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In this Issue

- Meet our Board of Directors - Margarette Joffe
- Fascinating Bike Facts You May Not Know
- Second Annual Cross Bay Ferry 'n' Bike Tour
- Articles of Interest
- What is the Ride of Silence?
- SPBC SAG Stop - Tomato Soup Classic



I'm a late comer to cycling. My husband David and daughter Julia have been riding for quite a few years, I started after surgery in 2014. My first bike was a beach cruiser (Barbie Pink). Then I moved up to a Felt hybrid.  
In 2017, I tore my meniscus, resulting in knee surgery and then a revision surgery in March 2018. We were scheduled to go to Bike Virginia in June but, with my recovering knee, there was no way I could ride the hills. Dave came to my rescue with an E-assist bike, and I started cycling with the SPBC that June.  
I try to ride 5-6 days a week with the Club, as well as solo rides. I moved up to an LIV road bike in 2019 and have been trying to wean myself off the E-bike ... Tough going!  
I love group rides but am frequently dropped (which we can now call "social distancing" – sounds much better!).  
I was elected to the board in 2019 and have been a board member at large since. I like organizing social events for the Club. We hosted a Cross Bay Ferry Ride 'n' Bike in January of last year, and Club members demanded a repeat for this year, which took place January 17th. With the help of fellow club members Wendy Menne and Marcia Piacentino, we staged a fun Bicycle Scavenger Hunt in November 2020. Version Two is in the works for February 7th, so mark your calendars!  
If you have comments, questions or suggestions for the board - or thoughts about activities you'd like to do - please feel free to grab me after a ride or message me. I'd love to hear your ideas!



Fascinating Bike Facts You May Not Know

by Jim Dodson, The Florida Bike Guy

- As I wander down the rabbit hole of the internet, I often come across some incredible facts, stories and ideas. Here are five cycling facts I will bet you didn't know (I sure didn't):
- Netherlands leads the world in percentage of trips on a bicycle at 30%. For comparison, 5% of all trips in United Kingdom are made with a bicycle and in the US this number is lower than 1%! (But we are all working to change that!)
  - Bicycles save over 238 million gallons of fuel every year.
  - The longest tandem bicycle seated 35 people, it was more than 60 feet long.
  - In 2018, American cyclist Denise Mueller-Korenek set a new bicycle speed world record, a staggering 183.9 mph at the Bonneville Salt Flats.
  - Air filled tires were invented for bicycles, not cars. In fact, at the time of the invention in 1880 scientists claimed that a car would never be able to ride on air filled tires!


If you liked these fun facts, find out why bicycling (*not driving*) led to our great county's roads being paved by going [here](#).  
Stay safe out there and I'll talk to you next week!

Second Annual Cross Bay Ferry 'n' Bike Tour

Sunday, January 17, 2021 - A Day of Boating, Bicycling, Bites 'n' Brews



Thanks for a wonderful Sunday in Tampa, Manuel and Matt! A 19-mile tour, including Riverwalk to Amature Works, Hyde Park and Davis Island. Lunch and beers at Sparkman Wharf were the perfect end to the day.




### New Bridge at Tierra Verde

by Bob Griendling

For those of you who like to ride to Fort Desoto, the new bridge could be completed this summer. There will be a 12 ft. wide multi-use path on the east side from the Bayway to the flagpole at the Fort, connecting with the path along the east/west axis of the park. The west side will have a protected sidewalk over the bridge.  
There will be a traffic circle, or roundabout, at the south terminus of the bridge. If you ride the road into the fort, be aware:

- There are only two travel lanes, the same as the current bridge, though likely wider.
- There will be a 10 ft. wide shoulder.
- The shoulder will end just before the roundabout. Merging will be key.
- Vehicles, including bikes, in the roundabout have the right of way. Merge carefully.
- Some motorists "don't see" bikes, especially, it seems, in roundabouts.

More is here: <https://www.fdotampabay.com/project/238/4107/55-2-52-01>  
The Tampa Bay Times [published a follow-up story](#) to the bike crash of May 22, 2020, that left Julie Henny severely injured. [I BT originally reported](#) that Henning was descending a bridge along Gulf Blvd. and wasn't able to stop before hitting a garbage truck. That story included nothing about the truck driver's culpability.  
Last week's follow-up story, eight months after the collision and pegged to the news hook that Henning was suing the city of Madeira Beach, revealed that the truck driver was cited for failure to yield and that the city was aware of his suspect driving skills, though not of any vision problems. (He said, "I didn't see her.") He lost his job and was fined more than \$600. You can [join our Facebook discussion](#) on the issues, both cycling and journalistic; this story highlights. [This op-ed](#) was submitted to TBT for its consideration but no acceptance, or acknowledgement, at the time of our newsletter publication.




### Pragmatic vs. Dogmatic Bike Lane Use

(Introduction to CyclingSavvy) by Ian Seecof and Cheryl Surman, SPBC Members and CyclingSavvy Instructors

I was a League Certified Instructor (LCI) with The League of American Bicyclists (LAB) before Cheryl and I became CyclingSavvy Instructors (CSI). Many of CyclingSavvy's strategies pulled the missing pieces together. The videos and intuitive instructions aligned observations over decades and thousands of miles of cycling with simple terminology that clearly defined concepts and strategies to drive our bicycles. Even cyclists who feel they have a right to ride on the road may be intimidated by motorists protected by a two-thousand-pound steel cage. The basic premise of the Rules of the Road is that cyclists have the same rights and responsibilities as other road users. If we communicate our intentions effectively and are predictable, motorists are surprisingly agreeable to sharing the road.  
This article by John Allen on Pragmatic vs Dogmatic Use of Bike Lanes (see link below) is an example of information available to you with a free Savvy Cyclist membership at <http://s/cyclingsavvy.org/>. Currently on-line courses are half-price. With the increased popularity of cycling, it is important for us to lead by example and keep our roads, bike lanes, and trails safe for every cyclist.


