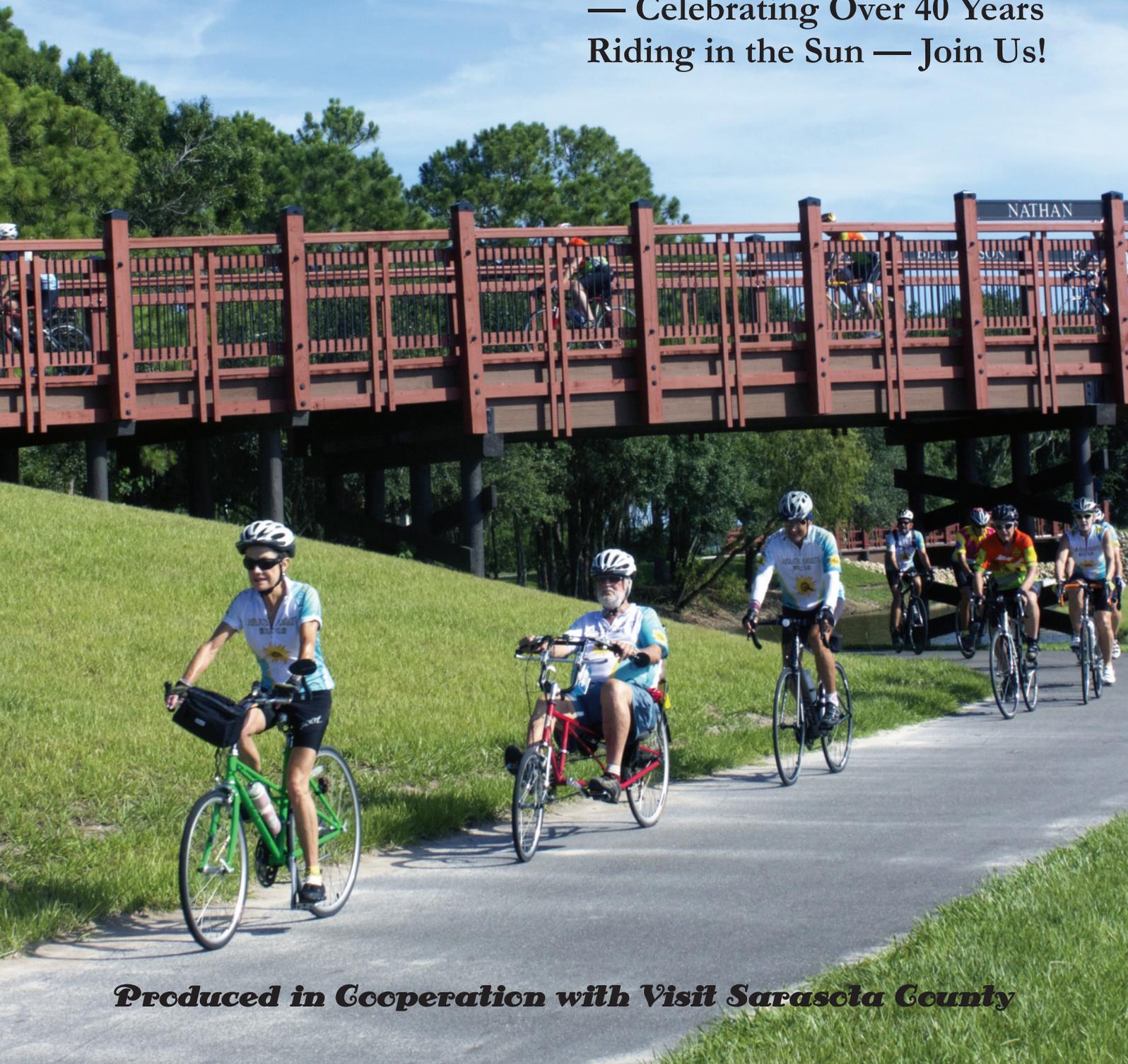


Cycling Sarasota & Manatee Counties

Sarasota Manatee Bicycle Club
— Celebrating Over 40 Years
Riding in the Sun — Join Us!



Produced in Cooperation with Visit Sarasota County

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Front Cover: SMBC riders going over and under a bridge at the north end of Nathan Benderson Park on North Cattlemen Road, Sarasota. Photo by Paul Petrus and Charlie Morris.

Back Cover: Photo by Paul Petrus and Charlie Morris.

Welcome Cyclists

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Welcome to Sarasota and Manatee Counties, an ideal community for year-round cycling. We think you will enjoy cycling the many towns, back roads, parks, paths and trails along beautiful coastal areas and through untouched native environments, as well as old and new developments with spectacular homes and vistas and many points of interest.

Bicycle Sarasota & Manatee Counties is a joint product of two not-for-profit organizations: the Sarasota Manatee Bicycle Club (SMBC, SMBC.us) and Visit Sarasota County (visitsarasota.org). Its purpose is to provide visitors, new residents and those just taking up cycling, with a source of information on bicycle clubs, bike shops, where to ride safely, and special bicycle events in our communities and in Florida.

The idea was born out of the desire of SMBC to celebrate its 40th anniversary, but the purpose grew when Visit Sarasota County decided to help fund the project. Because of this support, *Bicycle Sarasota & Manatee Counties* is distributed free without commercial advertisements.

Bicycle Sarasota & Manatee Counties is divided into three major sections: general information; a pull-out map showing locations of bicycle shops and ride-starts, and detailed information on SMBC membership, rides and activities.

The general section includes information on the four major clubs that ride on paved roads with non-motorized cycles in Sarasota and Manatee Counties. This document does not cover off-road or mountain biking clubs and activities. These clubs welcome cyclists that use unicycles, bicycles, tricycles and quadricycles, including recumbents. For the most part, participation in club rides does not require club membership, but you may be asked to sign a release of liability statement before riding with the group.

While Florida law requires youth under the age of 16 to wear a helmet, all clubs listed in this publication require

that all participants, regardless of age, wear a Consumer Product Safety Commission (CPSC) or Snell certified bicycle helmet. Helmets with an ANSI standard are out-of-date and should not be used. Also, be aware that bicycle helmets have a limited life. With Florida weather, it is recommended that you not use a helmet over five years old. The labels on CPSC certified helmets include the date of manufacture.



The Sarasota Manatee Bicycle Club and the Coastal Cruisers Bicycle Club (CCBC) memberships consist primarily of retired professionals who enjoy more relaxed recreational rides at speeds between 10 and 20 mph.

Besides recreational rides between 14 and 26+ mph, the Village Idiots Cycling Club (VICC) has a Cycling Race Team that participates in local, state and national competitions.

The Sarasota Cycling Club (SCC) has a greater focus on developing competitive cyclists. You can find more information about CCBC, VICC and SCC on pages 6 and 7. The last section of this publication includes extensive information about the Sarasota Manatee Bicycle Club.

The pull-out centerfold of *Bicycle Sarasota & Manatee Counties* is a map of locations of bicycle shops and ride starts. The insert includes a table with the name, address and telephone number of each specialty shop, and the following services each provides: sells bikes, rents bikes, repairs bikes, sells parts and bicycle clothing, provides local cycling information, and pick-up and delivery.

A table on ride starts includes detailed information about rides and the website of the club sponsoring the ride if appropriate. We strongly advise that you visit the website and contact the club or ride leader to confirm the availability of a ride.

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Short & Sweet Bicycle Trails & Routes

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A Cue Sheet and GPS file for the routes below marked with an * are available at SMBC.us.

*Anna Maria Island (Bradenton) 3 on map.



The seven-mile ride down Gulf Drive goes from Bayfront Park North at the north end of Anna Maria Island, to Coquina Beach at the south end. The route has a bike lane, but it may be sanded over, especially after heavy rains. Traffic on Gulf Drive is very busy during the season. It is an interesting route with several great places to stop. Near the north end is Ginny's and Jane E's Bakery, Cafe & Store (9807 Gulf Drive, Anna Maria, FL 34216), which is open every day 8 a.m. to 5 p.m. The Bradenton Beach City Pier overlooks Sarasota Bay at the east end of Bridge Street, located four blocks south of where the bridge is today.

Robinson Preserve (Bradenton) 4 on map.

Located on Sarasota Bay (9800 Manatee Ave. West Bradenton 34209), this 487-acre preserve has both paved (2 miles) and unpaved trails as well as non-motorized aquatic routes through the restored salt marsh. There is a lot to do in this #1 TripAdvisor-ranked attraction in Manatee County.

*Bradenton Riverwalk to DeSoto National Memorial 5 on map.

This is one of the most beautiful and interesting seven-mile



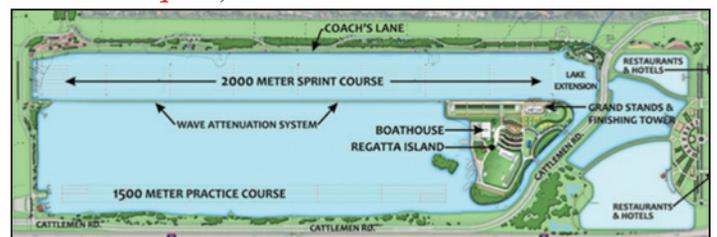
rides in Florida. Park at Manatee Memorial Hospital, pick up the Riverwalk and ride west along the Manatee River. Then continue on Riverview Drive, passing beautiful homes and scenic views of the river, ending up at the spot where Hernando DeSoto landed in Tampa Bay.

*Bay Shore Road (Sarasota) 17 on map.

This four-mile route is as scenic as it gets and is loaded with many sites of interest. You could spend an entire day along this route. Start at the USF Sarasota-Manatee campus just north of SRQ on US 41. Tour the campus, stop by Sarasota Bay and then go through the New College campus with more views of the Bay. Just south of the New College campus is the world famous Ringling Museum complex with its Art Museum, Circus Museum, Ca' d'Zan (the Ringling home), Asolo Theatre and Bayfront Gardens. **Only the Art Museum is free on Mondays.** Continue south past Sapphire Shores Park on the Bay and then on to Sarasota Jungle Gardens, an Old Florida attraction with reptiles, mammals, birds and entertainment. Continue south and finish up at the Ringling College of Art and Design.

Nathan Benderson Park (Sarasota) 14 on map.

Primarily a world class rowing venue, the 500-acre lake is surrounded by four-miles of multipurpose paved and gravel paths. (5851 Nathan Benderson Circle, Sarasota, FL 34235) (worldclassrowing.com/venues/Nathan-Benderson-park)



*Longboat Key (Sarasota) 18 on map.

Longboat Key is situated just north of Lido Key. The ten-mile ride up Gulf of Mexico Drive (bike lane and adjacent sidewalk) is a popular route for sightseeing or riding fast. There are many places to stop and view the Gulf or Bay or to get refreshments or a meal.

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***Lido - Ringling Causeway - Bayfront - Selby Gardens** (Sarasota) 23 on map.

