

March 18-24, 2006

...A Tour for Saints N' Spinners...

Bike Florida is a non-profit organization whose mission is to promote safe cycling in the state of Florida.

PURPOSE OF TOUR

Increase awareness for the ecotourism potential of bicycling in rural Florida

Improve driver awareness for the safety of bicyclists

Raise funds to support bicycle safety programs.

ABOUT THE RIDE

Bike Florida 2006 is a week-long fully-supported bicycle and tent camping tour pedaling approximately 343 miles in the beautiful North East Florida area. This year's ride will start and end in Palatka, Florida and cyclists will ride 40-70 miles daily. The tour will again feature two layover days: in St. Augustine on March 20th and in Gainesville March 23rd allowing you to explore the towns and their surrounding areas on your own. The tour is leisurely-paced and is designed to be a fun and relaxing vacation for cyclists of all ages and abilities. Complimentary rest stops are set up approximately every 15-20 miles. We will use local park facilities and school grounds for tent camping where shower trucks and portalets will be set up. Indoor camping will be available on a limited space basis. A list of **hotels and motels** with rates and contact information is available on the HOTEL LIST link, however, riders must make their own arrangements and reservations. March in North Florida can be chilly, with average high temperatures around 70-75° F and lows in the 50's, so come prepared to "layer".

DAILY ACTIVITIES

Cyclists will have the opportunity to visit award-winning Florida state parks, historic sites, and world-famous attractions. You will ride along the St. John's River, the Atlantic coast, and roads lined with beautiful oak trees covered with hanging Spanish moss. This is the season when the beautiful dogwoods and azaleas will be in full bloom displaying an array of colors! After the evening meal served on the grounds, entertainment can take the form of wildlife presentations, films, local music groups, or the annual rider talent show.

WHAT IS INCLUDED WITH REGISTRATION?

The registration fee entitles you to a souvenir T-shirt, one free lunch, route maps and cue sheets, entrance to campsites (tent or gym camping), week-long parking in Palatka, nightly entertainment, use of showers and bathrooms, rest stops (every 15-20 miles) – along with SAG support, bike repair support (parts are extra), baggage transportation to the overnight campsites and medical support.

TOUR COSTS & OPTIONS

Full week option:

\$210 Adult Cyclist

\$85 Child Cyclist (under 16 years of age)

(Children under 12 must be on a tandem or trailer bike)

\$100 Non-Rider (see details below)

\$25 late fee for registration received after January 15, 2006

4-day loop options:

\$185 (Palatka, St. Augustine, Palatka, March 18-21)

\$185 (Palatka, Gainesville, Palatka, March 21-24)

Other options will be available for purchase later:

Meal plan (breakfast and dinner, dinner only, or breakfast only)

Private vehicle permit for \$25 (for vehicles moving daily with the ride)

League of American Bicyclists Road I Course for \$25

The registration deadline will be January 15, 2006. Registrations after that date will be taken IF SPACE IS AVAILBLE and there will be a late fee of \$25. Please call us or check the website before mailing your registration. Bike Florida's 2003 and 2004 tours were sold out early, so register soon! Only 1,000 cyclists will be accepted for the 2006 tour. Tell your friends who might want to join the ride to check our website too. If they do not access the Internet regularly, print a copy of the registration form for them!

CREDIT CARDS & REGISTRATION

Online registration is now available through

http://www.active.com/event_detail.cfm?event_id=1264977

Please note that there will be an additional service fee added onto the registration cost.

REGISTRATION (Please click on registration to obtain a copy of the form. You would need to print it, fill it out and sign, and then mail the form to Bike Florida with correct payment.)

WAIVER FORM - ONLINE REGISTRANTS

The state of Florida requires that all participants sign a hard copy of the waiver form for it to be valid. If you registered online, we still need to collect a copy of the waiver with your signature. In an attempt to simplify things at the onsite registration, we ask that you mail a copy of this waiver form before the event. Please print out and sign the following waiver and mail it to the address found at the bottom of the form:

[WAIVER FORM FOR ONLINE REGISTRANTS](#)

REFUND POLICY

A \$35 processing fee will be charged on all refunds. Refund requests **MUST** be in writing, stating reasons for refunds such as medical and emergencies. No refunds will be processed after February 17, 2006. There will be no exceptions. Event will take place rain or shine. We are not responsible for acts of God.

MEALS

All registered cyclists receive one lunch included with registration. All breakfasts and dinners will be served at or near the overnight camping locations. The following is for informational purposes only, do not order at this time (*prices are subject to change).

~ Full Plan at \$104 (5 dinners, Sat-Thu, except Wed.; 6 breakfasts Sun-Fri)

~ Dinners only at \$60 (5 dinners, Sat-Thu, except Wed.)

~ Breakfasts only at \$44 (6 breakfasts, Sun-Fri)

~ A vegetarian option will be available.

~ 4-day tour meal options are available (please refer to adds form)

Note: Meal plans will be added later via an order form that will be mailed (or also will be downloadable from our website) to those who are accepted for the ride. Cyclists will receive the list with meal descriptions and costs at a later date and will need to order and pay by February 17, 2006. Meals will **NOT** be sold at the event; all meals must be pre-ordered.

INDOOR CAMPING

All locations will have indoor camping. We typically utilize schools, parks or campground facilities. Some of the facilities may not be air-conditioned, but there will be **LIMITED** space for sleeping (available on first come first serve basis).

Note: you will need to bring a bike chain, lock and/or cover since bikes will **NOT** be allowed in any of the gyms. This is necessary for safety reasons and to allow more space for sleeping accommodations. The local schools, for example, which will be utilized for overnight camping,

should have plenty of sidewalks, breezeways, and fences where you will be able to secure your bike. Affordable bike covers could be purchased from your local bike shop.

HOTELS AND LUGGAGE

A list of hotels, motels and Bed and Breakfasts will be available on our website in a few weeks. Hotel luggage information will be made available also. We do not have information about shuttle transportation from the hotels yet. As soon as arrangements are made we will add that information. There will be a charge for shuttle transportation between hotels and the camp sites.

NOTE: Schedules, activities, and fees are subject to change.

BIKE SHIPPING

Click on the link above to obtain information.

AIRPORTS AND AIRPORT SHUTTLES

Cyclists can fly into the Jacksonville International Airport (approximately 69 miles to Palatka). Please indicate on the registration form if you need a shuttle. Information on the shuttle, including fees is available on the add form.

VEHICLE PARKING AND PERMITS

Per our staff security officer:

All vehicles at the overnight sites must have a registration sticker or the vehicle will be towed at the owner's expense. People choosing not to utilize the designated lots are on their own to secure a parking location. You can leave your car in the designated parking area in Palatka (no additional cost; it's included with registration). A vehicle permit of \$25 will be provided for non-riders or vehicles traveling on the ride.

REST STOPS

Rest stops are designed for getting off the bicycle for a brief rest, to replenish fluids and your energy with water and/or a sport drink, and assorted fruits and snacks. **The rest stops are not intended to provide a full meal.**

NON-RIDERS AND VOLUNTEERS

Everyone must register for the event, even if you are not riding. If you would like to volunteer, please indicate that on your registration form. If selected as a volunteer you will be contacted with further instructions. In exchange for volunteer services non-riders may be entitled to a partial fee waiver, which will be processed after the event. The NON-RIDER fee option is in response to a request from non-riders in the past for a reduced fee. The NON-RIDER FEE will entitle you to an event T-shirt, route maps with directions to the different locations, access to

camping, showers and restrooms, and entertainment.

NOT INCLUDED in the registration are daily rest stop foods/beverages, lunch, and a vehicle permit. If you'd like to have the one lunch and rest stop refreshments included, you would need to pay the full registration amount.

“ROLLING” ROAD I COURSE

This course is held in conjunction with Bike Florida's 2006 Beach & River Ramble. Only Bike Florida registered participants will be eligible for this workshop. We will meet every afternoon. Our staff will carry your notebooks until the end of the week. By the end of the ride, you will have completed the course, taken your “road test” along the daily route, taken the written test, and received your certificate at the Thursday night entertainment. Participants will learn how to safely operate their bicycle in a variety of situations. This course is designed for even the most traveled and experienced cyclist.

The course will cost \$25. Sign up details will be made shortly. If you have any questions about this course, please contact Lyndy Moore at sharetheroadinfo@earthlink.net, (407) 282-3245 or go to www.bikeleague.org/instructors/courses.cfm#FL

WEBSITE

Our website will be constantly updated to include information on what to bring, as well as maps and directions to the start of the ride, meal menus, ordering of jerseys, locations for overnight stays, etc. Click on this link to see if you are on the [RIDER LIST](#)

LIST OF PARTICIPANTS

Links will be available to check your registration status and see if your friends from last year have registered. If you mailed your registration form and your name is not on the list yet, please check back with us later. We are constantly updating the registrations as they are received by mail or entered online. Applicants will be entered in the order their applications are received by mail and electronically. Thank you for your patience!

[FAQ](#)

Frequently Asked Questions section is now available (click above).

BIKE FLORIDA CONTACT INFORMATION

P.O. Box 5295
Gainesville, FL 32627
Tel: (352) 392-6755
Fax: (352) 846-0404
info@bikeflorida.org
www.bikeflorida.org

NOTE: Schedules, activities and fees are all subject to change.

Welcome Bike Florida 2006 participants:

This is the lucky thirteenth year for the Bike Florida tour. You will gain experiences that will enrich your life and that of your friends and family riding with you. We are glad you have joined us for this exciting week of cycling, camping, of renewing old friendships and making new ones. This year's ride will take you on roads lined with beautiful oaks covered with hanging Spanish moss like an enchanted forest in north central Florida. You'll visit Ravine Gardens (thousands of years old geological formation) in Palatka and stroll or bike leisurely among azaleas in full bloom and enjoy the natural and formal gardens. You will travel along scenic rural roads and have a chance to visit some of our world-class parks and beaches. Set a relaxed pace that allows you to take it all in....it will be an experience you will cherish for years to come.

Please make SAFETY a high priority. While we will ride in large groups with bright yellow-green vests (containing our "Share the Road" safety message) and have police assistance at some strategic points. We are on many rural roads that can have considerable traffic during morning commute to work times. There will also be school buses taking children to school. All vehicles, including bicycles, must STOP for school buses, until children have finished loading and the bus stop bar is retracted. "Sharing the Road" applies to us, not just to motorists, so please be courteous and pull over if motoring traffic is backing up. Yes, we have rights to the road, but we also have the responsibility to share it. Please be courteous. It goes a long way to promoting the acceptance of bicycling in Florida, a high priority in our "Share the Road Campaign".

Bike Florida is a non-profit organization whose mission is to promote safe cycling. The proceeds from Bike Florida help provide financial and staffing assistance to the State of Florida's Bicycle and Traffic Safety Education Program with a team of certified regional trainers.

Ask us about this outstanding model program. We are really proud of its accomplishments.

See you on the road.... have a safe and enjoyable ride!

Sincerely,

Linda B. Crider , Executive Director

Bike Florida & Share the Road Campaign; P.O. Box 5295 Gainesville, Florida 32627
Tel: 352-392-6755, Fax: 352-846-0404, info@bikeflorida.org; www.bikeflorida.org

**BIKE FLORIDA ORGANIZING COMMITTEE
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Hope Howland, HQ and merchandise
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Diane & Lee Tremel, Rest Stop Captains
Jim Cox, Rest Stop Captain
Richard Simpson, Rest Stop Captain
Butch Siegel, Rest Stop Captain
Geri Doherty, Rest Stop Captain

DISCLAIMER

Bike Florida, Inc. in no manner insures the absolute safety of the routes to be used on the Bike Florida 2006: Beach & River Ramble event. Safety is each rider's individual responsibility. All roads utilized are regular roads on the Florida highway system, used by automobiles, trucks and other vehicles, except for the portion of the ride on the bike trail. Therefore every bicyclist assumes the risk for his/her own safety when on the routes indicated for the use on Bike Florida.

ARRIVAL & REGISTRATION

Bike Florida's Beach & River Ramble 2006 will start at Beasley Middle School in Palatka, Florida. This is event headquarters for Friday, March 17 th through Sunday a.m. March 19 th when the ride officially begins. The ride ends Friday, March 24 th at the Beasley Middle School in Palatka.

DIRECTIONS TO THE RIDE START: these are general directions from major highways and are for reference only. Please double check these directions on your own!

Physical Address:
Beasley Middle School
1100 South 18 th Street (& Moseley Ave)
Palatka , FL 32177

From I-95 Exit 305 (1 st Exit South of St. Augustine at Crescent Beach) head west on SR 206. Continue West to SR 207. In Hastings, turn Left onto SR 207, South to SR 20/100. At light, take Right to East Palatka, cross big bridge & get into left lane. Prepare to make left turn onto 2 nd street (2 nd left after bridge), right onto Laurel, left onto 3 rd Street (becomes River Street). Follow to 15 thSt., turn left then quick right onto Hargrove (becomes Twigg). Pass Ravine Gardens and turn right on Moseley Ave. Pass two blocks and turn into school parking lot for registration at cafeteria, Beasley Middle School.

