S. since the 1960s.

At the same time there has been a surge in obesity. The report compares bicycling and walking levels, investment in bicycling and walking, and public health.

The most striking findings reveal major disparities between cycling and walking levels, traffic fatalities, and federal funding for bicycle and pedestrian projects.

According to Thunderhead's executive director Sue Knaup, the report "clearly demonstrates that cities and states with the highest rates of cycling and walking almost always have the lowest levels of obesity, high blood pressure, and diabetes."

To view the report visit www.thunderheadalliance.org/benchmarking.htm.

Tom-a-Talk...

Thanksgiving

I've got something for which to give thanks this weekend—200,000 injury-free bicycle kilometers (124,274 miles) so far in my lifetime.

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

Later in the Fall, I'll have something else for which to be grateful: 10 full years in Whistler without missing a single day of work due to illness or injury (but did miss almost 300 due to vacations!).

In a 22.5 year career, I've only taken one sick day.

I'm in Los Angeles. I thought I had a lot of siblings, but L.A. claims at least 21 "sister cities."

After completing the world's most extensive network of freeway, L.A. County had a bit of asphalt left over to construct a few hundred km of segregated bike paths like a beautiful one along the beach at El Segundo or a nice stretch through a park at the foot of the San Gabriel mountains.

In the record heat (94 degrees F, in November), I don't ride much farther inland. It's never too hot to cycle, but it can be too hot to cycle up hill.

Even bigger than any we've got in South Florida, this parking lot of the Santa Anita race course is the largest expanse of paving that I've seen anywhere: acres and acres of blacktop used only a few hours a week!

I feel obliged to do a lap or two.

If they're going to pave it, someone's got to ride it.

Compared to Ft. Lauderdale's, the local attitude is definitely more appealing and the culture more physically active (e.g. surf-



by Tom DeMarco

boards on bikes in Redondo Beach and UCLA rowers at Marina del Rey).

But I can't say I find Southern California, itself, attractive. Parched brown mountains poking above unsustainable greenery (kept alive with water pumped from hundreds of miles away), "rivers" that have been converted to cement-lined open sewers, bumpy roads and sidewalks covered with grit and smelling of stale urine...too many people, too much dirt, and not enough rain to rinse everything clean.

As a cyclist, as a naturalist and as an unrepentant snob who has always harboured a certain distain for things unsightly and unclean, I'll maintain allegiance to the smooth, tidy streets of South Florida.

Thomas J. DeMarco, MD is a Canadian who shares his time, when not bicycling somewhere else, between Whistler, British Columbia and Plantation, Florida

Top 20 County Sales of Share the Road License Plates

7/1/06 - 6/30/07

1. St. Johns	11. Nassau
2. Leon	12. Pinellas
3. Alachua	13. Santa Rosa
4. Walton	14. Gadsen
5. Palm Beach	15. Duval
6. Sarasota	16. Orange
7. Martin	17. Brevard
8. Collier	18. Okaloosa
9. Seminole	19. Manatee
10. Flagler	20. Broward

Rankings determined by number of Share the Road plates compared to the total number of license plates sold.

Central Florida off-road biking guide published

If you are looking for somewhere new to bike in Central Florida, according to co-authors Roger Fulton and Mike Carpenter you may find some interesting new places in this book released this year.

Fulton and Carpenter toured many CFL off-road areas—paved and unpaved—and have shared their findings in this book.

The volume covers Central Florida from Rt. 40 south to Rt. 70 and includes 25 biking areas from paved rails-to-trails to easy and



moderate mountain biking trails.

Explicit directions from an Interstate highway include GPS readings, trail conditions and comfort facilities on site or nearby.

More than 60 full color photographs illustrate trailheads and landmarks, along with tales about some of the areas they have ridden.

For more information and how to order this and other "casual" eco-touring guides go to www.RogerFulton.com or www.CommonManBooks.com. Or call Roger Fulton, 386-956-6089.

Add your voice for the future of bicycling in Florida.

JOIN FBA TODAY

Membership includes the FBA Messenger!

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

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

Tags Talk



What does your tag say? If you have a Share the Road plate with a message or a regular plate with a SAFETY message, please submit it for www.ShareTheRoad.org. Click on the home page link to check them out.

And LISTEN to the tags out there!

The mission of the Florida Bicycle Association (FBA) is to inspire and support people and communities to enjoy greater freedom and well being through bicycling.

The Florida Bicycle Association was incorporated in 1997 for educational and charitable purposes. FBA is a nonprofit, 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, P.O. Box 718, Waldo, FL 32694. To join FBA complete the form below and send with your dues.

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I'm sorry Mr. Smith, that's an impressive bicycling mileage figure, but the standard mileage deduction is for *motorized* vehicles only.



While we can't make all your tax dreams come true, we can offer you quality tax and financial accounting services with the confidence and solid reputation that comes from over 30 years of quality service to the Central Florida business community.

We're proud to support FBA and its mission to promote good health and well-being in our communities through bicycling.

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