Park at Bayfront Park on Sarasota Bay at the west end of Ringling Boulevard. Marina Jack is at 2 Marina Plaza. Ride south a half-mile and turn right on South Palm Avenue to the world-famous Marie Selby Botanical Gardens. Or, ride north on Island Park Drive toward Ringling Bridge, past the Kissing Statue, and cross over the bridge with its great views of the city and Longboat Key. Continue west three miles on the Causeway to St. Armands Circle, the premier shopping and eating mecca in Sarasota. Continue through the circle to South Lido Beach for another two miles.

***Siesta Key** (Sarasota) on map.

Another outstanding scenic ride is the eight miles between Siesta Drive bridge at the north end of Siesta Key and Turtle Beach at the south end. You also can get to Siesta Key via Stickney Point Road. Siesta Village is vintage coastal Florida and has the #1-ranked beach in the US. The ride down Midnight Pass Road is lined with motels and condos and has a bike lane. There may be heavy vehicle, bike and pedestrian traffic during the season. There is a restroom at the entrance to Turtle Beach.

***Casey Key** (Osprey-Nokomis) 36

Located just south of Siesta Key, Casey Key is entirely different from Siesta Key. The seven-mile route is a scenic ride along the Gulf with spectacular homes on a canopy road. There is no bike lane but vehicle traffic is light and slow. Access the key from Blackburn Point Road in Osprey or Albee Road in Nokomis. There are several places to stop for a break, but



commercial establishments are limited to the area near the south bridge and include Nokomis Beach and the North Jetty Pier.

***Manasota Key** (Venice-Englewood) on map.

South of Casey Key, Manasota Key is similar to Casey Key, lined with magnificent homes and views of the Bay and Gulf. Access the key via Manasota Beach Road south of Venice, or Beach Road just south of Englewood. Englewood Beach and restaurants are at the south end of the key.

The Legacy Trail (Sarasota-Venice) 34 on map.

The Legacy Trail covers 10 miles and runs along a former CSX Railroad corridor. The northern access is off McIntosh Road. The trail passes by lovely waterways and includes rest areas with benches and restrooms. A new bypass over US 41 provides a direct connection with the trail in the Venetian Waterway Park.

bikeflorida.net/legacy-trail-venetian-waterway.htm

Venetian Waterway Park (Venice) 42 on map.

The five-mile trail follows along both sides of the Intracoastal Waterway, from the railway station on Venice Avenue to Lemon Bay Park at the south end. Cross the Circus Bridge to go up the west side. The Trail passes through a mix of urban and open greenspace. Colorful murals, covered rest and picnic areas and interpretive signs dot the way, as do playgrounds, fitness stops and parks. The north end of the trail links to the Legacy Trail.

bikeflorida.net/legacy-trail-venetian-waterway.htm

Oscar Scherer State Park (Osprey) 35

This park is accessible from the Legacy Trail, as well from US 41. There are 15 miles of trails through the beautiful natural areas of scrubby Flatwoods, home of the endangered Florida scrub jays.



Photo by Paul Petrus

stateparks.com/oscar_scherer.html

Myakka River State Park (SR 72) 32 on map.

The park is located nine miles east of I-75 on SR 72. One of the oldest and largest state parks, Myakka protects one of the state's most diverse natural areas. The Myakka River, designated as a Florida Wild and Scenic River, flows through 58 square miles of wetlands, prairies, hammocks and pinelands. The six-mile park road is fully canopied and there are several places to stop for sightseeing and refreshing. www.stateparks.com/myakka_river.html



Photo by Paul Petrus



**Sarasota Manatee
Bicycle Club** 

smbc.us



**Coastal Cruisers
Bicycle Club**

coastalcruisers.net

You know the three Rs of education, but do you know the five Rs of cycling? It's all about the Rides, the Riders, Relaxing, the Repartee and, of course, the Refreshments. If that sounds good to you, then SMBC would be a good fit for you. We hope you take the time to peruse this document that describes the following in more detail.

With over 500 members, SMBC offers over 900 rides a year in Sarasota, Manatee and Hillsborough counties, plus occasional rides in other locations in southwest Florida.

We offer rides almost every day and one to two dozen rides a week throughout the year, with more during the winter season. Our riders vary in abilities and interest so we offer rides at seven different paces and distances: 10-12, 12-14, 14-16, 16-18, 17-19, 18-20 and 20-23 mph. The slowest rides average 22 miles in length and the fastest 40 miles. All rides are recreational and we don't promote racing or encourage pace lines on most rides.

We believe group riding is substantially safer than riding alone. Our Ride Leaders know the intricacies of the routes, which ensures safer rides at the posted pace. Like the US Marines, we have a no-one left behind policy. The ride group provides both security and support. We help each other when problems arise on the road.



While the rides are, by nature, a social event, you can be as sociable or reserved as you want. The Club also has 10 to 12 social events a year, most of which are associated with rides and always include food.

There are many benefits to membership in SMBC (see page 28) but one of the most valued is the friendships that develop over time and last for years.

YOU are welcome to join us on any ride; you do not need to be a member. Visit us online at SMBC.us to locate a ride that you will enjoy. Bring your bike, a helmet, a rear-view mirror and your smile. We look forward to meeting you.

The Coastal Cruisers Bicycle Club has been in existence for over thirty years and enjoys a membership today of well over 500. Our rides generally extend throughout Sarasota and Charlotte Counties, to include the communities of North Port, Port Charlotte, Rotonda, Englewood, Venice and Nokomis. Even with current expanding population and development of the area, we are fortunate to find back roads and bikeways that offer viable riding routes and wonderful Florida views.

Our regularly scheduled rides and activities meet the wide riding interests and abilities of members. Year-round we celebrate the joy of bicycling, while safety is a priority and fitness is a motivator. Fun and friendship are prized.



Socials and events include the *Pasta Bash*, Withlacoochee Trail Ride, Holiday Party, *Memorial Ride*, *Century Ride*, *Sunset Social* and occasional café stops either midway or after rides. Participating bike shops in the area offer a 10% discount on parts and accessories to club members.

The *Pasta Bash Ride* is held annually in November and draws over 200 riders from South Florida to ride the *World's Flattest Metric Century*, a *Fun-in-the-Sun Half Metric*, or a *Calm and Cool Quarter Metric*. This event includes a social get-together, a wonderful pasta meal and continental breakfast, door prizes, tee-shirt, SAG support and a well-stocked rest stop.

The Withlacoochee State Trail is a 46-mile long Rails-to-Trails project located in scenic Inverness, Florida. Club members enjoy two days of riding and camaraderie, and many achieve personal best distances.

The *Memorial Ride* is traditionally held early in the calendar year. It honors our Club's deceased members and celebrates what they would wish us to do: ride, eat, socialize and have fun!



Village Idiots Cycling Club 

villageidiotscycling.com



Sarasota Cycling Club   

sarasotacycling.com

Village Idiots Cycling Club is a non-profit, educational and social organization dedicated to both serious and recreational cycling enthusiasts. We are primarily a road biking club but have members that participate in mountain biking, cyclocross and triathlons.

Sarasota Cycling Club, based in Sarasota, FL, is an amateur sports club with a focus on rider development.

Our goal is to offer the support infrastructure for local competitive cyclists to maximize their enjoyment and potential in this tremendous sport. We give back through community outreach, supporting local charity organizations and offering cycling-specific events throughout the year. We are a USA Cycling bicycle racing club with male, female, masters and junior athletes. We communicate and promote our club with social media, community events, bicycling racing and local group rides.

We also are a registered Florida Clean Ride Club and support drug testing at Florida road events to ensure fair competition at the amateur level.

Prospective members must fill out a membership application and sign a USADA Rider Pledge. Both forms are on the Club webpage under the Team tab and Membership option. Membership is subject to approval by the Board of Directors. Memberships are for the calendar year and expire on December 31 of that year. Applicants will be contacted via email or telephone upon receipt and review of their completed application package.



VICC is a USA Cycling-registered bicycling club consisting of a wide range of riders of various backgrounds, ages and professions who share a common love for cycling. Our goal is to provide our members with the opportunity and support to ride and compete while having fun in a safe manner.

We also have goals to train new cyclists, grow the skills of our club and race participants, advocate cycling in our community, and benefit a variety of local charities such as the American Diabetes Association and the Team Tony Cancer Foundation.

Our active ride schedule has group rides originating in Lakewood Ranch, Bradenton and Sarasota that cater to various levels of ability. Ride leaders ensure pace is controlled and assist with pace-line instruction when needed. Our rides include distances of 20 miles at a 14-18 mph pace to 35 miles at a 26+ mph pace, as well as many levels in between. We have a USA Cycling Race Team sponsored by RND Automation. Team membership requires club membership and a USA Cycling license. Special team kits are available for purchase.

Our Facebook group has become a local hub for the cycling community and can be educational, fun and a great source of daily “pickup” rides, where speeds, distances, times and routes are announced. Please check our website calendar for regularly scheduled group rides, charity rides and rides from other clubs around the state in which VICC members participate. Club membership is not required to participate in our Facebook group or our group rides.



“Perhaps the most vivid recollection of my youth is that of the local wheelmen, led by my father, stopping at our home to eat pone, sip mint juleps, and flog the field hands. This more than anything cultivated my life-long aversion to bicycles.” - Tennessee Williams

“Perhaps the most vivid recollection of my youth is that of being flogged by the local wheelmen, along with the field hands, the postman, and a young Tennessee Williams. This more than anything cultivated my life-long aversion to his plays.” - Truman Capote



Extracted, in part, and rephrased for simplicity and clarity from Florida Uniform Traffic Control Law Title XXIII Chapter 316, as cited below in brackets. *Words in italics are comments of the Sarasota Manatee Bicycle Club.*

Bicycle = Vehicle [316.2065(1)]

Cyclists have all the rights and duties applicable to the driver of any other vehicle with exceptions irrelevant to bicycles. *Ride like you are supposed to drive. This means:*

- you are required to ride in the same direction as vehicular traffic on the right side of the road [316.081(1)]
- you are required to give turn signals and a signal indicating an intention to stop or suddenly decrease speed [316.155(1)(2)]
- you or your cycle shall be equipped with a rear-view mirror [316.294] *This statute is vague as to whether it applies to cycles as well as motor vehicles.*
- you WILL stop for school buses [316.172(1)(a)]
- you WILL NOT wear a headset [316.304(1)(a)]
- you WILL NOT drive recklessly [316.192(1)(a)]
- you WILL NOT drive under the influence [316.193(1)]
- you WILL NOT park within 30 feet of a rural mailbox upon any state highway [316.1965] - *Seriously?*

Bicycle Helmet [316.2065(3)(d)]

Any cyclist under 16 years of age must wear a bicycle helmet that is properly fitted and fastened. The helmet must meet the federal safety standard for bicycle helmets. *Most bicycle clubs require a helmet for all riders, regardless of age. Look for the U.S. Consumer Product Safety Commission (CPSC) label in the helmet. Helmets should be replaced every five years.*

Be Right – Stay Right [316.2065(5)(a)]

- Cyclists riding on a roadway at less than the normal speed of traffic **shall ride in the lane marked for bicycle use** or, if no lane is marked for bicycle use, as close as practical to the right-hand curb or edge of the roadway except:
- when overtaking and passing another bicycle or vehicle

- when preparing for a left turn at an intersection or into a private road or driveway. *Cyclists may occupy a full lane when making a left turn.*
- when necessary to avoid any hazard such as a fixed or moving object, parked or moving vehicle, bicycle, pedestrian, animal, surface hazard, turn lane, or substandard-width lane, which makes it unsafe to continue along the right-hand curb or edge or within a bicycle lane. A substandard-width lane is a lane that is too narrow for a bicycle and another vehicle to travel safely side-by-side within the lane. *A lane less than 14-feet wide is generally considered substandard width.*

One-Way Roads [316.2065(5)(b)]

Cyclists on a one-way highway with two or more marked traffic lanes may ride as near the left-hand curb or edge of such roadway as practical.

