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November Tour Summary...



And oaks swayed in the distance
 And Capt Ron motioned us back
 Later we ordered clam chowder
 At J.T's Seafood Shack.

Evenings found us at the Orchid
 In rooms with bubbling tubs
 And dined we on excellent fare there
 And had mannis and peddies and rubs.

Big Bob celebrated his birthday.
 While each of us told the story
 Of our belief in the Greenway
 And our hope for its Florida glory.

Ballad of the St. Johns to the Sea Ride

By Victoria Register-Freeman

Oh gather round ye spandex clan
 Hear news of bikers hale
 Who gathered in November
 To ride the Sea Loop trail.

Next peddled we on to Ponce Inlet
 And a lighthouse tall in the pines
 And Down the Hatch received us
 With glasses of beer and of wine.

And cruised we then to the Night Swan

First Linda sang a fine song
And Hope gave us each detail
And Monday morn at 8:15
We started on the trail.

And oer the bridge on sidewalk high
Rode our noble band
With Ron at point and Linda sweep
We rolled to Hastings land.

And at the lunch stop Hope and Nance
Fed us Gator Aide and fruit
And Bill-the-farmer spoke to us
Of tractors and taters to boot.

Then blew the east wind on our face
And blasted old sun down
And Dave-the-wise one said to us
"You've ridden four times to town."

Then on to the ancient city
Of old St. Augustine
To lounge in Castillo Real
And scrub ourselves quite clean.

Then on Day 3 we mounted steeds
And southward we did go
To the Matanzas inlet
To see a soldier show.

Then on to Amy's fine food
Delicious, succulent mahi
And lotions to alter our mood.

And yes we stopped at a spring park
On our way to Stetson's Deland
And yes a heron appeared there
And stand, for Dawn, he did stand.

Came Day 6 we biked to the corner
And left we went on High Street
Equipped with a can of Lysol
The man eating canines to meet.

But except for M.J's encounter
We rode through a canine free land.
And cruising on pounds of pancakes
We rode through the citrus so grand.

And now we gather at nightfall
To dine one last time as a troop.
So here let us toast our fine memory
Of the glorious St. Johns Sea Loop.

For more information about Bike Florida, the St. John's River-to-Sea Loop tours and tour schedule please email us at info@bikeflorida.org or call 352-224-8601.

Share the Road Club of the Month...



UCF's team W.I.S.H. with Jesús.

If you would like to recommend a Share the Road Club of the Month, please email nominations to jdafrota@gmail.com

UCF's team W.I.S.H.

Meet Jesús. He is 11 years old and suffers from Cerebral Palsy. Despite his condition, he is an adorable boy full of hopes and dreams. One of those dreams is to be able to walk; something many of us take for granted. That's why team W.I.S.H. was created, to help fulfill Jesús's dream of going to conductive education camp to learn how to walk. Their goal is to raise \$1500 dollars to get his wish underway.

This month, team W.I.S.H. and New Hope for Kids held a charity ride to help raise funds to meet this goal. The Century Ride was held in Sanford on November 8th. The ride was open to cyclists of all skill levels and gave the riders a possibility of a 25 mile, 65 mile, or go-for-it-all 103 mile ride through and around Semoran, SAG stops and refreshments provided.

We congratulate team W.I.S.H. on their hard work and dedication to improving the lives of others!

For more information on team WISH or New Hope for Kids, visit

<http://thewishlist.giving.officelive.com/default.aspx>

Share the Road Member of the Month...



Dustin Hebson

This month we are excited to highlight 13 year old Dustin Hebson as our member of the month! Dustin is in the 7th grade and is a very dedicated athlete, participating in cycling, speed skating, and soccer. He competes in junior world-class indoor and outdoor in-line skating for Renee Hildebrand, coach of Team Florida since 2003. Dustin trains in Ocala, Tampa, Brooksville, and Kissimmee and cross-trains on his grandmother's Litespeed. He also competed in the 2009 Squiggy marathon and was the half-marathon winner in his age category.

Dustin with his awards and cross-training equipment.

If you would like to recommend a Share the Road Member of the Month, please email nominations to jdafrota@gmail.com

Dustin is a 2009 US national team member, where he has the opportunity to attend camps at the Olympic Training Center in Colorado Springs, CO.