[See full article](#)



### What Does PIP Insurance Pay for After a Bike Accident?

by Jim Dodson , The Florida Bike Guy



I get it, insurance can be complicated. One of the policies most of my clients don't understand is their Personal Injury Protection (PIP), also known as "No Fault Insurance." PIP coverage allows you to get immediate medical treatment, paying for 80% of your medical bills up to \$10,000, on your own insurance policy, regardless of the party at fault in an accident. It does apply certain other reductions which may reduce your total bill as well. PIP is a contractual benefit, which means the amounts it pays are not required to be reimbursed from any later settlement. It is a powerful benefit provided by your auto policy.  
Florida law requires every owner of an operable motor vehicle to carry a minimum of \$10,000 in PIP insurance coverage. This was designed to ensure that any person injured in a Florida car accident could receive prompt treatment for their injuries, regardless of who was at fault.  
The law specifies you must see certain health care providers within 14 days of the crash, this may be a paramedic on the scene, an ER doctor or some other outpatient physician. It is always best to see a doctor right away after an injury crash to make sure you preserve your benefits under PIP.  
**Most importantly, your vehicle's PIP coverage will cover you when your bike is hit by a motor vehicle!**  
Some PIP plans may have a deductible, so as always, if you would like to have an attorney at Jim Dodson Law review your current insurance policy, please click on [this link](#) and we will set you up with a free review to better understand your current policy and what it covers.  
Stay safe out there and I'll talk to you next week!



### What is the Ride of Silence?

The Ride of Silence is a free ride, hosted in cities worldwide, that aims to inform motorists, police and city officials that cyclists have a legal right to the public roadways. The ride also honors those who have been killed or injured.  
The SPBC plans to participate this year. We are looking to get route and meet-up information out closer to the event.  
The next event will be:

- DATE: Wednesday, May 19th 2021 (always the 3rd Wednesday of May)
- TIME: 7:00 pm (local time)



### Tomato Soup Classic

by Wendy Menne

**Tomato Soup Classic.**  
Perfect to make on a rainy day when you can't ride. Choose your recipe "route" as a soup or a tomato sauce.  
**INGREDIENTS:**  
Medium-sized **Onion** coarsely chopped; yellow, white, sweet, or red—choose a large one if you want to make the big boys cry

- 2-3 TBSP **Olive oil**—reminds me to lube the chain
- 3-4 **garlic cloves**, chopped—more if you don't want other cyclists to ride your wheel
- 1/2 tsp crushed **Rosemary leaves**—more if you forget things like that water bottle.
- 1/2 tsp dried **Thyme**—don't we all want more saddle time
- 3/4 tsp **Oregano**—dreaming of riding in Oregon anyone?
- Salt & black pepper**, season to taste—when does race season start?
- 2 or more waxy type **potatoes**, cubed—good spud power
- 2-3 **Carrots**, chopped—have you seen my sunglasses?
- 1-2 oz of dry **sun-dried Tomatoes**—are you thinking hurry up sun, dry them roads!
- 12 oz jar **Roasted Red Peppers**—reminder to roast a rider après Vélo
- 5-6 cups vegetable **broth**—for a little hydration
- 28 oz canned **Fire-Roasted Tomatoes**—yeah, get those legs fired up!
- 1 tsp **Lemon Juice**—there's always a lemony-fresh ride somewhere
- 1 1/4- 1/2 cup **Nutritional Yeast**—if you can't take it, don't dish it
- Bunch of chopped **fresh Basil**—just in case you need a garnish to calm down that garlic

*Now for those secret ingredients, you know, the ones that give that extra pull.*

- 2 TB **Tomato Paste**—it comes in a tube now?
- 1/2 tsp **Fennel Seed**—gotta crush them good!
- 1 1/8 cup dry **Red wine**—or should it be white?
- A shake of **Onion & garlic granules**—in case you didn't load up at the start
- Italian Seasoning**—Giro d'Italia is the first of the racing season
- 1 TBSP **Balsamic Vinegar**—gives a nice finishing touch for the podium

**HOW TO:**  
Sauté but do not brown onions, in the oil, adding garlic. Sauté a minute longer.  
Stir in seasonings, add potatoes, carrots, sun-dried tomatoes—if using fennel seed, add now.  
Add broth, bring to boil. Reduce heat, & simmer until potatoes & carrots are tender—15 to 20 minutes. If using wine, add it in the last few minutes of simmering.  
Add the fire-roasted tomatoes & roasted red peppers, heat thru.  
Add the lemon juice, nutritional yeast & basil.  
Using a hand-held stick blender (or use a blender or food processor in batches) blend until your choice of consistency.  
Before serving, add one or all of those remaining secret ingredients and adjust to taste.  
Garnish with more fresh chiffonned basil for a soup or ladle over some carb-loading pasta.  
Now are you asking yourself, "Wouldn't it have been a lot easier to take that beater bike out for a ride to the store for some canned tomato soup?"  
Now let's ride!  
Bon appétit!  
Now let's ride!

St. Petersburg Bicycle Club  
PO Box 76023  
St. Petersburg, FL 33734  
[www.stpetecycling.com](http://www.stpetecycling.com)