Riding Two Abreast [316.2065(6)]

Cyclists may not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles. Persons riding two abreast may not impede traffic when traveling at less than the normal speed of traffic and shall ride within a single lane.

Lights

A front white light and a rear red light are required between sunset and sunrise [316.2065(7)]. Flashing lights are permitted [316.2397(5)(c)]. *Using flashing front and rear lights during daylight hours increases your visibility to motorists and are encouraged.*

Sidewalks [316.2065(10)]

A cyclist on a sidewalk or crosswalk has all the rights and duties applicable to a pedestrian, but cyclists must also:

- yield the right-of-way to any pedestrian
- give an audible signal before overtaking and passing a pedestrian. *A bell or audible warning device is required when riding anywhere on Longboat Key.*

Just for the Health of It

Richard Chaykin, LPT

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Over 95% of cyclists are motivated to ride because it increases fitness and a sense of well-being. How, specifically, does cycling improve a rider's health?

Stronger Heart and Cardiovascular System. A strong heart works less over your life, potentially increasing your life span. A reflection of this is a lower resting heart rate which decreases blood pressure and the chances of a stroke.

Improved Stamina. As you ride for longer periods of time, the body will adapt to the stresses placed on it, which will help you in everyday activities. Stamina can be increased by adding more time riding, increasing speed or doing interval training. Interval training is a series of low- to high-intensity exercise workouts interspersed with rest or relief periods.

Increased Frontal Cortex Activity. This is the area of the brain associated with controlled thinking. Albert Einstein stated that he thought up the theory of relativity while riding his bike.

Improved Balance. As you age, balance can deteriorate. Cycling certainly helps to maintain it.

Stronger Muscles. Cycling strengthens the muscles of the hips, thighs, calves and feet. This makes it easier to do any physical activity, especially those using the legs.

Reduced Blood Sugar. Burning glucose for fuel is extremely beneficial. It makes insulin receptors more sensitive, decreasing the likelihood of developing Type II diabetes. This also helps to reduce body fat and the chance of having a heart attack.

Reduced inflammation. Cycling also improves and creates new blood pathways.

Improved Memory. Cycling increases the size of the hippocampus, the memory center of the brain. It is always good to remember where you left your bike.

Improved Fat to Muscle Ratio. Exercise burns body fat and adds muscle. You may not lose weight initially, but your body composition will improve. A rider can burn between 200 to over 700 calories per hour.

Improved Mood. Yes, the runner's high is also found in cyclists. A ride of 30 minutes or more will release the mood-elevating chemicals of serotonin, endorphins and endocannabinoids (similar effect to *Cannabis*). Cycling is a great way to reduce stress and depression. Hop on your bike and take your stresses out on the bike.

Increased Vitamin D. Being out in the sunshine gets you the Vitamin D you need. It puts you in a better mood and increases the absorption of calcium, creating stronger bones. Those living in the Sunshine State are also less affected by Seasonal Affective Disorder (SAD), or winter depression.

Healthier Joints and Back. The constant rotation of the pedals work the legs without stressing the feet, ankles, knees, hips or back. In fact, riding a properly-fitted bike has long been known to be extremely helpful for knees. If you have orthopedic problems, you may find that switching to a recumbent, a hybrid, a cruiser or even a tricycle will solve those problems. Regardless of the type of bike, you should consider having a bike-fitting.

Improved Confidence. Let me just say it. If you didn't have confidence, would you really appear in public wearing spandex?

Before starting any new or expanded exercise program, be certain to get your physician's okay.

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Increasing Your Enjoyment and Safety Margin

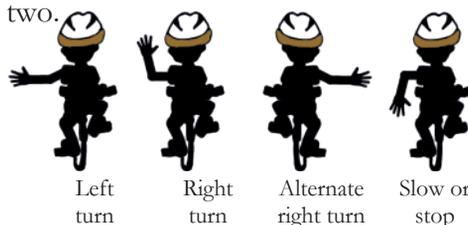
Charlie Morris & Simon Oliver

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Besides following Florida laws, consider the following for a more enjoyable and safer ride.

Whenever You Ride

- It's Florida – Hydrate! Hydrate! Hydrate! Take a drink at least every 15 minutes.
- It's South Florida - use sunscreen, sun sleeves and, if you are head-hair challenged, a doo-rag.
- File a “route plan” with someone in case of an emergency.
- Carry a cell phone, personal identification and ICE info. Your loved ones will appreciate it.
- Know how to change a flat tire and carry appropriate equipment and tools.
- You are “invisible” to some motorists, especially at intersections, so:
 - Ride with a flashing white front light and a flashing red rear light, or two.
 - Always ride with traffic where motorists expect to see you.
 - Wear hi-viz clothing, especially when riding alone.
 - State law says you must signal turns and any intent to slow down.
 - Wave your arm, not just your hand.
 - Use a bell or horn liberally, or shout if necessary.
 - Make your intentions known by using vigorous and obvious arm signals.
 - Riding on a sidewalk is the least safe place to ride; motorists aren't looking for you there.
 - Avoid riding into a blinding sun.
 - Be especially mindful at intersections where a high percentage of accidents occur.
- Have a bike- or helmet-mounted rearview mirror and refer to it often – just as you would driving a car.
- State law says you must ride in the bike lane if present.
- You may ride in the center of narrow lanes (< 14 feet) or in traffic circles.
- Ride to the far right of the bike lane. This increases your distance from motor vehicles.
- Watch for overhanging vegetation as well as road hazards. A tree can take you out.
- Always yield to motor vehicles, even when they are wrong. Otherwise, you will lose.
- Always have a “plan B” in your head – what will you do “if...”
- Intersections are the most dangerous areas. Motorists are more likely to miss seeing you there. Make eye contact and acknowledge drivers with a friendly wave.
- Keep four feet left of parked vehicles. Don't get “doored.”
- Keep both hands on the handlebars unless signaling or taking a drink. No hands are for kids and losing teeth.
- Acknowledge motorist courtesies with a friendly arm wave. One-finger salutes will get you nowhere good.
- Don't think you are going to stop a car by pointing the palm of your hand at the driver. If the driver didn't see you he or she isn't going to see your hand. Wave your arm instead.
- Be ever vigilant!
- Listen for potential problems, especially from the rear and at intersections.
- When stopping for a break, or a medical or mechanical problem, move off the road right-of-way.
- Never pass at intersections or on sharp curves.
- Don't weave back and forth. People will think you are having a heat stroke.
- Avoid busy streets.
- Concentrate on riding, not talking or sightseeing.



Bike lane? Stay in it!

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“Get a bicycle. You will not regret it...if you live.”
Mark Twain

Group Rides

- Be certain you are in the right group, speed-wise. Get in a slower group if you are unsure.
- As a member of a group, you are part of a team trying to ensure the safety of everyone in the group. Communicate verbally and with hand signals as often as necessary.
- Maintain your position in line by keeping your front wheel one foot to two bicycle-lengths behind the rear wheel in front of you.
- Don't fixate on the wheel in front of you. Keep your eyes looking a bike or two ahead and scan for potential problems. Learn to know when you are too close by observing the back of the rider ahead of you, not their rear wheel.
- Ride one to two feet to the right or left of the wheel in front of you for better visibility ahead, while keeping in the bike lane.
- Assume the rider in front of you will do something dangerous eventually, as they probably will.
- Don't assume the rider in front of you will signal hazards. Look for yourself.
- "Feather" your brakes to slow slightly and maintain your position. Don't swerve into the traffic lane.
- Don't slow down quickly without signaling or pulling out of the line to the left. Don't just stop.
- Let riders know you are passing them (left only) before you get beside them.
- Learn to multitask. Don't slowdown because you are signaling, drinking or checking your rearview mirror. Maintain your position.
- Don't turn your head around to see what is behind you, except to confirm the road is clear before moving to a lane to your left, after checking your rearview mirror.
- When a rider behind yells "car back," check your rearview mirror and move to the far right if you aren't already there. Don't slowdown.
- Calling out a hazard is Good, pointing out a hazard is Better, doing both is Best.
- If you want to carry on a long-winded conversation, move to the back of the line.
- If you want to use aero bars, move to the back of the line and drop back.
- If you want to charge up hills rather than maintain your position, do so but let other riders know you are passing.
- Keep your position to avoid those behind you from having to catch up when you fall behind and then speed up.
- Concentrate on riding, not sightseeing or visiting. Emergencies happen FAST!
- Don't be a straggler, that is, someone who looks to a motorist like they aren't part of the group.



Ride Leaders

- Keep your group together. Slow down if the group gets separated; stop if someone has a problem.
- Follow the rules of the road and cycling etiquette because everyone will likely follow you – right or wrong.
- Maintain a steady pace to help avoid the yo-yo effect for those who follow.
- Signal every turn and hazard, not just now and then.
- Don't drop riders unless they consent.
- Don't pull out in traffic unless the entire group can make the turn or crossing.



SMBC in a Nutshell

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For an organization to last and even thrive is an accomplishment of its own, and we celebrate that by observing our 40th anniversary. Sarasota Bicycle Club (SBC), the forerunner of today's Sarasota Manatee Bicycle Club (SMBC), was founded in May of 1974. The group rode primarily on weekends and consisted mostly of working men that found themselves fighting City Hall shortly after the club's formation. It seems that as cyclists they were not welcomed on the roadway, but relegated to what later was proven in court to be "inadequate sidepaths," what we know as bike paths today. It's interesting to note that after the Florida Legislature passed bicycling laws eliminating the mandatory use of sidepaths in 1983, the SBC was back in the fight opposing the relegation of bicycles to sidewalks.

Forty years later, what makes Sarasota Manatee Bicycle Club what it is today? Whether it be a former educator, doctor, shop owner, captain of the sea, captain of industry, a full-time Florida resident, a snowbird, a young 30-something or a more seasoned octogenarian, this diverse group of individuals is united in its love of cycling.

We ride for a variety of reasons, but it is the basic love of riding that joins us together and gives the club its strength. Today, with a membership of over 500, we are a diverse and involved group. On the following pages you can find out more about SMBC, its rides, its community involvement, its concerns for safety and, of course, its members' fondness for enjoying a good meal following a ride.

We also are a group that cares about each other enough to fix meals for an injured member for months, a group concerned enough to invest in kids biking education and in the biking infrastructure of the community. We believe we are representatives of the cycling communities of Sarasota and Manatee counties and want what is best for our members and for all who cycle in the area.

