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NEW MEMBERS

RENEWING MEMBERS

Welcome New Members!

Welcome our new SPBC members!

Jeffrey Bell	Saint Petersburg	FL	11/7/2021
Rose Lauren	Tampa	FL	11/13/2021
Ewing, Derek	Luarni		11/13/2021
Fairman, Angie	Saint Petersburg	FL	11/13/2021
Mendoza, Chris	Saint Petersburg	FL	11/15/2021
Fay, Tim	Tampa	FL	11/16/2021
Fay, Christopher	Gulfport		11/16/2021
Hambsch, Jeannie	Palm Harbor	FL	11/22/2021
Willis, Adam	Saint Petersburg	FL	11/23/2021
Lee, Marvin	Gulfport	FL	11/29/2021
Lee, Marvin	Saint Petersburg	FL	11/29/2021
Douglas, Daniel	Saint Petersburg	FL	11/27/2021
Martin, Matthew	Saint Petersburg	FL	11/27/2021
Hartman, Holly	Saint Petersburg	FL	11/30/2021
Sauter, Buddy	Saint Petersburg	FL	12/3/2021
Sauter, Margaret	Saint Petersburg	FL	12/3/2021
Moody, Kenneth	Saint Petersburg	FL	12/3/2021
Clowe, Curt	Saint Petersburg	FL	12/1/2021
Abrams, David	Chicago	IL	12/13/2021
McCaughan, George	Saint Petersburg	FL	12/19/2021
Lewis, Jason	Tampa	FL	1/6/2022
Lewis, David	Bradenton	FL	1/6/2022
Frank, Bob	South Pasadena	FL	1/10/2022
Daily, Cody	Stamford	CT	1/14/2022
Childs, Jonathan	Saint Petersburg	FL	1/19/2022
Hill, Ashley	Saint Petersburg	FL	1/20/2022
Hill, Ashley	Saint Petersburg	FL	1/20/2022
Lee, Charles	Tampa	FL	1/25/2022
Hoffman, Dee	Saint Petersburg	FL	1/26/2022
Taylor, Victoria	Saint Petersburg	FL	1/26/2022
Weiner, Michael	Saint Petersburg	FL	1/26/2022
Stamm, Glenn	Terra Verde	FL	1/28/2022

Fall 2021 Social

We had a great turnout for our Fall Social at the park next to Northshore Pool. Charles Champ spoke to the group about the origins of their charity, and membership donated almost $700 - a great start to their fundraising efforts! Thanks to Jim Dodson for bringing Cat and Apache accident lawyer Jim Dodson also made a very informative presentation to the group - he provided valuable guidelines, and everyone had a take-away. He mailed out a package, to all who signed up, that included additional reflective items.

Honoring our SPBC Volunteer of the Year: Manuel Ordonez

On Sunday, March 6, the Club held its Volunteer Appreciation Party at Florida Ale Works in St. Petersburg. Over 50 members and guests attended the party. The Club had a lot to celebrate because it marked the first indoor formal "social" that the Club held since the beginning of the Pandemic... a reason to celebrate, indeed. Club members enjoyed friends, family and a delicious buffet lunch.

Audra & Wes Rosbrugge for managing the arrangements with the restaurant as well as the food service and with Urban BBQ for the BBQ, ice, mixers, beans and cake.

Jim Dodson for Sponsoring the Party and Bringing Cat and Apache Attorney Volunteer Jim Dodson, the Club President Tim Robinson presented the volunteer awards. With $100 Gift Certificates, he described the many reasons Manuel was selected as this year's recipient.

Manuel Ordonez - Volunteer of the Year Manuel was selected as one of the Club's Board of Directors but has supported the Club in so many more ways.

"Although he has major responsibilities and project deadlines in his corporate role, Manuel always makes himself available to help with Club activities and events," Robinson said. "Manuel has developed winning logos for numerous SPBC marketing promotions. In fact...in spite of his demanding work schedule - he drops everything to go into creative design mode for the Club whenever we ask."

"He recently re-energized our SPBC brochure - and it POPS! He's also our go-to photographer always-front-and-center at our SPBC events.

Manuel is also a leader in the Club's Cycling Program - Manuel hosted and guided a wonderful Cross-Bay Ferry cycling tour of the Tampa Bay Channelside district. And now that the Pandemic has diminished, we look forward to sharing more outings with Manuel and Rosie aboard their tandem.

Congratulations, Manuel Ordonez, for all you've done for the Club and for helping us be the first-class, professional cycling organization that we aspire to be.