Dustin is the 2009 NIRA in-line national champion and holds a 2,000 meter point race national record in his division.

Dustin says "I didn't always win, I have to train 6 days a week. Renee is an amazing coach and she has helped me get where I want to be in speed skating. The races I didn't win, I have learned so much from, so they are also important. You know you have to work harder for next time. I ride my bike to cross train. I also ride 20-40 miles on the trails and road with my cycling friend Ty, my dad, and even my grandma! I hope to be a world champion in speed skating one day. This year I try out for the US junior World Team. I am lucky to have a lot of support from so many people. Cycling is a big part of my success in speed skating."

Share the Road Trail of the Month...

Black Island Trail at Lovers Key



For years, Lovers Key was accessible only by boat and it was said that only lovers traveled to the island to enjoy its remote and solitary beach. Today, it is one of four barrier islands that make up this state park. A haven for wildlife, the islands and their waters are home to West Indian manatees, bottlenose dolphins, roseate spoonbills, marsh rabbits, and bald eagles. The two mile long beach is accessible by boardwalk or tram and is popular for shelling, swimming, picnicking, and sunbathing.

Lovers Key State Park is made up of 4 barrier islands, Black Island, Long Key, Inner Key and Lovers Key. These islands were slated for development in the 1960s and 70s and were highly disturbed in preparation of development. Mangrove wetlands were altered to uplands by dredging a canal system through Black Island. After acquisition by the State of Florida in 1983 and a merger with Carl E. Johnson County Park on the southern end in 1996, these islands have now become Lovers Key State Park with 1616 total acres. This has been a long-term project creating a partnership between the State of Florida, Lee County Government, Lee Island Coast Tourist Development Council and many local citizens and communities. Local legend hints that Black Island got its name from a Pirate by the name of Black Augustus who had been captured by authorities and later escaped, making this his home for the remainder of his life. The Black Island Trail is 2.5 miles of hiking or biking adventure through a maritime hammock along the canal banks of Black Island. There are a total of 8 miles of trails within the park including the beach. The park's concession offers boat and fishing tours, as well as bicycle, canoe, and kayak rentals. For tour reservations, call (239)765-7788. Located on County Road 865 between Fort Myers Beach and Bonita Beach in Lee County.

If you would like to recommend a trail for Share the Road Trail of the Month, please email nominations to jdafrota@gmail.com

Share the Road State Park of the Month...

St. Marks River State Park



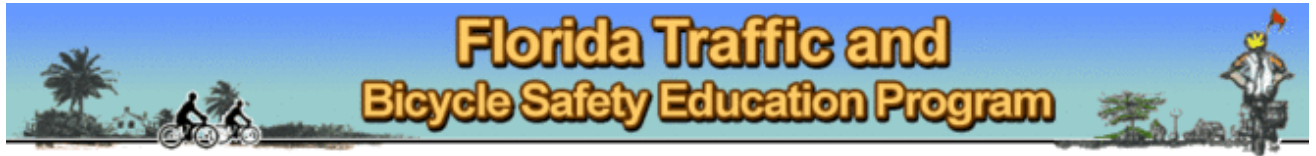
Rich in cultural and natural resources, St. Marks River State Park houses dirt road systems dating back to the mid-1800s. State park archaeologists and resource managers are studying these road systems as well as sinkholes and other cultural sites to develop a historical understanding of the area. Currently, visitors can explore the property's wildlife by hiking or biking on the park's existing road system while the Florida Park Service develops the management plan and necessary infrastructure for the park.

St. Marks River State Park is home to a variety of native wildlife for visitors to experience, including the threatened black bear, bobcats, fox, deer, turkeys and fox squirrels. Birding enthusiasts can spot an array of hawks, owls and ducks wading and flying within the park. The plush river land provides a scenic assortment of plant communities including a floodplain forest, xeric hammock, flatwoods, sandhill and bay heads.

For more information about St. Marks River State Park, visit www.FloridaStateParks.org

If you would like to recommend a park for Share the Road State Park of the Month, please email nominations to jdafrota@gmail.com

Florida Traffic and Bicycle Safety Education Program...