If you're a cyclist, or even a wannabe cyclist, and you share the desire for exercise, camaraderie and the safety of a group ride, then check us out at SMBC.us. There's no charge to join us as our guest for a ride, so call or email a ride leader or officer of the club to discuss an appropriate ride for you. Then come ride with us. You'll be glad you did.



What Members Have to Say About SMBC

"I like the fact that I can enjoy a ride and not have to know the route or where I am going."

El Parent

"SMBC is a group of food addicts that all happen to enjoy riding." *Tom Roberts*

"In SMBC, I have found a set of close and wonderful friends that make my life pure joy."

Paul Petrus

"The Club and people gave me a reason to stay in Florida." *Jayne Phelps*

"The rides are great and the leaders are organized and encouraging." *Sharon Wallace*

"I have learned a lot about proper riding by being in the Club and the members are very helpful."

Bob Sharak

"The Club inspires and motivates me to ride and I love the people." *Patty Riley*

"I love the Club, the camaraderie and the focus on safety." *Doug Reiff*

"I like the social activities planned around bike rides." *Terry Lunday*

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Terra Ceia - Saturday

Location **1** on enclosed map

1st and 3rd Saturdays of each month, year-round

Start at Popi's Place III, 10508 US 41 N, Palmetto, FL 34221

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distances and peak pace:
22 miles at 11-14 mph
27 miles at 14-16 mph
39 miles at 16-18 mph

Ride the 27- or 39- mile route on your own using the cue sheets and/or GPS files available at SMBC.us.

There are three very different routes to Terra Ceia, a scenic Old Florida island community on Tampa Bay just north of Palmetto. All rides start from Popi's Place III on US 41, about 1.6 miles north of the I-275 connector to the Sunshine Skyway Bridge and Causeway.

The shortest two routes are out and back through Terra Ceia. The 22-miler hugs the shoreline. The 27-miler heads south to the marina on the Manatee River in Palmetto, the only place with a bathroom and snacks. The return route is nothing spectacular, but the vehicular traffic is light and the roads are good. However, you do have to take US 41 for the final half-mile.

The 39-mile route also starts with seven miles through Terra Ceia, but the next three miles are on a couple of busy two-lane, east-west highways with fast traffic and no bike lanes. The route heads east to Parrish and then south through an Old Florida Flatwoods to the Palmetto Palms Golf Club. The golf club is a good alternate starting point, but check with the manager on where to park so your car is out of the way.

The route from the golf course returns to Parrish, which has a few good rest stops, then heads north on busy US 301 before turning west on the not-very-busy Buckeye Road, which takes you home on the back roads to Popi's.

Simmons Park - Saturday

Location is not shown on the enclosed maps.

2nd and 4th Saturdays of each month, year-round

Start at the Winn-Dixie, 4445 Sun City Center Boulevard., Sun City, FL.

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distance and peak pace:
28 miles at 14-16 mph

Ride on your own using the cue sheet and/or GPS file available at SMBC.us.

This is the only regular club ride that leaves from Sun City Center, about 30 miles north of SR 70.

After departing from Winn-Dixie, the route passes through the golf cart-dominated Kings Point retirement community before emerging at the southwest entrance of the community onto lightly traveled and sparsely populated rural roads.

The next ten miles travel northwest through former citrus groves and farms with a scattering of crops, homes and fish farms. Between I-75 and US 41, there is a very scenic four-mile stretch along the Little Manatee River. The route then takes you into Ruskin where there are lots

of facilities on US 41. Then, it's on to Simmons Park on Tampa Bay. There are bathrooms and water at the point, but no refreshments.

From the point in Simmons Park, you can see across Tampa Bay to St. Petersburg, MacDill Air Force Base, Tampa and the Gandy Bridge, which connects St. Pete and Tampa. It is one of the most spectacular sites on any of the club's rides.

On the way home, the group stops at the 16-mile mark for breakfast at Popi's Place V. The final 13 miles zigzag south and east back to the southwest entrance of Kings Point, where a different route takes you back to Winn-Dixie.

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Golf Course - Tuesday

Location **2** on enclosed map

Tuesdays, year-round

Start at the Parkwood Square Publix at 9005 US 301 at Old Tampa Road, Parrish, FL.

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distances and peak pace:
22 miles at 12-14 mph
31 miles at 14-16 mph
31 miles at 17-19 mph

Ride the 31-mile route on your own using the cue sheet and/or GPS file available at SMBC.us.

Also known as the Golf Course/Rye Road Rides, these routes are near Palmetto, Ellenton and Parrish. There are a couple of stretches on busy US 301, but otherwise the roads are much less traveled and many are through quiet, mostly underdeveloped residential communities, including one on—are you ready for this—a hill.

The route gets its name from the Palmetto Pines Golf Club, where you can stop for a break and refreshments going (6.7 miles) and returning (21.7 miles).

The area around the clubhouse is small but can be busy with golf carts. While cyclists are welcome, the managers ask that you not park your bike next to the small clubhouse.

Rather, park it across the not-busy-at-all road by the course itself. The golf course is an alternate start point for the route; just don't take up one of their few parking spaces.

There also are places at the 25-mile mark to stop for a bathroom break or lunch. PJ's Sandwich Shop and the Parrish General Store are on US 301 between SR 62 and Erie Road.

While the route does not go right by it, C & K Smokehouse BBQ, located about a mile south of the route on US 301 (bike lane all the way), is well worth the detour for lunch. However, they are not open on Mondays.

Sundance - Sunday

Location **2** on enclosed map

1st Sunday of each month, year-round

Start at the Parkwood Square Publix at 9005 US 301 at Old Tampa Road, Parrish, FL.

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distance and peak pace:
45 miles at 16-18 mph

Ride on your own using the cue sheet and/or GPS file available at SMBC.us.

If you love long runs without turns or stop signs where you can air it out, this is a ride for you. The ride starts on US 301 northeast of Ellenton, and there are several runs on busy US 301 and US 41. There also are some long runs on quiet roads in the middle of nowhere. Of course, you will go through the rural community of Sundance following the Butch Cassidy Trail.

There are several places to stop for a supported break or lunch. You will go right by Imperial Lakes Golf Club at nine miles, Popi's Place III at 32 miles, a Subway and DQ at 36 miles, and Buffalo Creek Golf Club at 40 miles. Beef O'Brady's and Publix are available at the ride start.



Photo by Paul Petrus

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Lakewood Ranch Brunch - Wednesday

Location **11** on enclosed map

Wednesdays, year-round

Start at Publix at 6186 Exchange Way at Market Street in Lakewood Ranch, just north of University Parkway, east of I-75 (Exit 212).

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distances and peak pace:

19 miles at 10-12 mph

24 miles at 12-14 mph

28 miles at 14-16 mph

31 miles at 16-18 mph

36 miles at 18-20 mph

Distances and paces may vary.

These popular rides often bring out 40 to 50 riders during the season when there is Chamber of Commerce weather. Divided among five or six pace groups, the number in a group generally ranges from five to 25 riders.

When there are large numbers in a pace group, they divide into two or more subgroups for safety, each with its own ride leader.

As the name of the ride implies, the routes are primarily in the Lakewood Ranch communities. There is an optional brunch following the ride at the walk-to First Watch Restaurant, where many enjoy an *al fresco* dining experience.

Several of the groups ride north on Lakewood Ranch Boulevard, then head west to tackle the I-75 overpass on Linger Lodge Road, before enjoying a rest at Jigg's Landing, an old fish camp renovated by Manatee County. The landing overlooks spectacular Ward Lake on the Braden River.

The ride home traverses back over I-75 to River Club Boulevard to Lakewood Ranch Boulevard.

Ride the 19-, 28-, 31- or 36-mile route on your own using the cue sheets and/or GPS files available at SMBC.us.

Palm Aire - Friday

Location **13** on enclosed map

Fridays, year-round

Start at the Honey Tree Restaurant located in the shopping plaza on the northeast corner of University Parkway at Lockwood Ridge Road.

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distances and peak pace:

20 miles at 12-14 mph

25 miles at 14-16 mph

27 miles at 17-18 mph

34 miles at 18-20 mph

Distances and paces may vary.

These popular rides also often bring out 40 to 50 riders during the season. Divided among four or five pace groups, the number in a group generally ranges from five to 25 riders.

When there is a large number in a pace group, the group divides into two or more subgroups for safety, each with its own ride leader.

These routes are primarily through the quiet Palm Aire residential communities between Lockwood Ridge Road and I-75 and between University Parkway and SR 70.

Following the ride, many riders walk to brunch at the Honey Tree Restaurant.

Ride the 20-, 27-, or 34- mile route on your own using the cue sheets and/or GPS files available at SMBC.us.



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Mote Ranch Meander - Sunday

Location **19** on enclosed map

3rd Sunday of each month, year-round

Start at the Northeast Plaza Shopping Center on the northeast corner of Lockwood Ridge Road and 17th Street, Sarasota, FL.

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distance and peak pace:
42 miles at 16-18 mph

Ride on your own using the cue sheet and/or GPS file available at SMBC.us.

This ride is truly a meander. After going through an ordinary older neighborhood, the route takes some quiet out-of-the-way roads before touring most of the newer communities of Palm Aire, Tara, University Park, River Club, Lakewood Ranch and, of course, Mote Ranch.

This is a good ride to scout for a new house in most communities between

Lakewood Ranch Boulevard and Lorraine Road and between University Parkway and SR 70.

There is a nice short, but very pleasant, ride through Heron Nest Nature Park in upper Lakewood Ranch—a great place for a quiet stop along side a lake that seems like it is in the middle of nowhere.



East Sarasota - Saturday

Location **28** on enclosed map

2nd and 4th Saturdays of each month, year round

Start at the Publix at 8300 Bee Ridge Road at the corner of Bee Ridge Extension, Sarasota, FL 34241

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distances and peak pace:
25 miles at 14-16 mph
35 miles at 17-19 mph

Ride on your own using the cue sheets and/or GPS files available at SMBC.us.

The East Sarasota rides are among the most scenic non-coastal rides in the area. While the Club rides start at the Bee Ridge Publix, there are several other optional ride-start locations, which are shown on the route cue sheets found on the club website.

The routes are close to town but go through areas of Old Florida habitat, past country estates, low-density residential communities and canopy roads.

The routes are never far from help and have several places to stop for bathroom facilities or shade for

a relaxing, quiet moment.

Most of the shorter route does not have a bike lane, but vehicular traffic is low, except during rush hours.

The longer route has a section west of I-75 on Honore Avenue, a more urban road that has higher traffic volume. But, there is a great bike lane all the way along the newer road, and there is a nearby connection to the Legacy Trail (see page 5).



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Best Friends - Monday

Location **30** on enclosed map

Mondays, year-round

Start at the Best Friends Animal Hospital in Palmer Plaza on the northwest corner of Northridge Road at Palmer Plaza Road, Sarasota, FL.

Rides start promptly at 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distance and peak pace:
40 miles at 17-19 mph

Ride on your own using the cue sheet and/or GPS file available at SMBC.us.

This ride goes down the Legacy Trail for about four miles before winding southwest through residential areas to and then along beautiful Casey Key for another four miles.

The route then swings back onto the mainland and continues south across the Intracoastal Waterway via the north bridge onto the island city of Venice.