Three Scenic Bike Rides to Enjoy in Tampa Bay

Three Scenic Bike Rides to Enjoy in Tampa Bay
by Jim Dodson

I recently ran across an article in the Tampa Bay Times about scenic bike rides and thought I'd share it with you. Here's a link to the article: https://bit.ly/3rJ1Ezz. As the article points out, it is a great time of year to enjoy the weather and explore the area. There are bike paths that can enjoy with your family and friends, and it's a great way to show off the character of Tampa Bay. The three rides are:

1. **Araujuo Nicely to Davis Islands via the Riverwalk** (6 miles)
Distance: 6 miles round trip

This is a great ride for families, where there is plenty of parking for those using their own bikes and lots of rentals to choose from. The Riverwalk is the main draw but you can also take downtown streets like Ashley Drive if the popular bike and pedestrian path is too crowded. Once you reach Davis Islands, you'll find a few restaurants and shops on Swann Avenue over to Davis Islands. From there you can make a few loops around the islands (either head up Channel Drive behind Tampa General or go the other way around, starting at Bayshore Boulevard). Just remember to watch for cars and pedestrians when returning to Araujuo.

2. **Dunedin to Fort Desoto via the Pinellas Trail**
Distance: 12 miles round trip

This ride starts at the Dunedin Trailhead on Main Street by Carlo Alfonso) head north on the Fred Marquis Pinellas Trail toward Palm Harbor. Keep heading north on the trail for about 5 miles until you reach Honeymoon Island State Park. You can also get food at several restaurants in downtown Dunedin. Once you're at Honeymoon Island, you can take a short ferry ride across the bay to Caladesi Island. Once back in Dunedin there are multiple options for food and adult beverages either on the trail or off.

3. **Palm Harbor to Tarpon Springs via the Pinellas Trail**
Distance: 17 miles round trip

This ride starts at the Innisbrook Resort, pass Sutherland Blazes and Wall Springs Park under Alt. U.S. 19 has a tunnel. Keep heading north and the trail will be sufficient Avenue as you come into downtown Tarpon Springs. Here you can stop for lunch just north of Athens Street. Historic Downtown Tarpon Springs is a great place to explore, with many shops and restaurants along Dodecanese Boulevard. At the historic Tarpon Springs Cultural Center you can learn about sponging. Here you will find several places to eat, drink and shop.

Do you have an enjoyable route you'd like to share? Let us know. A couple of years ago we asked fellow cyclists what their favorite places to ride were. With that written, we created a Google Map with everyone's favorite places. It's never been more helpful than it is right now. If you haven't already, you can download this guide for free here.

Charlie's Champs - SPBC's New 'Shining Star' Charity

Charlie's Champs is a 501(c)(3) charity founded in St. Petersburg, Florida in 2020 and is designed charity. Charlie's Champs is a St. Petersburg-based that provides custom-designed mobility bikes for children with disabilities.

Charlie's Champs is SPBC's newest charity partner. They are a local charity. It proceeds donated stay local. It. Their cause involves cycling in addition to cycling and cycling events. A. They support children special needs.

Charlie's Champs was founded by Jim Dodson. He has moving late-behind Mike and John's decision to create Charlie's Champs here is St. Petersburg.

https://www.charlieschampsfl.com/our-story

HONORING LOCAL ADVOCATE: St. Petersburg Bike Club Member Bob Grandling

Content originally published by Bike/Walk Tampa Bay; reprinted with permission.

The St. Petersburg Bicycle Pedestrian Safety Group (BPSG) presents the Michael R. Schlewitz Bicyclist of the Year Award to an extraordinary citizen bicyclist who has demonstrated courage and resilience in the face of adversity. Each year, the BPSG selects a bicyclist to be the special award is named in memory of Michael Schlewitz for his passion for bicycling, his bike safety advocacy, and the tenacity he showed in his fight for his own personal safety. Mr. Schlewitz was killed when a truck driver struck him while riding his bike. The 2021 award was presented annually to Bob Grandling at the Vinoy Renaissance Resort & Golf Club in St. Petersburg on Tuesday, November 9, 2021. Bob Grandling has been long time at St. Pete's bike heroes. For years, he has served on St. Petersburg's Bicycle Pedestrian Safety Group Committee (BPSG) and is a former president of the St. Petersburg Bicycle Club. In March 2021, while riding his bicycle on the Pinellas Trail, Bob was struck from behind by a motorist. Bob was seriously injured in the collision and suffered a fractured skull, broken ribs, a punctured lung, and other injuries. Bob's recovery has been long and painful and suffered an injury to his left leg. Despite his injuries, Bob has been a tireless advocate for bicycle safety and has been a leader in the effort to improve safety for bicyclists and help challenge how the media commonly reports on bicycle crashes.

