

Bike Ped NEWS

The Newspaper of the Hillsborough County
Bicycle/Pedestrian Advisory Committee



Issue 39

A Transportation Partner

Winter 2007

Bike Safety Skills Part of Gasparilla Event

Before the pirates began their annual raid of Tampa's streets, *your* Bicycle/ Pedestrian Advisory Committee (BPAC) took over Bayshore Boulevard with its annual Gasparilla Bicycle Rodeo. On January 20th, BPAC joined forces with the Hillsborough County Sheriff's Office (HCSO) to teach safe biking skills as part of the Gasparilla Children's Parade event.

Three hundred people participated in the rodeo, starting by receiving a custom-fit helmet which was theirs to keep. "Having the right fit is imperative for safe cycling," said Gena Torres, *your* MPO's bicycle and pedestrian planner. "When it comes to helmets, proper fit can prevent serious injury."

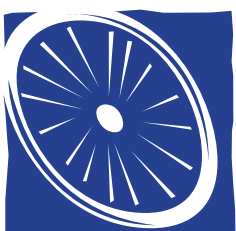
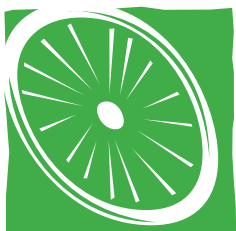
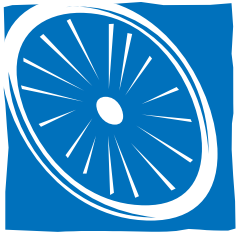
The participants learned about the importance of scanning the roadway at all times for potential danger. 'Deadly driveway' was one lesson about the potential hazards of pulling onto the street. Taught to look left, right, and left again, cyclists experienced the importance of entering the roadway cautiously,



BPAC members teamed up with HCSO to help kids of all ages develop safety skills that will lead to a life-long passion for safe biking at this year's annual Gasparilla Bike Rodeo.



looking beyond parked cars or other obstructions to the view. Kids of all ages, including 13 adults, tackled the course challenges set up for 2, 3 or 4-wheeled riders. For more information on bike safety or the annual Gasparilla Bike Rodeo, please contact **Gena Torres** at **813/273-3774 x357** or via email at torresg@plancom.org. ❖

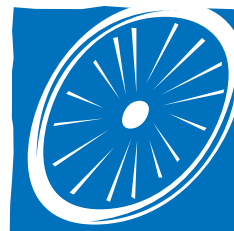
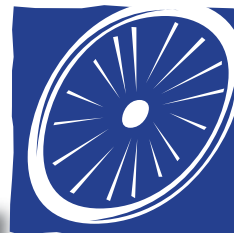


Community Trail Walkers Get More Exercise

People who cycle or walk on community trails at least once per week are twice as likely as people who rarely use such trails to get the recommended amount of daily exercise, says a U.S. study in the November issue of the *American Journal of Preventive Medicine*. Of the 3,717 adults in the study:

- 24% said they used community trails at least once per week.
- 13% said they used trails at least once a month.
- 66% of the women and 60% of the men said they used trails rarely or never.
- 44% of non-trail users said they supported the idea of more trails and other public places to exercise; and 36% of them were willing to pay more taxes for trails & parks.
- People who said that trails & parks were important to them were nearly four times more likely to be weekly trail users than those who said that public spaces were not important to them.

Trails are easy to build within existing communities and, therefore, "could potentially be a cost-effective public health initiative," noted researcher John Librett, of the University of Utah. "Trail networks have become a selling point for municipal governments and developers marketing to people seeking activity-friendly communities." ❖



Commuter Corner

For Lionel Fuentes, riding a bike is not just part of his daily commute, it's a passion.

"Biking is for fitness. It's a hobby... recreation to and from work. Commuting is just that many more opportunities to ride."

For 5 years, he rode 10 miles each way to work. With his current commute to downtown, Lionel now rides 3 miles to hook up with BOB (HART's 'Bikes On Buses' program), where he and his bike hop aboard the 23X Express Bus. Though Lionel would prefer to be able to cycle his entire commute, BOB is the way to go until there are more off-road trails and more on-road bike lanes that connect from downtown to Temple Terrace. Without the hassles of traffic and parking, his multi-modal journey to and from work gives him the chance to unwind and get in even more exercise.

Lionel is extremely attached to his cycling hobby. He owns 3 bikes, each of which has a name, Ory, Beater and Roxy (pictured here with Lionel). Training to become a cat4 racer (in the over 40 class), Lionel can often be seen in local charity rides. This year, Lionel plans to complete his first brevet. (*That's 200 kilometers!*)



We're rooting for you...
Go, Lionel, go! ❖

Save These Dates

BPAC Strategy Session

Saturday, February 24th

10:00 a.m. 'til noon

Loretta Ingraham Recreation Complex

1611 N. Hubert Avenue, Tampa

(North of Cypress St, just west of
Lois Ave & south of Boy Scout Blvd)



Tampa BayCycle

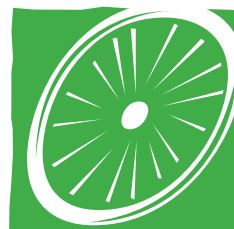
during the

Month of May!

Cycle to work, school or play during May!

*Tampa BayCycle brings together
people who believe that bike
riding benefits our entire community.
Bicycle commuters save money, stay fit,
reduce traffic congestion & gas expenses
& most importantly,
bike commuters have fun!*

To be a sponsor or for more information,
please contact **Julie Bond** at
974-9799 or visit tampabaycycle.com.



**Activities!
Prizes!
Fun!**