If you have time, take a moment to visit historic and quaint Main Street, one block south of your route. The west end of Main Street takes you to Florida's Venice Beach.

The route then heads south and passes the busy Venice Airport and

the former, now abandoned, winter home of the Ringling Bros. and Barnum & Bailey Circus.

The route then crosses back to the mainland via the Circus Bridge and continues south on the Venetian Waterway Trail to Shamrock Park, a great place for a rest stop before heading back up the Venetian Waterway Trail.

The next landmark is the historic Venice train depot where the circus trains stopped. Take a moment to visit the station and the statue of lion trainer Gunther Gebel-Williams before riding the ten miles back up the Legacy Trail, crossing US 41 on a steep trail bridge, to your car.

Potter Park - Three Days a Week

Location **33** on enclosed map

Tuesdays, Thursdays and Saturdays, year-round

Start near the tennis courts in Potter Park, 8587 Potter Park Drive, Sarasota, FL.

Rides start promptly at 8:00 a.m. year-round.

Distance and peak pace:
38 miles at 21-22 mph

Ride on your own using the cue sheet and/or GPS file available at SMBC.us.

As an "A" ride with cruising speeds of 21-22 mph, this ride attracts riders with much skill and experience in road riding and racing. During the summer months, we usually have between six to ten riders, and in the winter, eight to 12.

At this speed, there is very little margin for error, so the group embraces a high level of discipline and safe-riding practices, obeying all rules of the road and riding a single pace line. Many of the riders enjoy a sprint near the finish of the ride, attaining speeds from 30 to 35 mph, before regrouping to finish the last two miles of the ride.

The ride heads north from Palmer

Ranch and east of I-75. There are many canopy roads and frequent sightings of deer and other wildlife. With a few exceptions, the return route to Potter Park retraces the outbound route.

New riders are always welcome as long as their experience and skill level will ensure a safe and comfortable ride for them, as well as for the other riders.

Over the years, many strong friendships have developed, but we also believe we have an obligation to set an observable high standard of safety and courtesy to other riders, pedestrians and drivers.

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Emerson Point - Thursday

Location **1** on enclosed map

Thursdays, year-round

Start at Popi's Place III, 11780 US 41 at 113th Street E., Palmetto, FL, about two miles north of I-275.

Rides start at 8:00 or 8:30 a.m. May-Oct and 9:00 a.m. Nov-April.

Distances and peak pace:
31 miles at 14-16 mph
31 miles at 16-18 mph
33 miles at 18-20 mph

Ride the 33-mile route on your own using the cue sheet and/or GPS file available at SMBC.us.

The Emerson Point rides are similar to the first portion of the 27-mile Terra Ceia ride. However, rather than going to the marina on the Manatee River, this ride swings to the western end of Emerson Point Preserve on

Snead Island. There are portable toilets and a pavilion with a picnic table, but there are no refreshments anywhere in the Preserve.



Marsha, Linda, Ruth, Eileen & Jim

There is, however, an archeological site that is listed on the U.S. National Register of Historic Places. The Portavant Mound (or

Snead Island Temple Mound) is one of fifteen or more "temple mounds" produced by the Safety Harbor culture (900-1725) found in the vicinity of Tampa Bay.

There also are a number of footpaths and launching sites for canoes and kayaks to explore Emerson Bayou, Tampa Bay, Terra Ceia Bay and the Manatee River.

The return route retraces the outbound route for most of the way but bypasses most of Terra Ceia.

Unofficial SMBC Rides

The rides described on the previous pages are official club rides that any member, guest or visitor is welcome to join. They are held on a weekly, twice weekly or monthly basis and take the same route each time.

One of the benefits of SMBC membership is that close and sometimes intimate friendships develop. As a result, many members form their own group rides, from two to 20 people, that are not official SMBC rides and are not listed in the club ride-schedule.



First-time Century Riders Angelo, Patty, Terry, and Johanne with Charlie and Clare

Some of these rides are one-off events, and an invitation to participate is sometimes extended to the entire membership.

The ride may be a local 20-miler, a day-long adventure out of town or a week-long ride in Florida, elsewhere in the US, or overseas.



Prepping for a Pedal & Paddle

There are several members who organize rides but like to limit the number of riders. For a variety in routes that the club rides don't offer, some of these private rides take different routes over different distances throughout the season. The venues for riding in Sarasota and Manatee counties are numerous.

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Gulf Coast Cyclefest

Cyclefest is a 40-year-old tradition of SMBC and has been very popular with riders of all abilities with nearly 600 cyclists in recent years. The event is always held on the first Sunday in November, the day we set our clocks back an hour. It is a highlight of the cycling calendar in Southwest Florida and a great way to start the winter season. Many past riders have raved about the high quality of the SAGS, routes and the food—"The best ever!" Some say.

Cyclefest happens on Main Street Lakewood Ranch, less than two miles from the I-75 University Parkway interchange. Riders have a choice of four scenic routes: 100, 62, 35 and 20 miles, the earliest starting at 7:30.

Routes are marked on the road surface and key turns are signed. Maps and cue sheets are also provided. There are rest stops about every 20 miles (10 miles for the 20-mile ride), stocked with water and a great variety of nutritious liquid and solid refreshments. SAG service is available via telephone.



The day begins with a continental breakfast (6:45-9:00) prepared and served by SMBC members. The after-ride lunch buffet (11:00-3:00) is prepared by Polo Grill with desserts provided by SMBC members.

Sometimes, lunch includes musical entertainment.

The primary sponsor is Ameriprise Financial, but there are 27 others sponsors and donors, and many have clothing and accessories for sale on Main Street. You also can get a massage or advice about your bike, and much more.

Registration in 2014 was \$40. In the recent past, a \$5 discount was available for multi-rider households or SMBC members who registered early. Registration includes breakfast, lunch, rest stops, SAG support and a Performance shirt. The latest information on Gulf Coast Cyclefest is available online at SMBC.us.

Other Special Club Rides

The Club has a variety of rides that are held less frequently than most rides, or are on an *ad hoc* basis and often are one-off events. Examples:

Rides from Bike Shops

Once a month during the season a local bicycle shop sponsors a Saturday ride by providing pre- and/or post-ride snacks or *hors d'oeuvres*. The rides start at the shop and often take new routes.

Withlacoochee State Trail

At least once a season, several pace groups travel 100 miles north to ride 20 to 70 miles on the Rails-to-Trails conversion through the woods, and have lunch midway in historic and quaint Inverness.

San Antonio

One Wednesday a month during the season, a group of 16-18-mph riders drive 80 miles north to get 30 or 40 miles of "hill" time and then lunch.

Herrmann's Royal Lipizzan Stallions

On occasion, we ride back-country roads to a training performance at the winter home of the world-famous equestrian show. \$5 donation.

Tropicana Park

On occasion, we will ride a bike path from the Skyway Bridge into St. Pete for a behind-the-scenes tour of the Tampa Bay Rays ballpark and lunch afterwards at Ferg's Sports Bar & Grill. \$8 tour-fee.

Boca Grande on Gasparilla Island

The club has been riding to Boca Grande and back for decades. Now we make it a Dog Days of Summer ride with lunch at South Beach Bar & Grill midway. \$3 bridge-fee.

Florida Railroad Museum

First, we ride our bikes 20 to 30 miles, then we take an hour ride through Old Florida on a historic railroad with a caboose. Many enjoy a post-ride BBQ lunch nearby. Train tickets are \$14.

Strawberry Farm

Starting in Sun City Center in early Spring, we ride to Goodson's Strawberry Farm for a fresh-from-the-field treat.

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Drive & Ride

A. David Landsperger

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If you're looking for a change of scenery or a new challenge, you have plenty of options a short drive away. This is just a sampling of recreational ride opportunities, listed by distance from Sarasota. Also included are organizations that have very comprehensive ride lists.

40 Miles North

Drive an hour north from Sarasota and you will be in the home of the **St. Petersburg** Bicycle Club. It holds a *Spring Classic* in mid-April and spirited weekly rides. It's a good group, but you need the launch codes to navigate its website. stpetecycling.com

80 Miles

Head east for The *Tour of Sebring* held annually over the Labor Day weekend in **Sebring**, of course. Choose from among different rides in the gently rolling hills of rural Florida. tourofsebring.com

Snowbirds desiring the **Sebring** experience can also select one, two or three days of the *Highlands Bikefest* held the first weekend of December.

highlandsbikefest.com

Head northeast to **Bartow**, where there are currently five rides a year from the *Bloomin Bike Ride* on the first Saturday in March to the scenic *Tour de Tow* in September. These road tours have a 16-mile *Family Fun Ride* and 36- and 63-mile routes. bartowcyclingevents.com

Or, go south to **Cape Coral** for the *Tour de Cape* in January. Four rides from 15 to 100 miles. Did you know Cape Coral is the second largest city in Florida by land area? capecoral.com/content/tour-de-cape-2014%20

120 Miles North

The Florida Freewheelers is a 700-person club in **Clermont**, west of Orlando. It sponsors the *Horrible Hundred* ride in mid-November, with 35- and 70-mile rides if you crave a lesser degree of horribleness. It climbs seven mountains, including Sugarloaf Mountain, the highest peak on the route. The 245-foot lung-searing climb will get you to the most prominent peak in Florida, a point more

prominent than anywhere in Delaware.

horrible-hundred.com/index.php

180 Miles Northeast

The Spacecoast Freewheelers in **Cocoa Beach** hold two major events each year. Its *Intracoastal Waterway Century*, held in October, consists of four rides from 14 to 100 miles that pass the Kennedy Space Center.

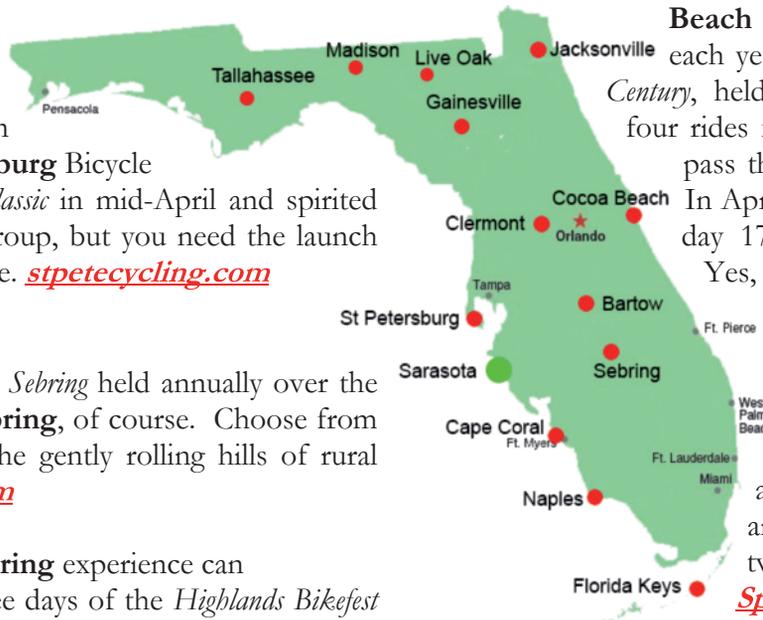
In April, the Club holds the one-day 170-mile *Cross Florida Ride*.