Join the SP Bike Club for the 2022 "Ride of Silence."

Wednesday, May 18, 2022

The St. Petersburg Bicycle Club is participating in the worldwide Ride of Silence for 2022. Mark your calendars for Wednesday, May 18.

Both St. Petersburg Bike Club members and the greater St. Petersburg cycling community are invited to participate in the ride.

This will be a short 27 mile ride (one silent lap) at a slow, non-competitive pace.

We'll meet at 6:30 p.m. on Wednesday 18 at Bradenton Brewing Co., 1917 Ninth Street Dr NE, St. Petersburg, FL 33704.

Please RSVP

Join us at the annual Ride of Silence. It is an international memorial ride that honors cyclists killed or injured while riding on public roadways. **The Ride of Silence is a memorial ride for cyclists, too, have a right right to the road.**

Cycling Around South Florida

by Jim Dodson

I'm never at a loss and ride regularly in the northern, central and western parts of the state. South Florida may be a hidden treasure just waiting to be discovered. A recent article I read in Bicycling Magazine, "The Best Bike Routes in Florida" had attractive features, scenic venues for cyclists, including mountain biking, and trail riding. From the sweeping vistas of the Atlantic Ocean to the Florida Keys, to the Everglades, Big Cypress Nationalpreserve Area and the Florida Gulf Coast, Florida is reinforcing forth to new areas can be exciting and awe-opening. Here are some of the best bike routes in South Florida that I've perused for cyclists doing cycling, and cycling events: Key West, Cane Park, and Jupiter Island. Blowing Rocks Preserve on Jupiter Island, Florida Keys Overseas Heritage Trail, Hobe Sound are two cycle and earth point Key Vaccas.

Even though Florida is renowned for its flat topography, for mountain biking, there are some challenging mountain biking trails. Seminole Indian were traveling "Indian trails." Hillsborough is the largest park in Martin County, with seven-and-a-half miles of trails. Jonathan Dickinson State Park has approximately 20 miles of trails. There's because it has a lot of hills and rocks and elevations to climb and then ride downhill.

Ride the Ridge is a 100-mile bike ride south of beautiful Jonathan Dickinson State Park is one of the most popular mountain biking destinations in the state with one miles of beginner, intermediate and advanced trails. Other popular trails for beginner ancient sunrise south of Lake Okeechobee. It's located between Hobe Sound and Tequesta and includes the Elsa Kimbel Environmental Education Center, which features a variety of natural habitats, sand pine scrub, mixed hardwoods, mangrove, and river swamps.

Ride the Ridge is a Sand Creek Greenway is another venue with panoramic views and interesting obstacles. This greenway actually runs 3000 miles from Calais, Maine to Key West and Florida's Overseas Heritage Trail runs from Miami to Key West. It's here and a half mile Jupiter Riverwalk and the Martin County U.S. Highway 1 footpath, is two-mile trail that culminates at Jupiter Beach Park and Juno Pier. The Florida Keys Trail Loop was named in 2020 as the nation's best rated park, with more than 50 million lakes, ranches, and walking users.

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Anti-Aging: 5 Weight-Bearing Activities for Strong Bones

by Carol Ungaro-Klick
Reprinted Courtesy of Road Bike Rider Publications

I was riding uphill with a buddy in his early 70s. His front wheel was a few inches ahead of mine when he turned to me and said, about six inch and he just fell sideways . . . and broke his hip! He had been diagnosed with osteoporosis, which is significantly weakened bones. Osteoporosis is a disease that can be treated. So much weight-bearing exercise and sufficient as a result. Fortunately, he recovered and we're back riding.

Like my friend, I'm in my 70s. Unlike my friend, I see it or how it applies to all parts of you, including your skeleton. You are constantly renewing your bones by making new bone tissue to replace old bone tissue. Between the ages of 30 and 40, your body produces more bone tissue than it breaks down and your body makes new bone content. There are two progressive conditions:

1. **Osteopenia**: Bone mass is lost faster than it is replaced. Osteopenia is a condition that is not a disease but rather normal, but not causing any problems yet. Osteopenia begins as you lose bone mass and your bones become less dense. Osteopenia is the stage that your bones become brittle from a loss of calcium. It's very common as you age. People who have osteopenia are at risk for developing osteoporosis.
2. **Osteoporosis**:Osteoporosis is the more serious progression of osteopenia. Your bones lose more density and become weak. They break more easily. Women are at a higher risk for fractures and breaks, particularly of the hip and spine, as a result of falls. The best way to prevent osteoporosis when you're young is to build bone mass.