From I-75 (via Gainesville, FL)

Exit 382 for SR 121 and SR 331- Williston Road. Follow East Williston Rd. (SR 331) to junction SR 20/24/26 (Walgreens on corner) and take Right, drive ¼ mile stay Right at fork onto SR 20 (Hawthorne Rd). Continue east through Hawthorne & Interlachen. In Palatka, cross US Hwy 19. Continue on Crill Ave (SR 20) to Moseley Ave. Turn Right onto Moseley and go 0.7 miles to Beasley Middle School's entrance on left. **Registration is inside cafeteria, please follow signs. (Continue to Kate St. left then left at gymnasium & football field to unload luggage).**

Week long parking is at Moseley Elementary school. Follow signs.

Taking the Shuttle from the Jacksonville International Airport (JIA)

Friday (3/17)

Shuttles will be provided by Bike Florida from the Jacksonville International Airport to the ride start on Friday, March 17 th at 4:00pm and 7:00pm. **WAIT OUTSIDE THE BAGGAGE CLAIM AREA FOR BUS WITH BIKE FLORIDA SIGN IN FRONT WINDOW.**

Saturday (3/18), Tuesday (3/21), and Friday (3/24)

Shuttles will be provided by Bike Florida from the Jacksonville International Airport to the ride start on Saturday, March 18 th. Shuttles will again be provided back to the airport on Tuesday, March 21 (for 4 day riders) and Friday, March 24 th from the ride ending location (Beasley Middle School). The shuttles will depart the airport on Saturday (3/18) at 12:00pm, 3:30pm and 7:00pm. Times will be determined according to the number of riders returning and their flight information. Please provide us with your flight information in the additions (adds) form. Return shuttles on Friday (3/24) will leave the middle school at 12:00pm, 3:30 p.m. The pick up location at the JIA will be outside lower level of the terminal building adjacent to the baggage claim area. Please indicate on your 'adds' form the shuttle time you desire and whether or not you will have your bike with you, as space is limited. The fee will be \$50 round trip, per person. **Reservations required** - SEE ADDS FORM FOR REGISTRATION AND PAYMENT. MAKE SURE TO GIVE YOURSELF AMPLE TIME FOR BOXING YOUR BIKE IN PALATKA BEFORE LOADING, AND AN HOUR & 1/2 AT AIRPORT BEFORE BOARDING YOUR FLIGHT. THERE ARE HOTELS NEAR THE JAX AIRPORT FOR THOSE NEEDING TO FLY OUT ON SATURDAY.

Registration

All riders and **non-riders MUST** register. Vehicle permits, safety vests, pre-ordered jerseys, event T-shirts, meal tickets, event wristbands, map books, etc. will be provided at registration. THOSE WHO REGISTERED ON LINE WILL ALSO NEED TO SIGN A LIABILITY WAIVER FORM AT REGISTRATION. YOU MAY NOT RIDE WITHOUT THIS FORM ON FILE.

Registration Schedule

Friday, March 17 th, 6:00 p.m. – 8:00 p.m.

Saturday, March 18 th, 9:00 a.m. – 6:00 p.m.

Sunday, 7:00-8:00 a.m.

After these times you can check in at the Event Headquarters daily from noon to 6:00 pm. If you will be parking your vehicle for the week, event parking is provided and information is listed below. There will be signs to long term parking.

Full Event Vehicle Parking

Parking for the duration of the event, included in your registration fee, is available Friday, March 17 th through Friday, March 24 th on a site directly adjacent to Beasley Middle School. A volunteer parking marshal will be present during registration hours to direct you to your spot for the week. Bike Florida and the facilities utilized are not responsible for any vehicles that participants park while participating in the Bike Florida event. Parking is at your own risk. PLEASE DO NOT LEAVE ANY VALUABLES IN YOUR CAR. There will be periodic checking by city security of the parking lot and it is fenced.

Rider's Meeting

The meeting for riders starts at 7:30pm on Saturday (3/18) in the auditorium of Beasley Middle School. This meeting is **mandatory** for all cyclists, registered non-rider participants, vendors and staff as we will be covering valuable ride and route information for the entire week.

Wristbands

Every registered participant (riders and non-riders) will receive a wristband during registration and check-in. This wristband entitles you to participate in Bike Florida 2006 "Beach & River Ramble" and the lunches included in registration, use of event services and campsite facilities, as well as entry into the State Parks along the route. You will be required to show your wristband to receive any benefits of the Bike Florida 2006 "Beach & River Ramble" event.

ABOUT THE RIDE

A Typical Bike Florida Day

6:00am - Wake up!

- Load your luggage onto the truck
- Breakfast is served (meal plan 6:00 am-8:00am)

7:00am - Headquarters opens for the morning

7:00am - Route officially opens for the day

- **Do not start on the route before this time! No services will be provided before this time.**
- Bike repair service opens at campsite

8:00am - First rest stop opens

10:30am-2:00 - Lunch will be provided on Tuesday, March 21st

- On the other days, stop when you get hungry for lunch on your own at restaurants along the way. Rest stops will have fruit, water and Gatorade.

12:00pm - Camping officially opens at next campsite

- Luggage available
- Headquarters opens at destination campsite

1:00pm - The Bike Detail opens

3:00pm-6:00pm - Bike repair at campsite

3:00pm - Rolling Road I Course

5:00pm - Route closes for day

- Dinner (5:00-7:00pm on site for meal plan)

7:30pm - Entertainment/nightly announcements

10:00pm - Quiet hour/lights out

What About the Terrain?

Florida's terrain is relatively flat. The main routes are all on paved roads and paved rail-trails. We cross two bridges across the St. John's River. The beach ride is along AIA (paved shoulder and side path available).

Mileage

The average daily mileage is 60 miles with the optional loops and stops along the route. The total mileage for this year's ride is approximately 374 miles including loop rides in Palatka on Saturday (3/18).

Route Signage & Route Maps

Distinctive Bike Florida directional signs and painted road markings will clearly mark the route. You will also be given a packet of maps with corresponding cue sheets indicating mileage and directions. Always stay on the official route. **If you leave the route, you are not covered by Bike Florida services.**

Rest Stops

Please be aware of and respect the opening and closing times for all rest stops. Our volunteers are working hard to serve you! The rest stops will be set up at various churches, community centers, parks, stores and other strategic locations. There will be rest stops approximately every 15 to 20 miles. The mileage to the next rest stop is listed on your cue sheet.

Staffed by volunteers, the rest stops provide the necessary energy boost to get you through the day. **The rest stops are not intended as a meal, but to restore the fluids and nutrients your body needs.** The water, sports drink, fruit, and energy goodies are provided by Bike Florida and are included in your registration fee. Some rest stops are hosted by youth and community groups who may also sell additional concessions as fundraisers for their organizations.

Permanent or portable rest rooms will be available at each rest stop. Convenience stores on long stretches are also indicated on maps, in case of emergencies.

Bike Florida could not happen without volunteers. Please take the time to thank the volunteers and organizations that help make your trip more enjoyable and this event possible.

SAFETY

Emergency Phone Numbers

Should a family member need to get in touch with you during the event for an emergency, here are some numbers they can use to contact you:

Bike Florida Emergencies:

352-224-8601, 352-224-8602 (Bike Florida cell phones on the ride- for emergencies only. Leave all other messages on office phone.

These phones are active for the event (March 17 th – March 24 th) ONLY!

Bike Florida Office:

352-392-6755

(Family members can leave a message at the Bike Florida number. Voice mail will be checked several times daily during the ride and phone calls will be returned promptly.)

SAFETY TIPS!!

- All riders **MUST** wear an approved helmet at all times while bicycling, **even when riding around camp**
- Obey all traffic signs and signals
- Lights (front and back) and reflectors are required for night riding
- Ride single file when traffic is present
- Even when traffic is not present, ride no more than two abreast
- Ride with the flow of traffic and as far to the right as is safe
- Signal or verbalize your intentions to other cyclists
- Pass on the left only, calling out, “on your left!” before passing
- Never wear a walk-man or headphones while riding – its against the law in Florida and you will be stopped and ticketed
- Be alert! Most crashes happen when cyclists bump each other’s tire
- Be careful to watch out for children and each other
- Stop behind all school buses and do NOT pass. IT IS THE LAW.

Tips To Avoid Heat Illness

- Your body absorbs 27 ounces of pure water every hour
- Your body can lose three times more water than normal from sweat
- Every cup of drink containing sugar should be followed by a drink of water
- Cool water is best for cooling and absorption
- Avoid salt tablets: replace salt lost in sweat by eating salty foods
- Dark colored urine is a sign of dehydration
- **Drinking only water and not replenishing electrolytes can cause serious conditions. Please drink a little of the sports drink at least when at a rest stop.**
- On hot days, equal periods of hard exercise and rest is a good rule of thumb

- Wear loose fitting, bright colored clothing and a well-ventilated helmet
- Lack of water causes heat illness
- Signs of exhaustion include rapid and shallow breathing, increased heart rate, pale and clammy skin, vomiting, confusion, heavy sweating, headache and dizziness
- Sunscreen should be used even on overcast days
- Remember: Drink, Drink, and Drink!!!

Bike Florida Safety Pledge

Following is the Bike Florida Safety Pledge; read it out loud, read it to yourself, read it to your minor, or even read it in a group. It is very important that all riders adhere to these rules in order to ensure a safe and enjoyable ride for everyone.

- I will ride single file when a car or truck is behind me.
- I will never ride more than two abreast.
- I will not be a road hog.
- I will yield to riders trying to pass me.
- I will call out “Car Back” or “Car Up” to riders in front of me.
- I will call out my intentions to riders immediately behind me: “Slowing,” “Stopping,” “Turning.” I will use hand signals when appropriate.
- I will point to road hazards and/or call out to riders behind me: “Gravel”, “Hole”, “Tracks”, etc.
- I will pull completely off the road to stop and let others pass
- I will NOT stop in the middle of the road, again
- I will NOT stop in the middle of the road!
- I will call out to riders I am about to pass: “On Your Left,” or “Good Morning.” (never pass on the right).
- I will wear my helmet at all times while on my bike, even in camp.
- I will obey all traffic signs and signals.
- I will always ride defensively. I will always be aware of other riders, vehicles and pedestrians near me. I will never assume I know what they are going to do.
- I will use common sense and courtesy toward motorists and other cyclists while I am on my bike.
- I will provide immediate adult supervision to my bicycling children under age 16.
- I will stop behind all stopped school buses loading or unloading children.
- I will not ride before daylight.

Weather

Bike Florida has been scheduled during a time when the weather conditions are generally good. In the event of inclement weather, the ride will continue. Please be prepared for all types of weather including rain, high winds, heat and cool. The average high in March for the area is 70-75°F degrees with average lows in the 50°s. The mean for the month of March in the area is 60-65°F. Come prepared to “layer” as temperatures may vary. Be sure to wear sunscreen to prevent sunburn and drink plenty of water to prevent dehydration.

When foul weather strikes, you must be careful. During lightning storms, do not continue to ride, but instead seek shelter wherever you can find it. Remember that cars won't see you easily in a heavy rain. Ride cautiously, especially on downhill stretches and when cornering. Railroad tracks can be especially slippery. Give other bikes adequate clearance.

In the campgrounds, prepare for foul weather. If you are leaving your tent for a long period, put on the rain fly, stake down securely and keep items not in use in their plastic bags. During a lightning storm, do not walk around the camping area! Take shelter indoors.

In case of bad storms, you may be instructed to move to shelter. Please do so quickly and do not waste time on items that can be replaced.

RIDE SUPPORT

Bicycle Preparation & Bike Mechanics

Bicycle mechanics are one of the most important areas of support that Bike Florida provides during the tour. Chandler Otis is our Chief Staff Mechanic who has accompanied Bike Florida as a volunteer mechanic since the beginning. There will be additional mechanics at the sites that can deal with most technical problems. In emergencies, we will get your bike to a local shop if we can not fix it.

Every morning before the ride, and then in the afternoon following the ride, mechanics will be available to check your bike, fix any problems and offer advice. During the ride, mechanics will be on the road in repair trucks, looking for riders that need repairs at rest stops. Bike shops are located in St. Augustine and in Gainesville, on the route.

The mechanics will bring a large selection of tires, tubes and other bike parts, however it would be a good idea for you to bring a few things for your bike including:

- One or more spare inner tubes (especially if you have odd sized wheels)
- 3 spare spokes for your rear wheel
- 2 spare spokes for your front wheel
- Spare cleat bolts or replacement cleats (if you have clipless pedals)
- **Bicycle lock to secure your bicycle**
- Bicycle cover (for weather and security)

Ask your bike mechanic for advice on other spare parts you may need.