Yes, 170 miles in one day.

There is limited SAG support and only two manned rest stops. The Club suggests stopping

at convenience stores along the way for food and drink. Yes, there is a two-day option for wimps.

Spacecoastwheelers.com



175 Miles North

The *Gainesville Cycling Festival*, held over two days in October, has four rides each day from 18 to 100+ miles. Plus, you get to tour a horse farm, so be careful where you roll. gccfla.org/gcf

250 Miles North

The North Florida Bicycle Club out of **Jacksonville** holds its annual *Endless Summer Watermelon Ride* in September. There are five rides from 20 to 100 miles. Yes, they do serve watermelon at the rest stops. Cyclists playing with less than a full deck are also welcome to take on the *Century Challenge*. You get a patch for riding a century a month for the year, and there are plaques for the most centuries in the year. Their year starts Nov. 1 and a century is 95 miles. I don't know why.

nfbf.us/content.aspx?page_id=0&club_id=597416

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In April-May, the Florida Freewheelers also host the *Florida Safari* starting out of **Live Oak**. Riders can opt for a three-day or six-day event. The first three days are out of Live Oak and the second three days are out of Cherry Lake Campground near Madison. There are multiple route options each day.

floridabicyclesafari.com/index.php

250 Miles South

Where else but the **Florida Keys** can you find a ride advertised as PEACE-LOVE-BUBBAFEST? *Bubbafest – Florida Keys*, limited to 200 entrants, is a unique eight-day ride through the Keys with layovers in Key West and Marathon Key. Cost is \$725. There really is a Bubba.

bubbaspamperedpedalers.com/bubba-fest

325 Miles Northwest

The *Spaghetti 100* is held in **Tallahassee** each October. It consists of three road rides from 35 to 100 miles and dirt rides of 40 and 65 miles. Guess what they serve after the ride?

cccyclists.org/spaghetti100

Bike Florida holds three multi-day tour events in March,

April and November throughout Florida. Prices range from \$120 for a two-day tour to \$1,995 for a week long tour. Profits go toward funding community bike projects and bike safety programs. bikeflorida.org/tours

The **Florida Bicycle Association** website is a terrific resource for rides all over the state. If you scroll to **DETAIL PAGES** and click on a month, it gives you the specifics on rides that month.

floridabicycle.org/touring

Adventure Cycling Association has several routes in Florida ideal for cycling December through March. They go from St. Augustine to Fort Lauderdale, Fort Lauderdale to Key West and from Key West to Fort Myers Beach via a ferry.

East Coast: adventurecycling.org/routes-and-maps/adventure-cycling-route-network/florida-connector

Florida Keys: adventurecycling.org/guided-tours/self-contained-tours/2014-florida-keys-i

Gulf Coast: adventurecycling.org/guided-tours/van-supported-tours/2014-florida-gulf-coast

The **World Naked Bike Ride** is an event that takes place annually across the globe, including Miami and St. Petersburg. It began in 2002 as a protest, but no one can remember what was being protested. This event reaffirms my longstanding belief that the only people who get naked in public are the ones who shouldn't. Besides, do we need to find more ways to inflict pain upon ourselves during a ride? worldnakedbikeride.org (Warning—site includes x-rated photos!)



Cycling Across America

is the leading directory for charity-cycling-events for people who want to discover, learn about, share, register for and ultimately participate in charity cycling events. This is an excellent resource with rides You can query by state if you want to find a ride in the

snowbird homelands.

cyclingacrossamerica.com/florida

Near but Far Out

You all know *about* this country close to the US that begins with C and ends with A, eh? There was a time when we fought a powerful European country over this country with the outcome a function of where your history book was printed. But all agree it has some great biking there in addition to its famous alcoholic beverages. It is where you can see rugged mountains, beautiful coastlines, spectacular waterfalls, meet friendly people and legally buy Cuban cigars. The country has it all. You've probably guessed by now what I'm talking about—CUBA! Why not give it a look for cycling?

Rest, Respite & Refreshments

Edie Perkins

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It's not all ride, ride, ride! In addition, SMBC has an active social committee that puts on eight to ten events each year. These events are very popular due to the featured player—FOOD. Social rides are held on Saturdays to include as many hungry members as possible—and what a turnout. We average 40 to 80 riders per event, and they eat well on food provided by the club. The welcome mat and encouragement to attend extends to new members and infrequent riders, some who only manage to make the social rides. The associated rides are the pace groups, distances and routes similar to our regularly scheduled rides, but we occasionally explore new areas.



Each event is generally themed. SMBC celebrated “April in Paris” with French decor and accompanying food: *charcuterie*, cheeses, fruits and baguettes. And then there is the Pizza Ride. Where would we be without the carb-loaded delights from Vertirus Pizza in Bradenton that also serves vegan and gluten-free pies? Another popular social is the BBQ Ride followed by lunch at C&K Smoke House BBQ in Parrish.

We also have Sub Rides, Taco Rides and Hot Dog Rides, all of which are

hosted by members. Our annual Breakfast Ride has been either a progressive ride with four stops at members' houses or with food midway at one home. More recently, it was also a 50th birthday party for a bike that is still a trusty “steed” which, despite its age, continues to “participate” in Club rides. The menu included quiche, fruit, beverages and, of course, a birthday cake. For another “steed” we held a retirement party complete with a ride, food and a parting gift of a “gold” odometer.

At our Poker rides, each rider receives five cards in the

course of the ride. The rider from each pace group with the highest poker hand wins a \$25 gift certificate to a local bike shop. Of course, there is food provided by the Club for everyone.

Another venue has been a tour of the Van Wezel Performing Arts Hall. Our journey begins waterside, followed by a ride through downtown Sarasota and culminating in the tour paid for by the club. Lunch follows, of course.

In December, we shed our spandex for spangles and fancy attire. We leave the clips behind and wear dancing shoes at the annual *Holiday Party*, which includes a sit-down meal, music and lots of storytelling. Sometimes it's difficult to recognize members when the women wear makeup and a skirt or dress, the men wear shirts with buttons and pants with a fly, and nobody has helmet hair.



Springtime ushers in the *Annual Club Picnic* held at Myakka River State Park. We enjoy the beauty of the park's native river, wetlands, prairies, hammocks and pinelands, and their resident waterfowl, deer, wild hogs, turkeys and, of course, gators. The club provides the burgers and dogs while members provide a side dish or dessert.

As you can easily see, as a club we relish the relationships that are fostered by our social rides. It gives everyone a chance to mingle and enjoy each other's company. It transforms SMBC from a mere bicycling club to one that includes food, fun and lasting friendships.

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SMBC - A Community Activist

Christine Prokosch, Past-President of SMBC

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The Sarasota Manatee Bicycle Club has given to and been a part of the community since 1974 in an effort to further the interests and safety of all cyclists. In the early years, the club was instrumental in ensuring Sarasota County followed the spirit of the law with regards to establishing and posting bike paths and trails.

SMBC has a long tradition of financially supporting both national and state organizations, including The League of American Bicyclists, the Rails to Trails Conservancy and the Florida Bicycle Association. We, as a club, feel it is also important to make contributions of both time and money to cycling locally.

In the past, the club has supported Bike/Walk Venice and the City of Venice in their successful efforts to achieve a Silver Level Bicycle Community status from the League of American Bicyclists. Venice has a goal of becoming a Gold Level community by 2016.

The club also has donated money to Bicycles/Pedestrian Advocates, a non-profit group that educates the public about ways to improve walking and biking locally. Most recently, the club made a contribution to the Friends of the Legacy Trail to help in its effort to expand the Legacy Trail.

The club has donated two specially-equipped bicycles for handicapped youth and, more recently, ten youth bicycles and helmets to the U.S. Marine Corps Reserve Toys for Tots of Sarasota County. Toys for Tots has been in existence for over 55 years and the club could not have chosen a better way to get bicycles and helmets in the hands of needy local children than through this successful organization. The club also donated a bench to the Myakka River State Park in memory of member Ernie de Vos who was killed on a bicycle in Venice.

Individual members or groups of members routinely support local charities by being volunteers or riding in the American Diabetes Association's *Tour de Cure*, Sharkey's

Ride the Beaches for Livestrong, Nate's Honor Animal Rescue's *Pedal for Pups*, and the *Tour de Parks*, which supports the Legacy Trail.

SMBC is a participant in the Keep Manatee Beautiful Adopt-A-Road program. Four times a year two dozen members become "trash pickers" along a three-mile stretch of Whitfield Avenue between University Parkway and Lockwood Ridge Road. The Club participates to support Manatee County's anti-litter campaign and to help maintain the beauty of an area that we ride every week.

Bicycle Safety Rodeos are more recent opportunities for SMBC members to give back to the community by teaching kids the safe way to ride. SMBC uses a format created by the State and University of Florida that includes checking for proper helmet fit (the State donates helmets to kids without one), a bike safety check and on-the-bike skills instructions.

Kids leave the Rodeo having been taught the correct ways to start and stop, how to avoid road hazards, the safe way to cross an intersection and more.

The club also has provided expert advice and participation to develop several public service announcements produced by Manatee Educational TV to be broadcast locally.

The Sarasota Manatee Bicycle Club and its members continue to impact the local cycling community and evaluate new ways to do so. The club believes in promoting cycling for the benefits of fitness, recreation and transportation, and its members will continue to play an active role to further the interests and safety of all bicyclists.

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SMBC Membership Profile

Charlie Morris

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Based on a survey of 105 SMBC members (27% of the 394 members as of May 2014), a poster-child SMBC member is as follows:

Stereotypical SMBC Member

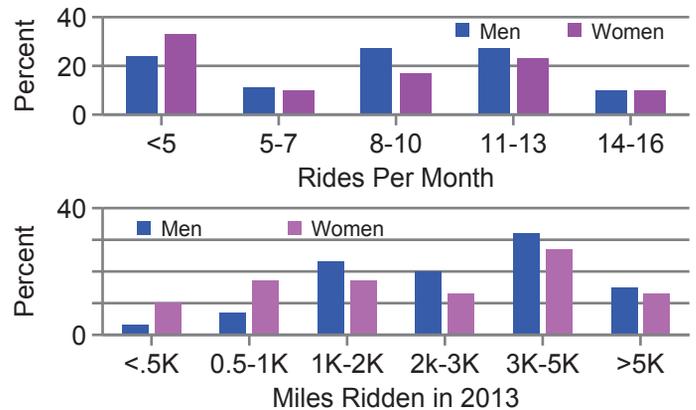
- A Professional: >90% of membership
- Male: 68%
- In his 60's: 46%
- A year-round resident in SW Florida: 71%
- A member less than 6 years: 55%
- Rides 11-13 SMBC rides a month: 28%
- Rides 3,000 to 5,000 miles a year: 30%
- Rides a Trek road bike: 20%
- Rides primarily for health reasons: 79%
- Found out about SMBC on the Internet: 35%

How many members fit the stereotype? None, according to the survey. So much for stereotyping.