Weight-Bearing Exercise

The principle of skeletal applies to your bones just like it does to your muscles. When you exercise your bones, they'd stand maintain bone health, reducing the risk of osteoporosis. The greater the load, the stronger the bones will become. Recent studies have found that weight-bearing exercise can help you build more bone because it doesn't overload the body more than the bones can handle, thereby reducing the risk of injury.

The American College of Sports Medicine recommends for weight-bearing exercise:

- Volume: At least 30 to 60 minutes per day three to five days a week.
- Intensity: High-impact exercise is more effective than moderate.

Although the ACSM recommendation is at least 30 minutes per day for three days every week, you don't have to make time for three 30-minute sessions - as long as you accumulate a total of 30 minutes per day. Short bouts of exercise throughout the day can have many different activities that include weight-bearing exercise — you don't have to do specific weight-bearing activities. Here are some ideas to incorporate weight-bearing activities and the impact on your bone to your routine. Here are some suggestions:

1. Hiking with a pack.
2. Walking up stairs and the elevator. Climbing stairs puts all of your weight on one leg and foot at a time. Stepping taken stairs increases the impact of your feet.
3. Walking around the house or office while talking on the phone. Or grocery store and carry bags of groceries to the parking lot instead of using a cart.
4. Walking your dog. Instead of walking your dog while with it — for of weight in it for several hours while going about your and the rest of the day. Gradually increase the length of your walks with your dog. Consider a longer walk with Kenterbach daughter-in-law.
5. Walking to work. Walk to work or another dancing once night a week, taking one of the classes on the weekend or playing a sport with your friends.
6. Playing sports. Tennis, racquetball, racquetball, handball, volleyball, basketball and soccer are high-impact and also require balance and coordination.
7. Lifting weights. Lifting weights and free weights rather than machines. The weight training should be hard, doing 8 - 12 reps to exhaustion.
8. Using resistance bands. Try these walking in the while shopping or.
9. Walking with intermittent jogging for active recovery - instead of going for an easy ride.

This column of mine includes a set of illustrated strength-training exercises. Check out the Bone Builders column here.

Source: Bicycling Magazine, The Best Bike Routes in Florida

Bottom line: Cyclists should find ways to integrate weight-bearing activities into their exercise program and their activities of daily living.

FBA Bicycle Safety Quiz

by the Florida Bicycle Association

Florida Bicycle Association now features a free resource, Florida Bicycle Safety Quiz, which can help ensure that Club members are up to speed on bike safety knowledge and practices. Quiz questions cover topics including traffic law, crash avoidance, and safe cycling techniques. It's a 20- to 25-minute quiz based format, with interactive feedback and explanations answers to correct a wrong answered to help you learning.

When done, users can create a Certificate of Completion that they can print out or share with friends and family.

We encourage all SPBC members to complete this quiz. If our Club reaches the 50%, 75% or 100% participation level, we'll receive recognition from the Florida Bicycle Association. Go ahead, give it a try now. flbikesafetyquiz.com/

FBA Ride Leader/Ride Marshal Program

Whether you're leading a community ride, a St. Pete Bike Club ride or a major charity touring event with other multiple days, the Florida Bicycle Association has the cycling education program for you. The Ride Leader/Ride Marshal Training and Certification program is modular in approach, to allow comprehensive focus on what's most relevant for ride leader/ride marshal responsibilities.

The two-day, 8-hour certification session includes:

- Bike safety, Florida Bicycle and Pedestrian laws, and Florida Share the Road.
- Preparation – from bulletin to bike, technical fitting, and nutrition.
- Communication – from hand signals to how to give great pre-ride tutorials or ride coaching, as well as how to brand our Club through cycling professionalism.
- Group ride dynamics – from how to develop stronger, safer cyclists in our Club.
- Trail and multi-use path etiquette.
- Emergency response – CPR, AED, group rides, like paradise etiquette and how to control speed with skill.
- Crash and rider down tips and preparation.
- Incident reporting and liability issues.
- Written test for certification.

SAVE THE DATE!
Our ride Leader/Ride Marshal in Person certification is scheduled for the following date:
Saturday, April 30, 2022
To learn more about the program, please visit the FBA website https://floridabicycle.org/fba-ride-leader-ride-marshal-program/

St. Petersburg Bicycle Club
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St. Petersburg Bicycle Club, Inc.
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Club

The St. Petersburg Bicycle Club, Inc. (SPBC) is a not-profit, social and recreational bicycle club. The SPBC is not affiliated with any bicycle shop, organizations or state clubs whatsoever and the personal opinion of an open forum, through general consensus and/or democratic process.

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