Bike Florida recommends a touring bike or a hybrid bike. Racing bikes are fine; however, their lightweight wheels and tires are more prone to damage on country roads. We also cross a number of railroad tracks. Mountain bikes will do, especially if you put on high-pressure road tires. Resist the temptation to "treat" yourself to a brand new bike just before Bike Florida. You may discover after two days of riding that the bike is not comfortable. Also, bikes need a "break-in" period, just like any machinery.

If you are not sure about your bike, take it to your favorite bike shop and ask their advice. Try to find a shop where the workers actually ride bikes, rather than just sell merchandise.

Bike Shipping Information

You may ship your bicycle directly to Gator Cycle in Gainesville by UPS, FedEx, etc. Gator Cycle staff will pick up your bicycle and deliver it directly to the registration area of the tour in Palatka. Gator Cycle offers the service of assembling your bicycle and storing the boxes during the ride as well as packing and shipping services at the end from Palatka. If you would like to take advantage of the for fee services of Gator Cycle, you may contact Jerry or Jason at the shop at:

Gator Cycle
3321 SW Archer Road
Gainesville, FL 32608

Tel: (352) 373-3962 or by e-mail gatorgvl@bellsouth.net. Mark your box "HOLD FOR PICKUP". If you want your bicycle assembled, also write clearly on the outside of the box "FOR MECHANIC SETUP". Neither Bike Florida nor Gator Cycle will be responsible for bicycles arriving prior to March 14 th or after March 18 th when they will be transported to Palatka for the ride.

BIKE REPAIRS DURING THE EVENT- recommended costs

Bike Assembly & Disassembly

Box your bike for shipping (includes labor and materials)	\$35
Bicycle Assembly (includes Complete Tune-Up)	\$35
Bicycle Assembly from bare frame	\$150

Individual Adjustments

Derailleur Adjustment (Front or Rear)	\$5
Brake Adjustment (Canti or Linear)	\$5
Bottom Bracket Adjustment	\$5
Headset Adjustment	\$5
Hub Adjustment (Front or Rear)	\$5
Seat Adjustment	\$5
Clipless Pedal Adjustment	\$5

Individual Overhauling

Headset Overhaul (includes bearings)	\$25
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Front Hub Overhaul (includes bearings)	\$15
Rear Hub Overhaul (includes bearings)	\$25
Bottom Bracket Overhaul (includes bearings)	\$30
Bottom Bracket Overhaul (cartridge)	\$20

Tubes & Tires

Tube Replace (labor)	\$5
Tire Replace (labor)	\$5

Wheels

Wheel Truing (per wheel)	\$10-15
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Installations

Chain install	\$5
Headset install	\$20
Cassette / Freewheel Install	\$5
Pedal Install	\$5
Sealed Bottom Bracket Install	\$10
Install New Cable & Housing	\$5
Freehub Body Install	\$15
Derailleur Install	\$15
Headset Install	\$25
Install Rack	\$15
Install Cyclometer (speedometer)	\$12
Install headlight or tail light (battery)	\$5
Install kickstand	\$3
Install Child Carrier	\$15
	\$5

Install Bar Ends

Install other items not purchased from us ask

Miscellaneous

Anything to do with a bicycle Contact

(mountain, road, track, Us
stationary, three-wheeled.
four-wheeled)

HEADQUARTERS

Headquarters is the nerve center of Bike Florida events. It is always located near the front of the campsite. Friendly people will provide answers to your questions and maintain the “lost & found” box. Bike Florida merchandise will also be available for purchase there.

A message board will be located at headquarters. Be sure to check the message board for announcements and schedules. You can also use the message board if you need to post a message. These boards will often include maps of the campsite, and information on local restaurants, businesses and local activities.

Headquarters will be open each morning at the origin camp from 7:00 a.m. until 8:00 a.m. and each afternoon at the destination camp from 12:00 noon until 6:00pm.

Luggage & Luggage Trucks

Bike Florida will transport your luggage from the beginning of the ride, to each campsite on the route and to the ride end. You will bring your luggage to the luggage trucks before 8:00am on each travel day. You will be able to pick up your luggage at the next camp after 12:00 noon.

You are allowed to bring **two duffel bags for the week**. Generally one will contain your clothes and the other will contain your camping gear. Please plan out what you really need and pack lightly. The drivers will NOT allow overweight bags on the trucks! Do not bring several small bags. The bag limit applies to everyone. Do not tie things to the outside of your bag, such as bulky lawn chairs, coolers, tents, etc. Do not bring framed backpacks or luggage buggies with wheels, which can damage other cyclists’ luggage. Each bag should weigh **40 pounds or less** and should be very durable. If you can’t carry it, it’s too much. **You will have to load and unload it so the lighter the better**. Some duffel bags now have rollers on the bottom. The more distinctive your luggage, the easier it is to find. You will not have access to your luggage while you are riding from one camp to the next during the day. **Take everything you will need for your ride such as an ID, money, medication, sunscreen, and rain gear. Carry your valuables with you. MAKE SURE TO CARRY IDENTIFICATION WITH ALSO AN EMERGENCY CONTACT NUMBER ON YOUR WHEN YOU ARE RIDING.** You will load your own bags each morning. Carry them all the way to the back of the truck and pile on top of each other so that others will be able to fit their bags. Riders will also help unload bags each day. If you don’t arrive in town early enough to help unload, be sure to thank those who did. If you miss the truck in the morning, you’ll need to make your own arrangements to get your luggage to the next town so be on time. Each truck will have a distinctive symbol on it to help you identify the truck you put your bags on. There will be a separate “indoor” camping truck and all indoor bags MUST go on it. There will also be trucks marked for Anastasia Park camping for Sunday and Monday.

Hotels & Hotel Luggage Option

For those who registered with Bubba's Pampered Pedalers® and paid for the Hotel Luggage Option, your luggage will be taken to the Bike Florida associated hotels (see the listing under "ACCOMMODATIONS" in this handbook). Your luggage will be picked up at your hotel around 7:30am on the days we travel (Sunday, Tuesday, Wednesday, Friday).

This list also notes each hotel's distance from the campsite, so you **know the additional distance you will have to ride**. Only luggage will be transported to hotels...not riders. No shuttle will be provided. You may arrange to catch rides back for meals and entertainment with others at the motels, or use a cab service, or bike or walk back. All other luggage and non-designated accommodations are your own responsibility.

Reservations for Bubba's Luggage service must be made to secure a spot. You can contact Bubba's Pampered Pedalers® for information on his services at <http://bubbaspamperedpedalers.com/>, BIKERBUBBA@aol.com or call (321-759-3433).

If you choose not to register with Bubba's Pampered Pedalers® for the Hotel Luggage Option, we recommend you find your luggage each afternoon behind the luggage trucks, select what you need for the night, place it in a backpack and return your luggage to the back of the truck. When you return in the morning, put your backpack on the truck.

The number to contact Bubba about your luggage is 321-759-3433, not the BIKE FLORIDA emergency number.

Sag Support Vehicles

Bike Florida will have a number of SAG (Support & Gear) vehicles on the route from 7:00am to 5:00pm looking for cyclists who are having difficulties (mechanical failure, injuries, dehydration, etc.) You can signal these vehicles by pulling OFF THE ROAD and tapping your hand on the top of your helmet as a SAG approaches. You will also find them at the rest stops. **Remember, SAGs are not a taxi service.** SAG vehicles serve all cyclists on the route and they may not be able to take you immediately where you want to go. They will only take you to the next rest stop or campsite as conditions permit. All riders under 16 years must have an adult accompany them in the SAG vehicle.

Medical Support

As with any physical activity, consult your physician prior to the ride about your ability to participate.

Most injuries can be treated on-site. However, some crashes result in injuries that require hospital assistance. There will be a medical team traveling with the ride and local EMS will be alerted of our travel plans in case of emergency. The most common ailments are over-stressed muscles, lateral knee strains, hand numbness and road rash.

A first aid station in an RV will be located near headquarters at each site and will be open each

morning at the origin camp from 7:00am until 8:30am, then each afternoon at the destination camp from 12:00noon until 6:00pm. Medical volunteers can be easily identified by their red bandanas.

If assistance is needed during the ride, pull OFF THE ROAD (if possible) and signal a SAG vehicle by tapping the top of your helmet with your hand. If you feel an injury is serious or are unsure about its severity call 911. Bike Florida carries emergency medical insurance on all participants, but be sure to carry identification, with emergency contact name/number and bring your insurance card. Please make sure to contact Bike Florida headquarters (352)224-8601 to let us know information about the incident and status of the rider, and if we need to follow up, transporting bike, luggage, etc.

During registration is a good time to chat with the Medical team and make them aware of any medical conditions that you may have.

WHAT TO BRING

Bicycle Equipment :

- A bicycle IN GOOD REPAIR AND TUNED UP PRIOR TO THE RIDE
- Helmet (required)
- Rearview mirror
- Lock & cable or U-lock (and key!)
- Bicycle cover is nice to have to protect the bike when locked
- Two water bottles & cages or a hydration pack
- Spare tubes, tire tools & patch kit
- Frame pump
- Bicycle gloves

Clothing :

- Warm weather clothes
- Cold weather gear (fleece pullover and long sleeve windbreaker - If everyone brings it, then maybe no one will need it)
- Wet weather clothes (rain parka or jacket)
- Cycling shoes, shorts, shirts & gloves
- Toiletry kit, body soap, towel, shower shoes, detergent & toilet paper or small Kleenex case (just in case J)
- Swimsuit & towel
- Tennis shoes & sandals for in camp and evenings
- Hat

TIP: Wrap clothing in plastic bags inside luggage (this will keep them dry even if your duffel gets wet.

Camping Equipment :

- Duffel bag (distinctive labeling)
- Tent & stakes
- Ground cloth
- Sleeping bag/pad or eggshell
- Air mattress & pillow
- Flashlight

Miscellaneous:

- Medications
- Ziploc/garbage bags
- Mini first-aid kit
- Sunscreen & lip balm
- Sunglasses
- Earplugs or headphones & CD (NOT on ride)
- Cell phones ONLY FOR EMERGENCIES...this is a BIKE RIDE!
- Cards & games
- Reading material
- Writing material & stamps
- Insect repellent
- Identification (driver's license)
- Insurance card
- Credit/ATM card
- Travelers checks
- Camera & film
- Pocket knife

Don't Bring

- Cooking gear, as no cooking is permitted at campsite
- Bulky lawn chairs
- Cots
- Trash cans
- Other bulky stuff
- Boom box radios or electronic equipment. No laptops permitted.

Bike Florida assumes no responsibility for lost/damaged items.

What About Money?

We suggest \$25 a day for food, if not on the meal plan. Consider more for souvenir gifts and T-shirts at various rest stops and towns, river excursions and if you choose to dine out in the

restaurants along the route. For those who will purchase Bike Florida merchandise on-site, personal checks, VISA and MasterCard are accepted. Optional special activities may also require funds. Tips for town shuttles will be accepted.

ACCOMMODATIONS

Nightly Accommodations

If you are using a hotel not on our list, you will have to make your own luggage arrangements. You can enjoy the campsite and all its camaraderie or stay in a hotel. Every site has limited indoor camping available. It **may get crowded in the indoor camping facilities**. If it is raining it will get very crowded. There is no sleeping in classrooms or hallways. **There will be no bicycles or shoes with cleats permitted in the indoor sleeping facilities! Bring a lock and bike cover!**

About The Campsites

Bike Florida campsites are at a middle school, city recreation center, county grounds, a state park, and an Elk's Lodge this year. Visit the headquarters for a campsite map that shows bathrooms, cafeteria, shower truck, camping areas, etc. PLEASE DO NOT CAMP WHERE SIGNS SAY "NO CAMPING". Each overnight site will have designated camping areas. You may camp wherever you choose within these designated areas. Reserved campsites are absolutely not permitted. Most people camp near the baggage drop area, resulting in high density camping. If you are willing to carry your bags a short distance, you will often find a great deal of open, quieter camping. You may want to bring earplugs as a way to avoid being awakened by late-nighters and early-risers.

Please note that campsites on days that we travel to new towns do not open until 12:00 noon. If you set up camping locations prior to this, you may be asked to move. Personal vehicles traveling with the tour WILL NOT be allowed on the next site before 10:00am to allow us time to set up and designate parking areas.

Please note that the Bike Florida campsite at the Beasley Middle School and surrounding fields opens at 4:00pm on Friday afternoon, March 17 th. NO indoor camping is available on Friday evening (3/17). Because of insurance/liability concerns **no camping will be available at Beasley Middle School on Friday, March 24 t h**. If you remain on the grounds after 5:00pm, you will be subject to arrest for trespassing. The nearest campground is St. Johns Campground located about 4miles from Beasley Middle School at 436 US Highway 17 South, East Palatka, FL 32131, Tel: (386) 328-4470.