So, what are the demographics of the SMBC membership? First, the membership is about evenly split between Family and Individual memberships, but twice as many females are in Family memberships than men. Over two-thirds of the members are males which is consistent with study results that males in the US participate in cycling far more than females. Why? Based on a survey of recreational cyclists in Australia (couldn't find US data), a much higher percent of women cited more reasons for not cycling than men, and all but one of the differences were significant (see following table).

Reason for Not Cycling for Recreation	Male	Female
Concerns about riding in traffic	59%	72%
Aggression from motorists	52	67
Rain or stormy weather (not significant)	55	60
Windy weather	22	41
Hot or humid weather	18	33
Inhaling car fumes	31	41
The presence of hills	8	23
Lack of knowledge of local bike routes	9	15
Lack of ability in bicycle maintenance	2	17
Lack of confidence in cycling abilities	3	14

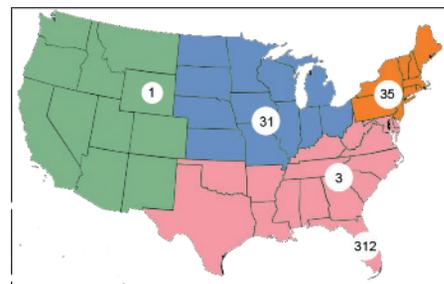
Ride frequency of members is bimodal for both genders, but men tend to average more rides. Men also ride more miles than women.



SMBCers ride 36 different types of road bikes. 20% own a Trek, 10% a Specialized and 9% ride a Fugi.

About 96% of survey respondents gave at least one reason for riding. Of these, 75% cited Health as a reason, while only 37% cited Pleasure. 27% cited Social reasons and 10% cited Being Outdoors. Men cited Health and Pleasure at higher levels than women; women cited Social and Being Outdoors more often.

Year-round residents make up 79% of the membership. There were no significant differences between snowbirds and year-round residents regarding number of SMBC rides in a month or the number of miles ridden in a year. Clearly



Summer residence of SMBC members

snowbirds ride more miles per month while in Sarasota than resident members.

Members reside primarily in four cities during the winter: 48% in Sarasota, 20% in Bradenton, 7% in Lakewood Ranch, and 4% in Sun City Center. The remaining 21% live in 19 other cities stretching from Green Cove Springs (25 miles south of Jacksonville) to Boca Grande (15 miles south of Englewood).

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Partners in Bicycle Advocacy

Bud Gaunce, President of SMBC

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When you've exhausted all your friends in your quest for insight into a particular aspect of cycling beyond the mechanics of a turning wheel, turn to SMBC's state and national partners in cycling.

Quoting the Summer 2014 edition of the Florida Bicycle Association's (FBA, floridabicycle.org) newsletter, the *Messenger*, "The mission of the FBA is to advocate and educate for excellence in bicycling in Florida. Its vision is a Florida wherein bicyclists are safe, respected and encouraged to cycle for transportation and recreation."



This is a tall order for an association with only one full-time and two part-time staff members. During the 2014 Florida legislative session, FBA attended and contributed to hearings and meetings, and influenced passage of Senate Bill 102, the Aaron Cohen Life

Protection Act (aaroncohenlaw.org), which Governor Scott signed. This bill eliminates the disparity in sentencing for a motorist who leaves the scene following an accident and one who remains to offer aid and call for assistance. This bill also recognizes pedestrians and bicyclists as vulnerable road users, which is necessary to influence future legislation to increase penalties in car-versus-pedestrian and car-versus-bicyclists crashes, and hopefully serves as a deterrent for reckless drivers.

FBA also was active in meetings and hearings in advancing Florida's Coast to Coast Connector, (fgtf.org/coast-to-coast). Beginning in St. Petersburg on the west coast and ending in Titusville on the east coast, the 274-mile route will connect 200 miles of existing trails and add 74 miles of new paved pathways. Now that's a good day's ride, right? Funding for this project also was included in the 2014 State budget signed by Scott in June, (saintpetersblog.com/archives/147464).

FBA's CyclingSavvy safety program, implemented in 2010, enjoys great acceptance in Florida and has just gone national as the American Bicycle Education Association (abea.bike).

Still thirsty for more bicycling information? Then try the League of American Bicyclists (LAB, bikeleague.org). Before Henry Ford pushed the first Model T off the assembly line in 1908, bicyclists (known as wheelmen at the time) came together in 1880 to advocate paved roads to conquer the pot-holed dirt and gravel roads of the day. These same wheelmen also faced challenges from the horse drawn wagon driver, the horseman and, guess what, the pedestrian. We've been persecuted from the start!

LAB's Smart Cycling safety program, long recognized as the standard, is taught by LAB members who have received training and certification as an instructor. LAB also advocates cycling with its National Bike Summit and National Bike Month program which includes Bike to Work and Bike to School events.



With a vision for "a nation where everyone recognizes and enjoys the many benefits and opportunities of bicycling," LAB is active in promoting its Bicycle Friendly America program. Bicycle Friendly cities meet a rigorous set of standards and undergo a lengthy evaluation to ensure their community is indeed bicycle friendly. Venice, Florida attained the LAB Silver certification in 2013.

Active on the political stage, LAB lobbies Congress for bicyclists' fair share of the national transportation budget. To accomplish this and other bike-centric issues, the league provides information on cycling to decision makers on the local, state and federal levels.

The state and national organizations provide a great deal of information and support when asked, but remember, it is up to you, the cyclist, to make the difference in our community and nationally in bike advocacy, safety and education.

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Let's Get Metaphysical

A. David Landsperger

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Years of cycling and, well... just years, have conspired to make me less flexible than an aluminum frame on a cobblestone street. My therapist advised me to enroll in a yoga class. So, naturally, I ignored this advice for several months until a female friend said, "You need to sign up for this yoga class. The teacher is a jerk and I don't like him. I won't take his classes anymore. But you'll like him; he's a lot like you." Technically, this woman is my wife's friend.

Well, she was right on at least two out of three. He was a good instructor and I did like him. Possibly, he's also a lot like me. I asked his advice on what style of yoga would be most beneficial for me. He recommended *Iyengar*, a subset of *batha* yoga that emphasizes holding the poses for longer periods with props, as appropriate, to achieve skeletal muscle alignment. It also incorporates breath control and meditation. As a cyclist, I find this style very helpful in stretching my hamstrings, taking the load off my lower back, and much more. Yoga means yoke or join – a union of mind and body.

Yoga poses, or *asanas*, are basically Sanskrit names consisting of a whole bunch of letters followed by the suffix *-asana*, which means "don't forget to breathe." Fortunately, most of these have American translations. For example, *Purvitta Baddha Parsvakonasana* means, loosely, "tie yourself in a knot." *Eka Pada Koundinyasana* means "tie yourself in a tight knot." You get the idea.

A very popular pose is translated as Downward Facing Dog because you look like a dog stretching his forelegs forward while his hind legs are erect, pushing his rear end upward. My Downward Facing Dog always seems to look like a daddy long legs spider with half his legs missing.

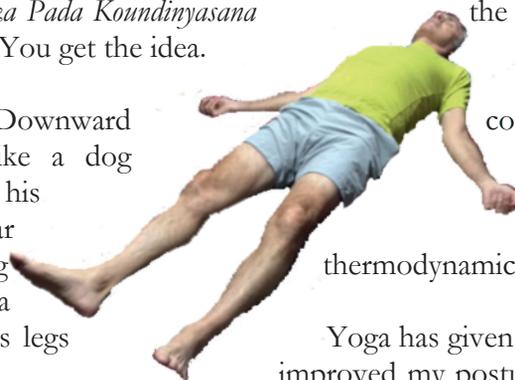
Another favorite is the Triangle pose (*Trikonasana* in Sanskrit) that involves stretching your quads until they quiver like a cyclist with sunstroke, at which point you begin the difficult part of the pose. A session normally ends when the instructor calls for my favorite pose, *Savasana* or Corpse pose. This is the time for the body to

relax and the mind to clear, like happy hour.

Like cycling, yoga has its unwritten dress code. There was recently a big stink about the Lululemon line of yoga clothing as some of their tights got a little too transparent during the knotty poses. Reportedly, this caused much embarrassment amongst the yogis and triggered naughty comments from the founder and now-former CEO, Chip Wilson. It seems to me this was much ado about nothing for a couple of reasons. First, you really don't have the ability to gawk at other peoples' bums in yoga class because you are totally focused on getting your own pose right while trying to blink out the sweat that is blinding your eyes. Besides, we cyclists have already logged countless hours staring at lycra-clad bums jiggling a bike length away. The old saying "If you've seen one..." seems to fit the situation. My only advice on yoga clothes is to tuck in your shirt or blouse before you do a headstand.

I took up yoga to improve the strength and flexibility of my lower back and I got that. Prior to yoga, any car trip over 20 minutes left me hobbling around with the posture of a praying mantis. Now, I can endure hours in the car without pain, unless there is country music on the radio. After two years, I'm usually still the stiffest person in the class but that's not important. If you practice yoga for a while, you'll know what I mean. Guys, you will not have the flexibility of the women in your class so do not let that frustrate or intimidate you. This is not a competition. Men will sweat like pigs at a BBQ festival while women remain as dry as the desert sand. This is one of the basic laws of thermodynamics. Just accept it.

Yoga has given me much that I hadn't counted on. It improved my posture by pulling my shoulders back and opening up my lungs, allowing me to breathe better and stay on the handlebar drops longer. It also improved the flexibility of my neck so I can keep my head up and actually see where I'm riding, a useful safety feature. It has taught me to pay closer attention to what my body is telling me. It has taught me how to relax, and beyond relax. It really does create a unity of mind and body.



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Life in 1974

Pam MacFadden & Charlie Morris

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In 1974, the year SMBC was founded and the first year SMBC's Gulf Coast Cyclefest was staged, jerseys were made of wool, bikes out of steel, frequently nonexistent helmets were called hairnets, shifters were on the down tube and leather straps were used to batten cycling shoes to pedals.



In cycling, 1974 was arguably the peak of Eddy Merckx's phenomenal 13-year career as a professional cyclist. That year, the Cannibal won his fifth *Le Tour de France*, his fifth *Giro d'Italia* and his third World Championship. As the plaque in the Cycling Hall of Fame has it (www.cyclinghalloffame.com/), the greatest cyclist ever has a record that will not be matched.

In his debut *Le Tour de France* in 1969, Merckx won all three Classifications of the day: the Yellow Jersey for General Classification (the winner's jersey), the Green jersey for total points, and the "King of the Mountain" Classification (which in the following year became the Polka-dot Jersey). After the three Grand Tours mentioned above, the Five Monuments of Cycling are the oldest and the most prestigious of the one-day Classics. Merckx won 19 of these: seven in *Milan-San Remo*, two Tours of Flanders, three *Paris-Roubaix*, five Liège-Bastogne-Liège, and two *Giro di Lombardia*.

Coming on the heels of the '60s, the '70s were also a time of unrest. The leading news story of '74 was the resignation of Richard Nixon in August as a result of the Watergate scandal. The end of the war in Vietnam was still a year away, but prisoners of war were being released, which led to this 1974 Pulitzer Prize winning photo by Stava Veder (AP). Heiress Patty Hearst was kidnapped by, and later joined, the Symbionese Liberation Army.