Program puts kids in driver seat with traffic and bike safety education

Oct. 28, 2009

Cathy Keen, ckeen@ufl.edu

GAINESVILLE, FL --- "Driver's Ed" for kids could be another name for a statewide program administered by the University of Florida that is designed to reduce the number and severity of injuries and deaths to children from bicycle and traffic crashes. "Florida leads the nation in bicyclists killed in traffic crashes, even outpacing California, which has about twice its population," said Dan Connaughton, a professor in UF's department of Tourism, Recreation and Sport Management and the program's director. "Other than the motor vehicle, there is no other commercial product that leaves more children injured than bicycles."

Statistics from the Florida Department of Transportation show that 118 bicyclists were killed and 4,380 were injured in the state in 2008, he said. About 90 percent of children's deaths on bicycles occur when they dart into traffic from a driveway or when they cycle through a stop sign, Connaughton said. The vast majority of bicycle fatalities result from head injuries, with some studies estimating that the simple act of properly wearing a bicycle helmet reduces the risk of head injury by up to 85 percent, he said.

The mission of the Florida Traffic and Bicycle Safety Education Program is to reduce injuries and fatalities by teaching children the lifelong skills needed to be competent, as well as predictable, cyclists and pedestrians. Connaughton received a three-year contract from the Florida Department of Transportation's Safety Office to administer statewide workshops to "teach the teachers" bicycle and traffic safety tips they can pass on to their students. Using curriculums specifically designed for elementary, middle and high schools, Connaughton works with certified cycling instructors around the state in delivering the free workshops. Workshops are currently scheduled in Alachua County on Thursday, with others to be held in Pinellas and Lee counties later this fall.

For younger children, the curriculum covers such basics as safely crossing streets, traffic signals and related laws, and school bus safety, said Connaughton, who is an expert in sport safety and risk management. The curriculum also addresses traffic and bicycle laws, helmet importance and correct use, how to perform a bicycle safety inspection, how to navigate a bicycle while sharing the

road, and other traffic and bicycle safety skills, he said. "We feel it's extremely important to educate our youth at a young age," he said. "Our hope is that as they become more knowledgeable and experienced pedestrians and bicyclists, that some of these skills will translate into them becoming safer motor vehicle drivers."

According to the National Safety Council, the total cost of bicycle injuries and deaths is almost \$5.4 billion a year, Connaughton said. "Besides saving lives, this program has a tremendous impact on the state's economy," Connaughton said. "By cutting down on the number of cars on the road, we reduce traffic congestion as well as our dependence on fuel and the environmental costs associated with it. And with the rise in obesity, getting young people to be more active eliminates a substantial number of health problems and the costs that go with them." The program works with Safe Routes to School programs throughout Florida to encourage more children to walk or bike safely to school and ties in with the goals of the Florida Department of Transportation's Pedestrian/Bicycle Program, he said.

Facts about the Share the Road specialty license plate...



Facts about the Share the Road Specialty License Plate

Proceeds from the "Share the Road" license plate are split between [Bike Florida](#) and the [Florida Bicycle Association](#) and are used to promote bicycle safety throughout Florida.

Sales of the license plate help to fund:

- Education and awareness programs for both motorist and bicycle safety.
- Training workshops and educational materials for children and adults.
- Mini-grant programs.

NEW DESIGN NOW AVAILABLE!

[Click here to find out how you TOO can get a Share the Road License plate.](#)

Help make Florida a bicycle-friendly state.
Get Your "Share the Road" license plate!

Interested in getting more involved in Share the Road?

As editor of our Share the Road newsletter, I would like to invite you to take a look at our schedule of upcoming rides. With the cooler weather and fewer mosquitoes on the trails, there is no better time to sign up for our winter and spring rides! If you'd like to see changes or additions to the newsletter, I would love to hear your comments. Please take some time to think of a special Share the Road tag owner (a friend, family member, or even yourself) who you would like to see nominated as our 'member of the month' and we will send them a small thank you bag along with a write-up in our newsletter. We greatly value your involvement and input!

Also, keep looking for updates in this new section each month on ways that you can get involved with Share the Road!

Yours in cycling,

Jamie da Frota
Editor, Share the Road newsletter

About Bike Florida...

Bike Florida is a non-profit organization whose mission is to promote safe cycling in the state of Florida. We hold a springtime week-long touring ride that travels from city to city throughout various parts of Florida. Our organization is comprised of bike enthusiasts who are interested in promoting the benefits of cycling.

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