Vehicle Camping - RV's

Vehicle campers may or may not be adjacent to campsites. **If you are parked near tent campers, please DO NOT use generators that may disturb those sleeping in tents.** All electricity and hook-ups, **if available**, are on a first-come, first-served basis only. No open fires are permitted on any of the campsites; therefore, we cannot permit cooking on the tour. Please

contact BIKE FLORIDA directly if you are planning to bring an RV either on the tour, or park it for the week in Palatka. (352-392-6755). Listed below are the locations of the overnight stays:

Overnight Camping Sites

Friday, March 17 th & Saturday, March 18 th

(Tent Camping Only on Friday, March 17 th)

Beasley Middle School

1100 South 18 th Street
Palatka, FL 32177

Sunday, March 19 th & Monday, March 20 th

Anastasia State Park (pre-register on “adds” form or call Bike Florida)

1340 A-A1A South

St. Augustine , FL 32080

Elks Lodge – indoor camping (limited)

1420 A1A South

St. Augustine , FL 32086

St. Augustine Amphitheatre (outdoor camping, & headquarters)

AIA South, St. Augustine

(adjacent to Elks lodge & Anastasia State Park)

Tuesday, March 21 st

Beasley Middle School (outdoor, indoor in Gymnasium)
1100 South 18 th Street
Palatka, FL 32177

Wednesday, March 22 nd & Thursday, March 23 rd

MLK Center (outdoor camping on grounds, indoor in center)

1024 NE 14 th Street

Gainesville , FL 32601

Showers & Bathrooms

Showers will be available at every campsite. Showers/locker rooms are always open during your stay. Again this year, a shower truck from Bush Fire Services will join us to provide the best possible service.

The shower truck will be available at the end of the tour at Beasley Middle School until 3:00pm.

Portalets and public restrooms will be available at the campsites. We suggest bringing a roll of toilet paper from home, just in case.

Hotels and Bed & Breakfasts

You are responsible for your own hotel reservations and transportation to hotels, unless it is noted on the website that transportation will be provided (See Serviced Hotels Below).

Bubba's Hotel Luggage Transportation option will be available to the listed hotels only. Bubba's Pampered Pedalers ® may provide special arrangements upon request for those staying in other locations.

Serviced Hotels

The following is a list of hotels that will be serviced by Bubba's Hotel Luggage Transportation:

Palatka

- Riverfront Inn
- Budget Inn
- Best Western Inn of Palatka
- Azalea House B&B

St. Augustine

- Castillo Real
- Hampton Inn
- Hilton Garden Inn
- Anastasia Inn
- Conch House Marina Resort
- Sleep Inn

Gainesville

- Holiday Inn University Center
- Paramount Plaza Hotel & Suites
- Magnolia Plantation B&B
- The Laurel Oak B&B
- Sweetwater Branch Inn B&B

RULES

Camp Rules

Please respect a quiet time at the campsite from 10:00pm until 6:00am. Please be courteous.

Alcoholic beverages and tobacco products are not permitted at any of the school campuses.

Please leave your campsite cleaner than you found it.

Children

It is very important to help your children train for the tour. They need to be taught to drink fluids often, eat to replace lost nutrients and follow proper road etiquette. Practice helps them learn to ride in a straight line and obey traffic laws. These are crucial skills for safety on the road, not just during the tour, but always. Prior to arriving to the tour is the time to find out how your child takes to riding in a trailer, if you plan to bring one. Nothing is worse than finding out the first

day, 30 miles from the start, that your child can not tolerate the motion. **Children under age 12 must be on a tandem bike or bike trailer, with an adult rider.**

Children under the age of 16 are required to ride **with** their parents/guardians, and to carry a permission to treat card, which can save time in an emergency. While riding with your child, you control his or her movements on the bike. Children are very unpredictable on bicycles. They tend to be unaware of the dangers of cyclists and cars all around them. Always ride immediately behind and slightly to the left of your child.

Once in the campground, parents are still responsible for the actions of their children. People can become separated on the tour, so take extra care to maintain contact. Failure to adequately supervise children is a reason for dismissal from the tour. Riding with children means keeping them within sight. Consult your map frequently to make sure you and your child stay on the established route. When a rides in a SAG vehicle, the parent/guardian is required to accompany him/her.

Bicycles in Camp

Always lock your bicycle when you are not riding it! **Bicycles are NOT permitted in the indoor sleeping facilities.** Bring a bicycle tarp if you are worried about the elements. **Bicycle covers are handy for protection and are around \$10 at your local bike shop. They can be used even when the bike is locked.**

Personal Sag Vehicles on Tour

For the safety of our cyclists, personal SAG drivers are not to follow the assigned route. Separate directional maps will be provided with your vehicle registration fee. This will allow you to meet cyclists at certain rest stops, for lunch and at the campsite. Some rest stops will be off-limits for vehicles due to safety & the lack of parking at these facilities. Remember, even if you are not riding, you need to be registered to gain access to the parks, springs and campsites. **All vehicles parked at campsites must get a vehicle permit** (available at registration) for \$25.

MEALS & MENUS

People on meal plans will receive a special Bike Florida Meal Punch Card to identify them as participants of the meal plan. Meals plans will not be sold on site. You may be able to purchase

individual meals directly from the caterer if he/she determines that they will have 'extras'.
Walk-ins will only be accommodated for meals at the discretion of the caterer and only after plan purchasers have been served, after 6:30 pm. Individual meals are cash only.

If you did not participate in the meal plan, then you are on your own for meals. St. Augustine and Gainesville have many restaurants from which to choose, however, Palatka has a limited number. You are responsible for your own transportation to those restaurants.

The following is a list of scheduled menus for participants on the meal plan. The menus are subject to slight variations. Only people registered as vegetarians can select the vegetarian items with the exception of the seafood dinners. For these meals, **only those people who selected the 'no seafood' option** will be allowed to select the vegetarian items.

Sat., March 18 th

Dinner Paella (meats & seafood), potato bar with assorted vegetables, salad, dessert, and beverages,

Sun., March 19 th

Breakfast Chris Cakes' pancakes, sausage, cereal, fruit, coffee, tea, juice
Dinner Jambalaya (meat & vegetarian) low country boil dinner, mixed greens, beans, salad, dessert, beverages

Mon., March 20 th

Breakfast Eggs, grits, bacon & sausage, biscuits/gravy, potatoes, fruit, muffins, pastries, cold cereals, hot tea & coffee
Dinner Spaghetti Nite: Pasta (meat & vegetarian), lasagna (meat & vegetarian), garlic bread, salad, desert, and beverages

Tues., March 21 st

Breakfast Eggs, grits, bacon & sausage, biscuits/gravy, potatoes, fruit, muffins, pastries, cold cereals, hot tea & coffee
Lunch Chicken wings (variety), red beans & rice (with meat & meatless), coleslaw, cheese sticks with marinara sauce, corn nuggets with honey
(at Ronnie's in Green Covemustard dip, house salad, tea, coffee, and soft drinks.
springs park)

Dinner Chicken ala king with vegetables, potato bar, salad, dessert, and beverages, vegetarian option is available

Wed., March 22 nd

Breakfast Chris Cakes' pancakes, sausage, cereal, fruit, coffee, tea, juice
Dinner On Own in downtown Gainesville

Thurs., March 23 rd

Breakfast Cheese omelets; egg, potato, ham, broccoli & cheese casserole; bacon & sausage; grilled country potatoes; French toast casserole

Dinner with maple syrup; assorted pastry; fresh fruit; juices; coffee
Beef sirloin with mushrooms & demi-glace, chicken breast circle K ranch, green salad, fresh fruit salad, herb- roasted potatoes, rice pilaf, eggplant rollatini, green beans amandine, rolls, assorted sheet cakes, and beverages

Fri., March 24 th

Breakfast Chris Cakes' pancakes, sausage, cereal, fruit, coffee, tea, juice
Lunch-end of ride Assorted "Crispers" sandwiches, tea, water,

ENTERTAINMENT

Entertainment & Special Activities

Most evening entertainment is at the campsites, except where noted. Visit the headquarters for more details. Entertainment, locations and times are subject to change, especially when we encounter inclement weather. Below is a listing of the planned activities for each night:

Friday, March 17 th

St. Patrick's Day Celebration - Downtown Palatka, afternoon/evening

Saturday, March 18 th (7:30-8:30pm)

Location: Beasley Middle School auditorium

What: Riders' Meeting (**MANDATORY**) and DVD ride preview

Details: Important information on ride specifics, roadway updates, safety issues, etc.

Sunday, March 19 th (7:30 to 8:15pm and 8:30 to 9:15pm)

Emily Kimball – slide show & talk "The aging adventurer" (inside Elk's Lodge)

Liz Williams Band (outside at Tiki Bar)

Monday, March 20 th

Island Joe's bonfire, street dance & beach party (7:30-9:00pm)

Beer sponsored by Burckhardt Sales & Service.

Tuesday, March 21 st

Ravine Gardens State Park (4:30pm) Guided walking & wagon tours at the Gardens, vows renewal ceremony in the Gazebo (contact Lyndy Moore if interested (407)282-3245.

7:30 pm "The waters journey" a film by Wes Skiles at Beasley Middle School Auditorium (this is a MUST for all Bike Florida participants!)

Wednesday, March 22 nd

Union Street Farmers' Market downtown Gainesville. Enjoy the variety of restaurants and café's on your own (4:00pm-7:00pm).

Hippodrome Theatre...plays, movies, (times will be announced at

Headquarters. Tickets on sale at door. 4:00 movie matinee.

Sun Center and community plaza activities... TBA

Thursday, March 24 th (7:30-9:00pm) Rider's talent night!

We will have dignitaries introductions, awards, certificates for Rolling Road I course, "Weeds of Eden" bandwill perform, and **riders talent show** at Citizen's Field (adjacent to MLK center) with skits, singing, dancing, playing musical instrument, jokes or storytelling (family-oriented and tasteful) allowing for 3 minutes maximum per person. THERE WILL ALSO BE A LYMRIC CONTEST. See the registration table for details and to submit lymric and to SIGN UP for the Talent Show. (Microphone(s) available and we will transport small musical instruments in headquarters truck for you with advance notice). So start practicing NOW!!! And sign up at headquarters.

TOUR HIGHLIGHTS

About Bike Florida 2006: Beach & River Ramble

... A Tour for Saints N' Spinners...

Bike Florida will begin in Palatka on Saturday, March 18 th and end back in Palatka on Friday, March 24 th. The route will travel approximately 374 miles through North East Florida, a beautiful part of Florida. The route will incorporate a visit to award-winning State Parks and Beaches. You will ride along canopied roads of North Florida. Overnight camping stays include Palatka, St. Augustine Beach, and Gainesville with two layover days in St. Augustine and Gainesville.

Day 0: FRIDAY, March 17 th, 2006 (Early registration, 6:00pm-8:00pm)

Celebrate St. Patrick's Day festival downtown and on the waterfront in the evening. Other activities for Fri. & Sat. include:

LARIMER ARTS CENTER (gallery open 1:00-5:00 pm Thurs/ Fri and 10:00am-2:00pm on Sat., 260 Reid St., call 386-328-8998). The center is home of Arts Council of Greater Palatka and the Council's Gallery Monthly Exhibits.

HISTORIC TILGHMAN HOUSE (hours: Fri-Sat 12:00pm-4:00pm; located at 324 River St., call 386-325-8750). You can enjoy the arts and craftsmanship of local artists at this historic home. (circa 1884) **FLORIDA SCHOOL OF THE ARTS GALLERIES** (open Mon-Fri 8:30am-5:00pm, located at 5001 St. Johns Ave, call 386-328-1571).

WELAKA NATIONAL FISH HATCHERY AND AQUARIUM (open 7 days a week, 7:00am-4:00pm; located at 726 County Rd 309, Welaka, FL **DAVID BROWNING RAILROAD MUSEUM** (open **3rd Saturday** of each month from 1:00-4:00pm; located at 11th and Reid St. 386-328-0305). The museum displays photos, documents, railroad memorabilia, and an operating model train.

Day 1: SATURDAY, MARCH 18 TH
PALATKA, FLORIDA
(Up to 30 Miles- local rides)

Take a short (8 mile) tour of Palatka by bike or on foot, explore the downtown historic district, the riverfront parks, and surrounding neighborhoods or enjoy the blooming azaleas by touring the Ravine Gardens State Park. A longer ride (20 miles roundtrip) to Cross Florida Greenway lock and dam is planned with rest stop at visitor center, wagon rides, movie, and lock talk.