Here in Sarasota, news anchor Christine Chubbuck committed suicide on air, which inspired the 1976 movie *Network*, starring Faye Dunaway. As a result of the 1973

oil crisis, the maximum speed limit was lowered to 55 mph and a gallon of gas increased from 29 to 55 cents.

On the West Coast, *The Sting* won seven Academy Awards including Best Picture. However, the most memorable event was David Niven's Oscar appearance being interrupted by a stalker. Niven jokingly quipped, "The only laugh that man will ever get in his life is by stripping off and showing his shortcomings." Roberta Flack won the Record of the Year Grammy for *Killing Me Softly With His Song* and Stevie Wonder's *Innervisions* won Album of the Year.

On the East Coast, in New York City, Philippe Petit strung a steel cable between the two towers of the World Trade Center 1,350 feet above the street and then performed on it for 45 minutes. Also in 1974, the Beatles legally disbanded, Fleetwood Mac came together, Cher broke up with Sonny, *Monty Python* aired its final episode and *Happy Days* started an 11-year run.

In science, Henry Heimlich described "the maneuver," "Lucy" was discovered in Ethiopia, Ernő Rubik invented "the Cube," the UPC was used for the first time and the J/ψ meson was the first particle found to contain a charm quark. Really?

Major sporting events in '74 saw the Miami Dolphins beat the Minnesota Vikings in the Super Bowl, the Oakland A's beat the LA Dodgers in the World Series, the Philadelphia 76ers beat the Boston Celtics for the NBA Championship and West Germany beat Holland to win the World Cup. Cannonade (almost Cannondale) won the Kentucky Derby in the largest field ever. In tennis, 1974 saw Jimmy Connors and then-fiancee Chris Evert both win at Wimbledon. They never married.



Derek Jeter, Jimmy Fallon and Leonardo DiCaprio were born in 1974, perhaps as reincarnations of Cy Williams, Jack Benny and Walter Brennan, respectively.

30 Reasons to Join Sarasota Manatee Bicycle Club

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So, why should you pay to join SMBC when it doesn't cost you anything to ride alone? The obvious first answer is for the socializing with like-minded people—a good reason for sure. SMBC has eight to ten social events a year, including a Summer Picnic at Myakka River State Park, and all events include a ride and food provided by the club. Local bike shops also feed us when we ride from their shop. Of course, there is a Winter Holiday Party – no ride and there is a minimal charge – it's a Holiday Party!

But socializing is only one of many benefits. For \$25 a year (\$35 family), you will get a copy of the bi-monthly ride schedule, interesting articles on bicycling and announcements of special ride events. In addition, you can access the Club website for additional information. And, if you choose, you can get up-to-the-minute changes and new information via our Yahoo-group blast email system. It's always nice to know when a ride has been cancelled before you leave the house, or when there is a last-minute ride addition. We are spontaneous. The Yahoo-group is a two-way affair. It allows you to communicate to the entire membership if you, say, want to sell a bike, or need to borrow a bike for a visitor for a week or inform the membership of bicycle-related news and events. It's not a blog *per se*.

But wait, that's not all! If you join in the next 30 minutes, we will double your benefits. We will provide supplemental rider insurance if you have an “incident” on a Club ride, we will provide you with experienced ride leaders who know the safe way to negotiate routes and our groups will provide you with ride security, safety in numbers and *en route* assistance. You will not be left behind on a ride without your consent.

Still not enough? Riding in a group will make you ride faster and you won't even know it. This will improve

your health even more than riding alone. Riding with experienced riders will teach you improved riding skills, bicycle laws and riding tips. Many members are very experienced bicycle know-it-alls—I mean knowledgeable people who are happy to advise you on purchasing a bike, or taking a bike tour in the US or internationally or any other help with your bike.

Still not convinced? It's not all about us. We give back to the community by supporting bicycle-related projects such as the Legacy Trail and the Ride of Silence, honoring those who died or were injured on a bicycle. We support the Florida Bicycle Association and the League of American Bicyclists. We also provide Bike Rodeos to help teach youngsters and their parents how to ride safely. We have Adopted-A-Road, Whitfield Avenue from University Parkway to Lockwood Ridge Road, which we clean up four times a year. We are proud to be trash pickers. These are meaningful warm fuzzies.



We want you!

Okay, that's 16 social events with food, 6 ride schedules, a Yahoo-group two-way communications port, supplemental ride insurance, ride security and support, ride training, bicycle knowledge resources and the opportunity to purchase a club jersey for a huge discount. By my count, that is 29 reasons, and the warm fuzzies make 30; all for a measly \$25 a year. Hmm, maybe we should increase our dues. Oh yeah, 11 major bike shops that support SMBC will give you, as an SMBC member, discounts on many items.

If you are now convinced, go to the Club website (SMBC.us) to join and pay online. Not sure if you are ready to join yet, then give us a test ride. Pick one of the Club rides listed in this publication or on the website, show up, announce yourself to the ride leader, and enjoy a great day. Don't forget your helmet.

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Sarasota Manatee Bicycle Club

Membership Application

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Membership runs from January 1st through December 31st

Dues paid to SMBC offers two types of membership - single and family. A single membership is for one individual and entitles him or her to one vote at membership meetings and costs \$25. A Family membership is for individuals living at the same address, which entitles all residents over 18 to one vote at membership meetings and costs \$35. All memberships are for the period of January 1st through December 31st. **Dues paid on or after October 1st** will be considered paid through the following calendar year. If submitting an application by mail, please mail the completed application and Release and Waiver of Liability with your check to **SMBC Membership, PO Box 15053, Sarasota, FL 34277**.

Release and Waiver of Liability must be signed and dated and dues received by Treasurer for membership to be effective.

New Membership Renewal Individual \$25 Family \$35

Name _____ Cruising Speed _____ mph

Name _____ Cruising Speed _____ mph

Name _____ Cruising Speed _____ mph

*Child _____ Cruising Speed _____ mph

Local Address _____

City _____ State _____ Zip _____

Land Line _____ Mobile _____ Email _____

The club periodically publishes a list of members. If you wish only your NAME published, check here

If you are using FLAP points for payment, check here and notify the FLAP Administrator (see website)

Volunteers Needed: SMBC is an all-volunteer club and welcomes your participation.

I'm interested in volunteering for:

bicycle safety board membership event coordinator public speaking writing

fundraising media relations merchandise sales publicity ride leader

other (please specify) _____

Please complete the Release and Waiver of Liability on the back of this page.

Sarasota Manatee Bicycle Club (SMBC)

In consideration for being permitted to participate in any way in Sarasota Manatee Bicycle Club, Inc. Sponsored Bicycling activities I, for myself, my personal representative, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public. During the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (“RISKS”); (b) these Risks and dangers may be caused by my own actions, or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the club, its administrators, directors, ride leaders, volunteers, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and releasers of premises on which the Activity takes place (each considered one of the “RELEASEES” herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature _____ Date _____

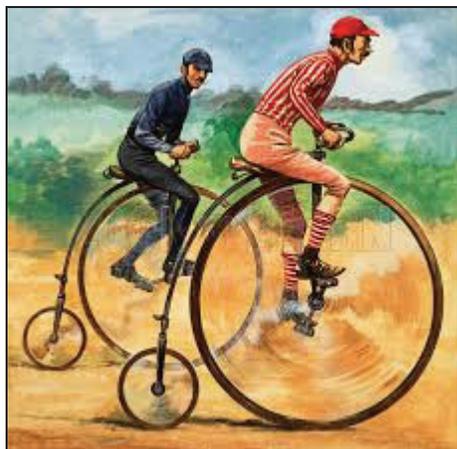
MINORS Release: I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR’S BEHALF MAKE A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST AS MAY INCUR AS A RESULT OF ANY SUCH CLAIM.

Signature _____ Date _____

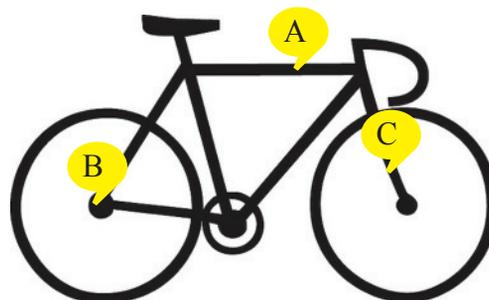
Bicycle Quiz

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1. Who invented the bicycle?
2. Quel pays hôtes le Tour de France?
3. Which hand controls the front brake?
4. Who was the first bicycle manufacturer in the US?
5. Bicycles & Planes - What people come to mind?
6. What is the name of this type of bike?



17. If a car approaches a stop sign on a side street on my right and I have the right of way on a through street, what should I do:
 - A) stay as close to the curb as possible
 - B) wave my arm, ride a little further left and be prepared to slow down
 - C) give the car the right of way
18. Has the bicycle fatality rate increased or decreased in the US since 1980?
19. Who said "Nothing compares to the simple pleasure of a bike ride"?
 - A) Lance Armstrong
 - B) J. F. Kennedy
 - C) Cher
20. Name the labeled parts.



7. What does the French word *Peloton* mean?
8. In Florida, is it legal to ride on the sidewalk if there is a bike lane on the road?
9. If you downshift, will it be easier or harder to pedal?
10. On a sidewalk, who has the right of way, the cyclist or the pedestrian?
11. If there is a bike lane, may I ride on the left side of the traffic lane?
12. Should you brake your bike primarily with your front "break" or your rear brake?
13. Is it legal to be in a traffic lane with a right turn arrow and then go straight?
14. If the bike lane is to the right of a "right turn only lane" and I want to go straight, should I:
 - A) stay in the bike lane
 - B) move left to the through traffic lane
 - C) get on the sidewalk and walk across
15. Is it legal for me to turn right without giving a hand signal?
16. When stopped at a red light in a bike lane and there is a car to my left. Where should I be?
 - A) in the bike lane but ahead of the car
 - B) right beside the passenger door
 - C) in the bike lane but behind the car

- Answers:
1. Arguably, Gian Giacomo Caprotti, a pupil of Leonardo da Vinci
 2. Which country hosts the Tour de France? France.
 3. Left
 4. Columbia, 1878
 5. Orville & Wilbur Wright
 6. Penny-farthing, high wheel, high wheeler
 7. Field, bunch or pack
 8. Yes
 9. Easier
 10. Pedestrian, FL Statute [316.2065(10)]
 11. Yes, when turning left or passing a bike lane obstruction
 12. Rear (not so critical on recumbents)
 13. No.
 14. B
 15. No. FL Statute [316.155(2)(3)]
 16. A or C
 17. B
 18. Decreased, about 50%
 19. JFK
 20. A = top tube; B = front fork; C = rear hub;

Cycling Sarasota & Manatee Counties

Sarasota Manatee Bicycle Club — Celebrating Over 40 Years
Riding in the Sun — Join Us!



Clockwise from upper left, Mary, Mike, Clare, Bud, Janice, Pete, Bonnie and El welcome you to Sarasota County and invite you to the Sarasota Manatee Bicycle Club.

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