Day 2: SUNDAY, MARCH 19 TH
PALATKA TO ST. AUGUSTINE (40.8 Miles)

Our overnight locations are : Anastasia State Park (1340-A A1A South, St. Augustine, FL 32080), the St. Augustine Amphitheatre, and the **Elks Lodge** (at Highway A1A South). Enjoy historic St. Augustine, its numerous attractions and sites, and the beautiful beaches within a few miles of our campsite, such as the **St. Augustine Lighthouse & Museum** (which has 219 steps reaching the top of the 165-foot working lighthouse with breathtaking views), **Lightner Museum** (featuring artifacts such as costumes, furnishings, musical instruments and cut glass, and stained glass), **Ponce De Leon's Fountain of Youth**, **Alligator Farm Zoological Park**, **Anastasia State Park** (where you can rent a canoe and explore the saltwater marsh and view wildlife).

Day 3: MONDAY, MARCH 20 th (67.5 miles)

ST. AUGUSTINE LAYOVER DAY: Rest, sightsee, or ride the loop To Flagler Beach (67.5 Miles, or 34 miles roundtrip short loop).

On Monday we offer a ride to Flagler Beach along the scenic A1A. Our rest stop is at Washington Oaks State Garden (offering 400-acres of Florida's original coastal scenery. Our midpoint is Flagler Beach, Gamble Rogers Memorial State Recreation Area, known for its many miles of wide and smooth sandy beaches. There are no crowds and no traffic jams, just natural beauty.

Other attractions include: Ft. Matanzas National Monument (an optional scenic stop that takes you off your bike onto a ferry to this historic park and visitor's center. Get an offshore view of the magnificent coastline and wildlife. This Spanish fort was built in 1742. The ferry leaves the Visitor Center dock between 9:30am and 4:30pm on the half-past the hour. The tours are approximately 45 min.), Castillo De San Marcos National Monument (built in 1672 of coquina, a local shell-rock formation, this fort served the Spanish Empire by guarding St. Augustine and

protecting the sea routes for treasure ships returning to Spain. This historic landmark is also listed in the National Directory of Haunted Places. For more information visit), San Sebastian Winery (the winery is one of the premier Florida wineries. Enjoy a complimentary tour and wine tasting of a variety of wines.)

Shuttles will be provided on layover day to downtown historic St. Augustine. Check registration for times of shuttle departures.

Day 4: TUESDAY, MARCH 21 st (71.2 miles)

ST. AUGUSTINE TO PALATKA VIA GREEN COVE SPRINGS (42 Miles to Green Cove Springs lunch stop)

LUNCH IN GREEN COVE'S SPRING PARK FOR REGISTERED CYCLISTS (FREE) AND NON-RIDERS WHO PRE-PAID FOR THE MEAL. DON'T FORGET TO BRING YOUR MEAL CARDS!

Our overnight stay will be at Beasley Middle School , in Palatka .

Enjoy **Ravine Gardens State Park** (located at 1600 Twigg St) with azaleas in full bloom and take a guided wagon or walking tour of the gardens, or visit the Bronson-Mullholland House (Tours are conducted in this Greek Revival Plantation home circa 1884, which has furnishings dating from 1857) or the Putnam Historic Museum (operated by The Putnam County Historical Society. The museum's old maps, photographs, postcards, exhibits, and books illustrate the history of this area.).

DAY 5: WEDNESDAY, MARCH 22 nd

PLALATKA TO GAINESVILLE (68.4 Miles)

“Ride” in the footsteps of William Bartram who visited this area in 1774. The Cross Florida

Greenway is Florida's premier greenway, which crosses the state from the Gulf of Mexico to the St. Johns River. The trail is 110 miles long and traverses a wide variety of natural habitats. You might cross path with wildlife such as gopher tortoises, whitetail deer, shore birds, alligators and even manatees). A rest stop at the historic **home of Marjorie Kinnan Rawlings**, Pulitzer prize winning author of "the Yearling", brings the riders through the hamlet of Cross Creek and then on to the old railroad turned bike trail, the **Gainesville/Hawthorne State Trail**. (The trail stretches 16 miles between Gainesville and the town of Hawthorne, through Paynes Prairie Preserve State Park and the Lochloosa Wildlife Management Area. In Gainesville, the trail head is the city's old waterworks at Boulware Springs).

In the evening visit the Union Street Farmers' Market (4-7pm) and the Hippodrome State Theatre (downtown at Sun Center, which is the home of Gainesville's premier professional theatre, listed on the National Register of Historic Places. Downtown has plenty to offer from restaurant & bar "hopping" to art galleries and shops. Shuttle service from the campsite will be provided.

Other attractions: Kanapaha Botanical Gardens –unfortunately closed Thursday but on Saturday and Sunday following the ride (3/25 & 3/26) the gardens will host the 16 th Annual Spring Garden Festival with booths, seminars, food, etc. Gardens cover a 62 acre area. The garden has the largest in the state display of bamboos and the largest herb garden in the Southeast. Plan to come back and take it in.

DAY 6: THURSDAY, MARCH 23 rd LAYOVER DAY IN GAINESVILLE, (51.5 miles)

Relax in Gainesville or take a tour of the University of Florida campus and visit some of the attractions such as Samuel P. Harn Museum of (located at the UF's Cultural Plaza, the museum has long-term exhibits of Asian, African, Pre-Columbian art. The Modern Art Collection contains paintings by the French impressionist Claude Monet. On Thursday nights it's open 5-10pm.

Florida Museum of Natural History (at UF's Cultural Plaza)

The museum is 104 years old, however it was chartered in 1917 by the Florida Legislature as the state's official natural history museum. It is the largest natural history museum in the Southeast. The museum has premier archaeological, fossils, and natural sciences collections. It also attracts premier exhibits such as from the Smithsonian Institution. On Thursday nights it's open 5-10pm. The newest addition to the museum is the Mcguire Center for Lepidoptera & Biodiversity, housing the Butterfly Rainforest, an exotic and vibrant display of butterflies with a screened vivarium home to about 65 different species.

Curtis M. Phillips Center for the Performing Arts (at the UF's Cultural Plaza). To obtain information about performances for the 2005-2006 season at the center visit www.performingarts.ufl.edu.

Millhopper state geological site will host our first rest stop and provide an interesting look at the limestone geology of sink holes in north Florida. Our second rest stop will be at the **Dudley**

Home and farm Historic & cultural center, with an operational farm and visitor center depicting the rural farming life of old Florida.

DAY 7: FRIDAY, MARCH 24 TH

GAINESVILLE TO PALATKA (54.7 Miles)

Our last day takes us back to Palatka, going east on the Gainesville Hawthorne trail to the sleepy towns of Windsor and Melrose. The final leg of the ride brings us past the St. Johns River Water Management District headquarters for a Tour and Reception and End of the Ride Celebration lunch just a few miles before we reach our final destination Beasley Middle School in Palatka, and say “farewell” for another year.

Lunch catered courtesy of “CRISPERS”

OTHER SERVICES

There are several entities that join Bike Florida, providing optional services to the cyclists. Arrangements for services shall be done directly with these entities.

Rolling Road I

Course begins Saturday, March 18 th at Bike Florida Headquarters, 4:00-5:30; fee: \$25.

Instructors: Lyndy Moore, Paul Casazza, and Steve Diez

Course Description: Only Bike Florida registered participants are eligible to take part in this workshop. Each afternoon (Saturday through Wednesday) there will be a class session tentatively scheduled for 4:00-5:30pm (schedule will be adjusted according to route distance). Check in at Headquarters for the location when you arrive at camp each afternoon. We’ll carry the notebooks until the end of the week. By the time you head home, you will have completed the course, taken your “road test” along the daily route on Wednesday morning, taken the written test Wednesday evening, and received your certificate on Thursday. Participants will learn how to safely operate their bicycle in a variety of situations. Designed for even the most traveled and experienced cyclist, everyone can learn something.

If you did not sign up for the course with the event adds form, you can register and pay on site on Saturday during event registration (contact Lyndy Moore for information and registration at lyndybyke@earthlink.net 407-282-3245).

Massage Therapists

The Enhanced Performance Therapeutic and Sports Massage team will be along on the ride to provide professional massage services again this year.

Sign-up procedures

They usually encourage riders to sign up on the first day of the ride, for massage sessions throughout the week, that way you ensure your preference of day and time. As in the past, they are offering the 30 minute and 1 hour massages, to provide you with a more effective massage. You ride hard all day... the massage you are receiving will surely be beneficial for you.

Prices

Prices will be: **\$30.00 per half-hour, \$55.00 per hour.** You are welcome to pay in advance for the entire week if you wish.

The Bike Detail began in Florida and is nationally known. They will be supporting Bike Florida 2006 and offer a variety of services such as daily fresh towels, gourmet coffee, etc. As a registered rider you can now plan ahead at http://1ess.biz/flabest/index_html.htm to reserve the services and find out more. On site sign up is available.

THE BIKE DETAIL : “We Shine to Blind” We clean and polish the Frame, Clusters, Rims, Spokes, Front & Rear Derailleurs and clean and re-lube the CHAIN. Just Drop off your bike @ The Bike Detail Station while you enjoy the planned festivities. The Detail Techs are trained to have the bike back in your hands in no time at all. We’ll get you started clean & send you home clean. Ongoing detailing will be available during the event at the standard price (***Available on-site no pre-payment needed***)

THE COFFEE DETAIL: “Get it from us without the fuss”™. YES! It is finally possible to get the gourmet coffee at the event. Each and every morning a true coffee drinker wants a great cup of coffee. Your cup will be ready 30 minutes before breakfast – with no lines! The Coffee Detail is (for the entire week) a great gourmet coffee specialty service.

THE CHAIR DETAIL: “Rent a Neat Seat this Week”™. This comfort is too good to pass up. Each chair has been commercially reinforced to handle the great outdoors. We transport a high back lounge chair equipped with a footrest and cup holders to the next host site. Each chair is inspected, cleaned & sanitized and has a pillowcase to keep it just right and a tag for easy identification. Each rider will pick up and return their chair @ The Chair Detail station, great for reading, listening to the evening entertainment.

THE TOWEL DETAIL™ “A Shower is best when the towel is Fresh”™ This service gives you what you want at the end of every shower - a nice, sanitized, clean & dry towel. Each day, after you complete your ride, just pick it up before the shower and return it after the shower. This is a **weekly** pre-pay service. We'll provide you a towel bracelet. Just show us your wrist and get a clean towel. This is a very, very popular service. Don't delay.

Bubba's Pampered Pedalers Advanced registration required.

No Bull----Just Bike and leave the rest to us...Bubba provides top quality tents with daily set-up and take down, along with air mattresses and deluxe camp chair, fresh towel and wash cloth daily, all plenty of “TLC”...all for \$279 (ride registration made separately). See website <http://bubbaspamperedpedalers.com/> or

Contact us at www.bubbaspamperedpedalers.com or call 321-759-3433.

CDP Digital Download

We offer custom Bike Florida post cards from your digital photos or ours! We also offer creative services pertaining to digital camera photography including memory download and more on location. We also provide stamps and other mailing services. Stop by our **cdp dollar store** for general ‘on the road’ comforts that you may have forgotten or suddenly need! Please visit our website at www.cdpdigitaldownload.com or contact us (ask for Becky) at info@cdpdigitaldownload.com.

Sun Cycle

We offer bicycle clothing, replacement parts and accessories including gloves, helmets, lights, and many other products. For additional information please visit www.suncyclecenter.com or contact us directly at (352) 343-4181 or e-mail richard@suncyclecenter.com.

Additonal services/vendors on site will include:

Boston Bill sunglasses

Jim Harris photography

Seidler Productions

Palatka Chamber of Commerce

St.Augustine Visitor & Convention Bureau

Gainesville visitor and Convention Bureau

Florida Bicycle Association

FREQUENTLY ASKED QUESTIONS?

Registration Confirmations

We will not be sending individual confirmations upon receiving registrations. Please check our website for your name on the Rider List. If you are registering through Active.com you will receive a confirmation from them directly. The Additional options "adds" form is posted on line and must be mailed in to secure meals, airport shuttle reservations, jerseys orders, etc.

Deadline for submitting Adds form is February 17, SO MAKE SURE YOU HAVE SENT YOURS IN.

If I'm Not Riding, Do I Have To Register?

Everyone must register and pay the entry fees for the event, whether you are riding or not. Everyone will receive a wristband with their ride packet that allows access to the state parks, campsites, and entertainment. You also need this wristband to receive your T-shirt, maps, cue sheets, etc. The non-rider fee this year does NOT include vehicle permit, lunch, and rest-stop refreshments.

What Does The Fee Cover?

The registration fee entitles you to a souvenir t-shirt, admission to the Florida Park Service's State Parks, Springs, one lunch, maps with marked routes and cue sheets, entrance to campsites for up to 7 nights (tent camping or gym camping), nightly entertainment, hot showers, bathrooms, rest stops every 15 - 20 miles, sag wagon support, bike repair support (parts are extra), baggage transportation to the overnight campsites and medical support. WHAT A DEAL J J !!!

How Do I Get My Baggage From The Baggage Truck To My Hotel? Luggage transportation will be provided by Bubba's Pampered Pedalers® to the hotels listed only on our website. If you are staying at a hotel not listed, please contact Bubba's Pampered Pedalers® to request special arrangements. If you do not wish to purchase luggage service, find your luggage each afternoon behind the luggage trucks, select what you need for the night, place it in a backpack and return your luggage to the back of the truck. Then you can ride to your hotel. When you return in the morning, put your backpack on the truck.

Reservations for Bubba's Luggage service must be made in advance. Check with Bubba for deadlines.

How Do I Get to the Motels? Will There Be Shuttles?

You are responsible for your own transportation to and from the hotels, unless noted otherwise. Most people ride their bikes. Motels in some cities are within walking distance of the campsite. Check the website for recommended hotels and distances from the overnight camp location.

Does Bike Florida Allow Pets?

Yes, under these conditions. Small pets are allowed if trailered with provisions made for clean up and quiet outdoor camping. No one wants to hear a dog barking. If you bring an animal that becomes bothersome, you will be asked to leave the ride or make other arrangements for your pet. No one wants to step in doggie doo. Buildings will not allow animals inside. Some parks do not allow pets...check their websites.

Will My Baggage & Bicycle Be Safe?

Bike Florida does not guarantee the safety of your baggage, bicycle or other equipment. Theft of baggage is rare. The usual culprit is someone who mistakenly picks up a bag thinking it is his or hers. Your bags should be distinctively marked or decorated with name tags or ribbons so you can find them easily. Bring a bike lock and secure it whenever it is not in your view. No bicycles will be allowed inside gyms or other indoor camping areas. Bicycle covers offer a bit of “security” in addition to protection from the weather when your bike is locked up. Please don't block entrances when locking your bike.

What Camping Options Are Available?

We offer indoor camping at every site. Indoor camping in Palatka will be available on March 18th. Camping (indoor & outdoor) will not be available on March 24th. It may get crowded in the gyms. If it is raining it will get very crowded. The indoor camping is for people who wish to roll out sleeping bags or air mattresses on the gym floors. There is no sleeping in hallways or classrooms of the schools. No bicycles or cleats inside the facilities. The indoor camping is on a first-come, first-served basis.

Outdoor Camping Options are Available as Follows:

3/18 - Palatka, Beasley Middle School - headquarters

3/19 and 3/20 - St. Augustine: Headquarters is at the St. Augustine Amphitheatre. Other camping (priority, there is a fee) is available at Anastasia State Park. Indoor camping is at the Elks Lodge. All three sites in St. Augustine are adjacent within a walk or bike ride.

3/21 - Palatka, Beasley Middle School - headquarters

3/22 & 3/23 - Gainesville, MLK Multipurpose Center - headquarters.

What About the Meals? “ADDS” form must be submitted with check by February 20, 2006 to secure meals.

Meals will be served as follows at each location and each day except for dinner on Wed. 3/22 (in downtown Gainesville).

3/18 - Palatka dinner at Beasley Middle School

3/19 - Palatka breakfast at Beasley Middle School

3/19 - St. Augustine dinner at Elks Lodge

3/20 - St. Augustine breakfast at Elks Lodge

3/20 - St. Augustine dinner at Elks Lodge

3/21 - St. Augustine breakfast at Elks Lodge

3/21 - Green Cove Springs lunch (included in rider's registration)

3/21 - Palatka dinner at Beasley Middle School

3/22 - Palatka breakfast at Beasley Middle School

3/22 - Gainesville dinner - on your own downtown (shuttles provided)

3/23 - Gainesville breakfast at MLK Multipurpose Center

3/23 - Gainesville dinner at MLK Multipurpose Center

3/24 - Gainesville breakfast at MLK Multipurpose Center

Does Bike Florida Allow Child Carriers?

Yes. All children under 12 MUST be in approved child carriers, riding on a trailered bike or on the back of a tandem.

Is Bike Florida Safe For Children?

We strongly emphasize safety on all of our rides. All children under 12 MUST ride on a trailered bike or a tandem. The Safety Pledge states: "I will provide immediate adult supervision to my bicycling children under age 16." When children ride with responsible adults, Bike Florida is a safe bicycling event.

Can I Bring My RV on Bike Florida?

Yes, under these conditions. You will first need to contact our office directly. We do not guarantee space at the overnight sites. We do not have RV hookups at the sites, and we cannot guarantee electric hookups. If you are using a generator, please be courteous of tent campers. It is first-come, first-served at the over-night stops. Space is limited so please contact Bike Florida to register your RV and see if space is available.

How do I get from the airport? See page #4 of brochure for details on airport shuttle and times. Be sure to give yourself plenty of time for boxing your bicycle, 2 hours to get to JIA, 1 ½ hours prior to flight time. There are also hotels in vicinity of airport with shuttles.

SHARE THE ROAD

SPECIALTY LICENSE PLATES

Floridians can now promote the safe sharing of the roadways with the new ‘Share the Road’ specialty license plates.

HOW DO YOU PURCHASE THE SPECIALTY PLATE?

The tags are available at your county’s tax collector’s office and everywhere license plates are sold in your county.

Call your local tag office today.

WHAT ARE THE COSTS & BENEFITS?

The ‘Share the Road’ specialty plates will cost an additional \$17 above the traditional state plates and your vehicle’s registration fees. Of the \$17, \$2 goes to the state for processing and administration and the remaining \$15 is split equally between Bike Florida and the Florida

Bicycle Association.

'Share the Road' license plate proceeds benefit bicycle, pedestrian and motorist education programs for the safe sharing of Florida's roadways. www.sharetheroad.org

March 18-24, 2006

...A Tour for Saints N' Spinners...

FREQUENTLY ASKED QUESTIONS

Registration Confirmations

We will not be sending individual confirmations upon receiving registrations. Please give us a few weeks to process your registrations. Please check our website periodically for your name on the Rider List. If you are registering through Active.com you will receive a confirmation from them directly. In January you will be notified with the **Additional options form** about meals, shuttle information, jerseys, etc.

What Time Is Registration?

We will begin check-in and registration at Beasley Middle School with an early bird registration on Friday, March 17th from 6pm to 8pm and resume registration on Saturday, March 18th from 9:30am to 6pm.

If I'm Not Riding, Do I Have To Register?

Everyone must register and pay the entry fees for the event, whether you are riding or not. Everyone will receive a wristband with their ride packet that allows access to the state parks, campsites, and entertainment. You also need this wristband to receive your T-shirt, maps, cue sheets, etc. The non-rider fee this year does NOT include vehicle permit, lunch, and rest-stop refreshments.

What Does The Fee Cover?

The registration fee entitles you to a souvenir t-shirt, admission to the Florida Park Service's State Parks, Springs, one lunch, maps with marked routes and cue sheets, entrance to campsites for up to 7 nights (tent camping or gym camping), nightly entertainment, hot showers, bathrooms, rest stops every 15 - 20 miles, sag wagon support, bike repair support (parts are extra), baggage transportation to the overnight campsites and medical support.

How Do I Get My Baggage From The Baggage Truck To My Hotel? Luggage transportation will be provided by Bubba's Pampered Pedalers® **to the hotels listed only on our website.** If you are staying at a hotel not listed, please contact Bubba's Pampered Pedalers® to request

special arrangements. If you do not wish to purchase luggage service, find your luggage each afternoon behind the luggage trucks, select what you need for the night, place it in a backpack and return your luggage to the back of the truck. Then you can ride to your hotel. When you return in the morning, put your backpack on the truck.

Reservations for Bubba's Luggage service must be received on or before March 1, 2006 to assure a spot.

How Do I Get to the Motels? Will There Be Shuttles?

You are responsible for your own transportation to and from the hotels, unless noted otherwise. Most people ride their bikes. Hotels in some cities are within walking distance of the campsite. Check the website for recommended hotels and distances from the overnight camp location.

Does Bike Florida Allow Pets?

Yes, under these conditions. Small pets are allowed if trailered with provisions made for clean up and quiet outdoor camping. No one wants to hear a dog barking. If you bring an animal that becomes bothersome, you will be asked to leave the ride or make other arrangements for your pet. No one wants to step in doggie doo. Buildings will not allow animals inside. **Some parks do not allow pets.**

Will My Baggage & Bicycle Be Safe?

Bike Florida does not guarantee the safety of your baggage, bicycle or other equipment. Theft of baggage is rare. The usual culprit is someone who mistakenly picks up a bag thinking it is his or hers. Your bags should be distinctively marked or decorated with name tags or ribbons so you can find them easily. Bring a bike lock and secure it whenever it is not in your view. No bicycles will be allowed inside gyms or other indoor camping areas. Bicycle covers offer a bit "security" in addition to protection from the weather when your bike is locked up. Please don't block entrances when locking your bike.

What Camping Options Are Available?

We offer **indoor camping** at every site. Indoor camping in Palatka will be available on March 18th. Camping (indoor & outdoor) will not be available on March 24th. It may get crowded in the gyms. **If it is raining it will get very crowded.** The indoor camping is for people who wish to roll out sleeping bags or air mattresses on the gym floors. There is no sleeping in hallways or classrooms of the schools. **No bicycles or cleats inside the facilities.** The indoor camping is on a first-come, first-served basis.

Outdoor Camping options are available as follows:

3/18 - Palatka, Beasley Middle School - headquarters

3/19 and 3/20 - St. Augustine: Headquarters is at the St. Augustine Amphitheatre. Other camping (priority, there is a fee) is available at Anastasia State Park. **Indoor** camping is at the Elks Lodge. All three sites in St. Augustine are adjacent within a walk or bike ride.

3/21 - Palatka, Beasley Middle School - headquarters

3/22 & 3/23 - Gainesville, MLK Multipurpose Center - headquarters.

What About the Meals?

Meals will be served as follows at each location and each day except for dinner on Wed. 3/22.

Meals can be ordered with an adds form.

3/18 - Palatka dinner at Beasley Middle School

3/19 - Palatka breakfast at Beasley Middle School

3/19 - St. Augustine dinner at Elks Lodge

3/20 - St. Augustine breakfast at Elks Lodge

3/20 - St. Augustine dinner at Elks Lodge

3/21 - St. Augustine breakfast at Elks Lodge

3/21 - Green Cove Springs lunch at Spring Park (included in rider's registration)

3/21 - Palatka dinner at Beasley Middle School

3/22 - Palatka breakfast at Beasley Middle School

3/22 - Gainesville dinner - on your own

3/23 - Gainesville breakfast at MLK Multipurpose Center

3/23 - Gainesville dinner at MLK Multipurpose Center

3/24 - Gainesville breakfast at MLK Multipurpose Center

Does Bike Florida Allow Child Carriers?

Yes. All children under 12 MUST ride on a trailered bike or on the back of a tandem.

Is Bike Florida Safe For Children?

We strongly emphasize safety on all of our rides. All children under 12 MUST ride on a trailered bike or a tandem. The Safety Pledge states: "I will provide immediate adult supervision to my bicycling children under age 16." When children ride with responsible adults, Bike Florida is a safe bicycling event.

Can I Bring My RV on Bike Florida?

Yes, under these conditions. You will need first to contact our office directly. We do not guarantee space at the overnight sites. We do not have RV hookups at the sites, and we cannot guarantee electric hookups. If you are using a generator, please be courteous of tent campers. It is first-come, first-served at the over-night stops. There is no extra fee for your RV. **Please be courteous to tent campers in the area and avoid running generators at night.**

What if I need to cancel?

You can cancel until February 17, 2006 and your reasons such as medical, etc. need to be stated in writing (via e-mail or letter). No refunds will be processed after February 17, 2006. There will be no exceptions. You will receive a refund minus a \$35 processing fee. **All refunds** will be issued after the event.

BIKE FLORIDA CONTACT INFORMATION

P.O. Box 5295

Gainesville, FL 32627

Tel: (352) 392-6755

Fax: (352) 846-0404

March 18-24, 2006

...A Tour for Saints N' Spinners...

Bike Florida is a non-profit organization whose mission is to promote safe cycling in the state of Florida.

PURPOSE OF TOUR

Increase awareness for the ecotourism potential of bicycling in rural Florida

Improve driver awareness for the safety of bicyclists

Raise funds to support bicycle safety programs.

ABOUT THE RIDE

Bike Florida 2006 is a week-long fully-supported bicycle and tent camping tour pedaling approximately 343 miles in the beautiful North East Florida area. This year's ride will start and end in Palatka, Florida and cyclists will ride 40-70 miles daily. The tour will again feature two layover days: in St. Augustine on March 20th and in Gainesville March 23rd allowing you to explore the towns and their surrounding areas on your own. The tour is leisurely-paced and is designed to be a fun and relaxing vacation for cyclists of all ages and abilities. Complimentary rest stops are set up approximately every 15-20 miles. We will use local park facilities and school grounds for tent camping where shower trucks and portalets will be set up. Indoor camping will be available on a limited space basis. A list of **hotels and motels** with rates and contact information is available on the HOTEL LIST link, however, riders must make their own arrangements and reservations. March in North Florida can be chilly, with average high temperatures around 70-75° F and lows in the 50's, so come prepared to "layer".

DAILY ACTIVITIES

Cyclists will have the opportunity to visit award-winning Florida state parks, historic sites, and world-famous attractions. You will ride along the St. John's River, the Atlantic coast, and roads lined with beautiful oak trees covered with hanging Spanish moss. This is the season when the beautiful dogwoods and azaleas will be in full bloom displaying an array of colors! After the evening meal served on the grounds, entertainment can take the form of wildlife presentations,

films, local music groups, or the annual rider talent show.

WHAT IS INCLUDED WITH REGISTRATION?

The registration fee entitles you to a souvenir T-shirt, one free lunch, route maps and cue sheets, entrance to campsites (tent or gym camping), week-long parking in Palatka, nightly entertainment, use of showers and bathrooms, rest stops (every 15-20 miles) – along with SAG support, bike repair support (parts are extra), baggage transportation to the overnight campsites and medical support.

TOUR COSTS & OPTIONS

Full week option:

\$210 Adult Cyclist

\$85 Child Cyclist (under 16 years of age)

(Children under 12 must be on a tandem or trailer bike)

\$100 Non-Rider (see details below)

\$25 late fee for registration received after January 15, 2006

4-day loop options:

\$185 (Palatka, St. Augustine, Palatka, March 18-21)

\$185 (Palatka, Gainesville, Palatka, March 21-24)

Other options will be available for purchase later:

Meal plan (breakfast and dinner, dinner only, or breakfast only)

Private vehicle permit for \$25 (for vehicles moving daily with the ride)

League of American Bicyclists Road I Course for \$25

The registration deadline will be January 15, 2006. Registrations after that date will be taken IF SPACE IS AVAILBLE and there will be a late fee of \$25. Please call us or check the website before mailing your registration. Bike Florida's 2003 and 2004 tours were sold out early, so register soon! Only 1,000 cyclists will be accepted for the 2006 tour. Tell your friends who might want to join the ride to check our website too. If they do not access the Internet regularly, print a copy of the registration form for them!

CREDIT CARDS & REGISTRATION

Online registration is now available through

http://www.active.com/event_detail.cfm?event_id=1264977

Please note that there will be an additional service fee added onto the registration cost.

[REGISTRATION](#) (Please click on registration to obtain a copy of the form. You would need to print it, fill it out and sign, and then mail the form to Bike Florida with correct payment.)

[WAIVER FORM - ONLINE REGISTRANTS](#)

The state of Florida requires that all participants sign a hard copy of the waiver form for it to be valid. If you registered online, we still need to collect a copy of the waiver with your signature. In an attempt to simplify things at the onsite registration, we ask that you mail a copy of this waiver form before the event. Please print out and sign the following waiver and mail it to the address found at the bottom of the form:

[WAIVER FORM FOR ONLINE REGISTRANTS](#)

[REFUND POLICY](#)

A \$35 processing fee will be charged on all refunds. Refund requests **MUST** be in writing, stating reasons for refunds such as medical and emergencies. No refunds will be processed after February 17, 2006. There will be no exceptions. Event will take place rain or shine. We are not responsible for acts of God.

[MEALS](#)

All registered cyclists receive one lunch included with registration. All breakfasts and dinners will be served at or near the overnight camping locations. The following is for informational purposes only, do not order at this time (*prices are subject to change).

~ Full Plan at \$104 (5 dinners, Sat-Thu, except Wed.; 6 breakfasts Sun-Fri)

~ Dinners only at \$60 (5 dinners, Sat-Thu, except Wed.)

~ Breakfasts only at \$44 (6 breakfasts, Sun-Fri)

~ A vegetarian option will be available.

~ 4-day tour meal options are available (please refer to adds form)

Note: Meal plans will be added later via an order form that will be mailed (or also will be downloadable from our website) to those who are accepted for the ride. Cyclists will receive the list with meal descriptions and costs at a later date and will need to order and pay by February 17, 2006. Meals will **NOT** be sold at the event; all meals must be pre-ordered.

[INDOOR CAMPING](#)

All locations will have indoor camping. We typically utilize schools, parks or campground facilities. Some of the facilities may not be air-conditioned, but there will be **LIMITED** space for sleeping (available on first come first serve basis).

Note: you will need to bring a bike chain, lock and/or cover since bikes will NOT be allowed in any of the gyms. This is necessary for safety reasons and to allow more space for sleeping accommodations. The local schools, for example, which will be utilized for overnight camping, should have plenty of sidewalks, breezeways, and fences where you will be able to secure your bike. Affordable bike covers could be purchased from your local bike shop.

HOTELS AND LUGGAGE

A list of hotels, motels and Bed and Breakfasts will be available on our website in a few weeks. Hotel luggage information will be made available also. We do not have information about shuttle transportation from the hotels yet. As soon as arrangements are made we will add that information. There will be a charge for shuttle transportation between hotels and the camp sites.

NOTE: Schedules, activities, and fees are subject to change.

BIKE SHIPPING

Click on the link above to obtain information.

AIRPORTS AND AIRPORT SHUTTLES

Cyclists can fly into the Jacksonville International Airport (approximately 69 miles to Palatka). Please indicate on the registration form if you need a shuttle. Information on the shuttle, including fees is available on the add form.

VEHICLE PARKING AND PERMITS

Per our staff security officer:

All vehicles at the overnight sites must have a registration sticker or the vehicle will be towed at the owner's expense. People choosing not to utilize the designated lots are on their own to secure a parking location. You can leave your car in the designated parking area in Palatka (no additional cost; it's included with registration). A vehicle permit of \$25 will be provided for non-riders or vehicles traveling on the ride.

REST STOPS

Rest stops are designed for getting off the bicycle for a brief rest, to replenish fluids and your energy with water and/or a sport drink, and assorted fruits and snacks. **The rest stops are not intended to provide a full meal.**

NON-RIDERS AND VOLUNTEERS

Everyone must register for the event, even if you are not riding. If you would like to volunteer, please indicate that on your registration form. If selected as a volunteer you will be contacted with further instructions. In exchange for volunteer services non-riders may be entitled to a

partial fee waiver, which will be processed after the event. The NON-RIDER fee option is in response to a request from non-riders in the past for a reduced fee. The NON-RIDER FEE will entitle you to an event T-shirt, route maps with directions to the different locations, access to camping, showers and restrooms, and entertainment.

NOT INCLUDED in the registration are daily rest stop foods/beverages, lunch, and a vehicle permit. If you'd like to have the one lunch and rest stop refreshments included, you would need to pay the full registration amount.

“ROLLING” ROAD I COURSE

This course is held in conjunction with Bike Florida's 2006 Beach & River Ramble. Only Bike Florida registered participants will be eligible for this workshop. We will meet every afternoon. Our staff will carry your notebooks until the end of the week. By the end of the ride, you will have completed the course, taken your "road test" along the daily route, taken the written test, and received your certificate at the Thursday night entertainment. Participants will learn how to safely operate their bicycle in a variety of situations. This course is designed for even the most traveled and experienced cyclist.

The course will cost \$25. Sign up details will be made shortly. If you have any questions about this course, please contact Lyndy Moore at sharetheroadinfo@earthlink.net, (407) 282-3245 or go to www.bikeleague.org/instructors/courses.cfm#FL

WEBSITE

Our website will be constantly updated to include information on what to bring, as well as maps and directions to the start of the ride, meal menus, ordering of jerseys, locations for overnight stays, etc. Click on this link to see if you are on the [RIDER LIST](#)

LIST OF PARTICIPANTS

Links will be available to check your registration status and see if your friends from last year have registered. If you mailed your registration form and your name is not on the list yet, please check back with us later. We are constantly updating the registrations as they are received by mail or entered online. Applicants will be entered in the order their applications are received by mail and electronically. Thank you for your patience!

FAQ

Frequently Asked Questions section is now available (click above).

BIKE FLORIDA CONTACT INFORMATION

P.O. Box 5295
Gainesville, FL 32627
Tel: (352) 392-6755

Fax: (352) 846-0404
info@bikeflorida.org
www.bikeflorida.org

NOTE: Schedules, activities and fees are all subject to change.

TOUR HIGHLIGHTS

March 18-24, 2006

This year's event is a week-long fully-supported bicycle and tent camping tour pedaling approximately 343 miles in the beautiful North East Florida area. The ride will start and end in Palatka, Florida and cyclists will ride 40-70 miles daily. The tour will again feature two layover days: in St. Augustine on March 20th and in Gainesville March 23rd allowing you to explore the towns and their surrounding areas on your own. Cyclists will have the opportunity to visit award-winning Florida state parks, historic sites, and world-famous attractions. You will ride along the St. John's River, the Atlantic coast, and roads lined with beautiful oak trees covered with hanging Spanish moss. This is the season when the beautiful dogwoods and azaleas will be in full bloom displaying an array of colors!

Photo by John Moran/www.johnmoranphoto.com

DAY 0: FRIDAY, MARCH 17 TH, 2006 EARLY REGISTRATION DAY, PALATKA, FLORIDA

Registration at Beasley Middle School (located at 1100 South 18th St., Palatka, FL 32177) between 6:00-8:00pm. Camping available outside only. Celebrate St. Patrick's Day by going to the festival downtown on and on the waterfront in the evening.

LARIMER ARTS CENTER (gallery open 1:00-5:00pm Thu and Fri and 10:00am-2:00pm on Sat., 260 Reid St., call 386-328-8998). The center (circa 1930) is home of Arts Council of Greater Palatka and the Council's Gallery Monthly Exhibits).

HISTORIC TILGHMAN HOUSE (open Fri-Sat 12:00pm-4:00pm; located at 324 River St., call 386-325-8750). You can enjoy the arts and craftsmanship of local artists at this historic home (circa 1884).

FLORIDA SCHOOL OF THE ARTS GALLERIES (open Mon-Fri 8:30am-5:00pm, located at 5001 St. Johns Ave, call 386-328-1571).

WELAKA NATIONAL FISH HATCHERY AND AQUARIUM (open 7 days a week, 7:00am-4:00pm; located at 726 County Rd 309, Welaka, FL 32193). Visit www.fws.gov/southeast/welaka/ or www.fws.gov/southeast/pubs/facts/welcon.pdf for more information. The site has a visitor center, aquarium and offers self-guided tours. You will learn more about native and exotic fish and wildlife. There in an observation tower and interpretive information on birds that can be spotted.

DAY 1: SATURDAY, MARCH 18 TH, 2006

PALATKA, FLORIDA

REGISTRATION, LOCAL HISTORIC DISTRICT & RIVERFRONT RIDES (UP TO 30 MILES)

When you arrive, you can register, set up your campsite and then take a tour of Palatka by bike or on foot, to the downtown historic district, the riverfront parks, and surrounding neighborhoods or enjoy the blooming azaleas at Ravine Gardens Tour. Our first **overnight stay** will be at **Beasley Middle School**, in Palatka.

DAVID BROWNING RAILROAD MUSEUM (open 3rd Saturday of each month from 1:00-4:00pm; located at 11th and Reid St.). The museum displays historic photos, documents, railroad memorabilia, and an operating model train. Call 386-328-0305 for additional information.



DAY 2: SUNDAY, MARCH 19 TH

PALATKA TO ST. AUGUSTINE BEACH (47 MILES)

DESTINATION: ANASTASIA STATE PARK, AMPHITHEATRE AND ELKS LODGE

Our **overnight location** is **Anastasia State Park** (1340-A A1A South, St. Augustine, FL 32080) and the **St. Augustine Amphitheatre** (at Highway A1A South) Enjoy historic St. Augustine, its numerous attractions and sites, and the beautiful beaches within a few miles of our campsite. (www.visitoldcity.com).

ST. AUGUSTINE LIGHTHOUSE & MUSEUM

Climb the 219 steps to the top of the 165-foot working lighthouse and view a breathtaking panorama (<http://www.staugustinelighthouse.com/>). Admission fee required.

PONCE DE LEON'S FOUNTAIN OF YOUTH

North America's first historical site. Here, Ponce DeLeon came ashore to landmark and record for all time the first moment of our nation's history - the Discovery of North America. Visit <http://www.fountainofyouthflorida.com/> for more details. Admission fee required.

ALLIGATOR FARM ZOOLOGICAL PARK

See crocodiles, rare snow white alligators, tropical birds, monkeys, giant tortoises and other exotic animals and enjoy alligator, reptile and bird shows. Visit (http://www.visitoldcity.com/interests/nature/festival/alligator_05.php#top) for details. Admission fee required.

ANASTASIA STATE RECREATION AREA

Located on the north end of Anastasia Island, this beach park has plenty to offer (<http://floridastateparks.org/anastasia/default.cfm>). Relax on the golden beaches or rent beach equipment such as sailboards or paddle boats.

DAY 3: MONDAY, MARCH 20 TH (LAYOVER DAY)

REST, SIGHTSEE, OR RIDE THE BEACH LOOP (A1A\ ST. AUGUSTINE TO FLAGLER BEACH - 52 MILES ROUNDTrip)

A morning ride down along A1A and some of Florida's most beautiful beaches, will take you to Washington Oaks State Gardens (rest stop) and then down to Flagler beach and Gamble Rogers memorial recreation area on the beach. Turn around and return for shower and tour of the city. There's plenty to see and do in our nation's oldest city. You can ride your bike or take the shuttle trolleys into the old town. Visit <http://www.historictours.com/staugustine/default.htm> and <http://www.redtrains.com> for more details on the tour trolleys.

FT. MATANZAS NATIONAL MONUMENT

The monument (<http://www.nps.gov/foma/index.htm>) is an optional scenic stop that takes you off your bike onto a ferry to this historic park and visitor's center. Get an offshore view of the magnificent coastline and wildlife. This Spanish fort was built in 1742 to protect St. Augustine. The ferry will bring approximately 75 visitors per hour to the monument on Rattlesnake Island. The ferry leaves the Visitor Center dock between 9:30am and 4:30pm on the half-past the hour. The tours will take approximately 45 minutes.

WASHINGTON OAKS STATE GARDEN

A rest stop will take us through the gardens (<http://www.floridastateparks.org/washingtonoaks/default.cfm>). The site offers 400-acres of Florida's original coastal scenery. Waves have washed the sand away, creating a picturesque coquina boulder-strewn beach.

FLAGLER BEACH

Flagler Beach is known for its many miles of wide and smooth sandy beaches. There are no crowds and no traffic jams, just natural beauty. Flagler Beach is what every beach should be: serene and natural without a crowd in site. Since no construction is permitted on the beach or sand, the shores are lined with sea oats, scattered boardwalks and bike paths along the scenic highway that's known as A1A. Visit <http://www.flaglercounty.com/fbcc/> for more information on the area.

LIGHTNER MUSEUM

Henry Flagler's former Alcazar Hotel holds an extensive collection of cut crystal and Tiffany glass as well as natural history, art and musical instrument exhibits. Admission fee required. Visit <http://www.lightnermuseum.org/> for more details.

CASTILLO DE SAN MARCOS NATIONAL MONUMENT

Built in 1672 of coquina, a local shell-rock formation, this fort served the Spanish Empire by guarding St. Augustine and protecting the sea routes for treasure ships returning to Spain. This historic landmark is also listed in the National Directory of Haunted Places. For more information visit

<http://www.visitoldcity.com/moreinfo.php?ZID23=3749&ListingFormat=attr&ClassID=3>

Admission fee required.

SAN SEBASTIAN WINERY

The winery is one of the premier Florida wineries. Enjoy a complimentary tour and wine tasting of a variety of wines. For hours and more information visit <http://www.sansebastianwinery.com/>.

DAY 4: TUESDAY, MARCH 21 ST

ST. AUGUSTINE TO PALATKA VIA GREEN COVE SPRINGS (41 MILES TO GREEN COVE SPRINGS, 72 MILES TOTAL, CENTURY OPTION)

Our **overnight stay** will be at **Beasley Middle School**, in Palatka.

Featuring the St. Johns River Ramble, the Bridge of Lions (Old St. Augustine), and a picnic at Spring Park at Green Cove Springs. You will have the option to do the Century loop to Orange Park, and in the afternoon, enjoy Ravine Gardens State Park with azaleas in full bloom

(www.floridastateparks.org/ravinegardens/default.cfm). Ravine Gardens are open from 8:00am until sunset and are located at 1600 Twigg St, Palatka.

BRONSON-MULLHOLLAND HOUSE (open Sun -Thu 2:00-5:00pm; located at 100 Madison St., call 386-329-0140). Tours are conducted in this Greek Revival Plantation home (circa 1884), which has furnishings dating from 1857.

PUTNAM HISTORIC MUSEUM (open Tue, Thu and Sun 2:00-5:00pm; located at 100 Madison St., call 386-325-9825). Museum is operated by The Putnam County Historical Society. The museum's old maps, photographs, postcards, exhibits, and books illustrate the history of this area.

DAY 5: WEDNESDAY, MARCH 22 ND
PALATKA TO GAINESVILLE (54 MILES)

Our **overnight location** for two nights is the **Martin Luther King Center** located at 1024 NE 14th Street, Gainesville, FL 32602 (near NE 8th Ave. and Waldo Rd).

WILLIAM BARTRAM'S TRAIL

“Ride” in the footsteps of William Bartram who visited this area in 1774. For more information go to www.bartramtrail.org/pages/Bartram_Trail/frame7.html

CROSS FLORIDA GREENWAY

This is Florida's premier greenway, which crosses the state from the Gulf of Mexico to the St. Johns River. The trail is 110 miles long and traverses a wide variety of natural habitats. You might cross path with wildlife such as gopher tortoises, whitetail deer, shore birds, alligators and even manatees. For more information go to www.dep.state.fl.us/gwt/cfg/default.htm

GAINESVILLE/HAWTHORNE TRAIL

The trail stretches 16 miles between Gainesville and the town of Hawthorne, through Paynes Prairie Preserve State park and the Lochloosa Wildlife Management Area. In Gainesville, the trail head is the city's old waterworks at Boulware Springs. The old rail bed is paved and transformed into a multi-purpose trail (walking, cycling, and horseback riding). Please visit www.floridastateparks.org/gainesville-hawthorne/default.cfm for more information.

GAINESVILLE - WALDO ROAD GREENWAY

The paved trail stretches 2.6 miles through residential and industrial parts of Southwest Gainesville. The trail is a part of a growing network that will link to the Gainesville-Hawthorne Trail State Park via the Gainesville-Downtown Connector.

KANAPAHA BOTANICAL GARDENS

The gardens cover a 62 acre area operated by the North Florida Botanical Society. The garden has the name of the nearby Lake Kanapaha. The word "Kanapaha" is derived from the Timucua Indian words "palmetto leaf" and "house". Both of these words refer to the thatched dwellings of the Timucua village residents on the western shore of Lake Kanapaha. The garden has the largest in the state display of bamboos and the largest herb garden in the Southeast. The garden recently renovated its Hummingbird Garden and the Butterfly Garden, both of which overflow with lushness and beautiful colors. Please visit www.kanapaha.org for more information. Their hours are: M-W & Fri 9am-5pm; Th-closed; Sat-Sun 9am till dusk.

HIPPODROME STATE THEATRE (downtown at Sun Center)

Gainesville is the home of this premier professional theatre, which is housed at the historic [federal building](#) listed on the National Registry of Historic Places. For more information on the main stage and cinema schedule visit www.thehipp.org

Visit downtown and the Historic District, complete with Union Street Farmers' Market (from 4:00pm-7:00pm) and restaurant “hopping” in downtown. Meet the major supporters for this “Bicycle Friendly City” with a night on the Plaza (at the Downtown Community Plaza at 111 E. University Ave.) Shuttle service from the campsite will be provided.

DAY 6: THURSDAY, MARCH 23 RD

LAYOVER DAY OR GAINESVILLE-HIGH SPRINGS-POE SPRINGS (52 MILES)

RIDER TALENT SHOW AT CITIZEN'S FIELD {from 7:30-9:00pm with skits, singing, dancing, playing a musical instrument, jokes or storytelling (family-oriented and tasteful), 3 minutes maximum per person}.

Gainesville, Florida is the home of the UNIVERSITY OF FLORIDA.

A variety of rides are available, such as a Tour of campus, San Felasco Hammock Preserve State Park/Devil's Millhopper Geological State Park, and breathtaking natural springs at the Poe Springs county park in historic High Springs. Please visit www.ufl.edu, www.floridastateparks.org/sanfelascohammock/default.cfm, www.floridastateparks.org/devilsmilhopper/default.cfm, <http://www.visitgainesville.net>, <http://www.gainesvillechamber.com>

SAMUEL P. HARN MUSEUM OF ART (located at the UF's Cultural Plaza)

In October 2005 the museum unveiled a new wing with dedicated space for exhibition of contemporary art. The wing now has a courtyard garden and a cafe. The museum has long-term exhibits of Asian, African, Pre-Columbian art. The Modern Art Collection contains paintings by the French impressionist Claude Monet. The museum is proud of its permanent oil on canvas by Monet *Champ d'Avoine*. Please visit www.harn.ufl.edu for details. The hours are: Tue-Fri 10am-5pm; **Thursday nights 5-10pm**; Sat 10am-5pm, Sun 1-5pm.

FLORIDA MUSEUM OF NATURAL HISTORY (located at the UF's Cultural Plaza)

You can visit the museum's web site at www.flmnh.ufl.edu. The museum is 104 years old, however it was chartered in 1917 by the Florida Legislature as the state's official natural history

museum. Throughout its existence it has grown to provide scientific research, develop collections and exhibitions, and provide interpretive programs to the public. It is the largest natural history museum in the Southeast. The museum has premier archaeological, fossils, and natural sciences collections. It also attracts premier exhibits such as from the Smithsonian Institution. The hours are: Mon-Sat 10am-5pm; Sun 1-5pm and **Thursday nights 5-10pm**. The newest addition to the museum is the

MCGUIRE CENTER FOR LEPIDOPTERA & BIODIVERSITY, housing the **BUTTERFLY RAINFOREST**, which can be visited at www.flmnh.ufl.edu/butterflies. It is an exotic and vibrant display of butterflies. The screened vivarium is home to about 65 different species and hundreds of butterflies as well as tropical and subtropical trees and plants. The hours are the same as the natural history museum.

CURTIS M. PHILLIPS CENTER FOR THE PERFORMING ARTS (located at the UF's Cultural Plaza)

To obtain information about performances at the center and other venues visit www.performingarts.ufl.edu. The 2005-2006 provides an excellent variety of performances in different art forms and world renowned performers such as soprano Renée Fleming, violinist Joshua Bell, the Alvin Ailey American Dance Theater, and many others.

DAY 7: FRIDAY, MARCH 24 TH **GAINESVILLE TO PALATKA (58 MILES)**

The final day's ride takes us east on the Gainesville/Hawthorne trail to the sleepy town of Windsor, then through the countryside to Melrose with a stop at the **MELROSE ARTISAN'S GUILD**.

The final leg of the ride brings us past the **ST. JOHNS RIVER WATER MANAGEMENT DISTRICT** headquarters for a **TOUR AND RECEPTION** and **END OF THE RIDE CELEBRATION** just a few miles before we reach our final destination of Palatka, and say "farewell" for another year.

Please note that the activities and schedules are subject to change.



BI KE FLORIDA’S 2006 March 18-24 EVENT ADDITIONS (‘ADDS’) FORM

Welcome to all registered participants in this year’s ride. This form intends to 1) be used to order additional services such as meals, airport shuttle, vehicle permit, jersey, request camping space at

Anastasia State Park in St. Augustine Beach (space is limited, first come first serve basis), and “Rolling” Road I course participation and 2) inform you about vendors. Please print out the form, check all services you’d like to order, write the amount due in front of each item as well as the total amount enclosed at the bottom of the form. Send with check or money order **no later than February 17, 2006. Make check or money order (US Funds only) payable to BIKE FLORIDA and mail to P. O. Box 5295, Gainesville, FL 32627. Look for your Rider Handbook & DVD with “preview of Bike Florida 2006” in mid-February with complete details of the event and directions to the ride start. The Rider Handbook will be posted also on our website at www.bikeflorida.org. RIDER PACKETS containing your wristband, parking permit, meal ticket, & maps, will be distributed at registration - Beasley Middle School, Palatka, Florida, Saturday, March 18.**

_____ \$ _____ ck#

Please print your full name and zip code

MEAL PLANS: Meals served on-site except on Wed. 3/22; vegetarian available, menus subject to some changes

MEAL OPTIONS: (Meals will **NOT** be sold on site; **pre-paid orders only by February 17**). See next page for menus.

Please specify if Vegetarian Meals only; I **do not** eat seafood and prefer vegetarian option

\$104.00 **Full Week-Long** Meals (Dinners: Sat, Sun, Mon, Tue, and Thurs; Breakfasts: Sun-Friday)

\$60.00 **Dinner** (Sat – Thurs, **with exception of Wed.**)

\$44.00 **Breakfast** (Sun – Fri)

\$54 **Full 4-day option** (Palatka, St. Augustine, Palatka); \$51.00 **Full 4-day option** (Palatka, Gainesville, Palatka)

\$34 **Dinner** (Sat - Mon: Palatka & St. Augustine); \$26.00 **Dinner** (Tues & Thu: Palatka & G-ville)

\$20 **Breakfast** (Sun - Tues: Palatka & St. Augustine); \$25.00 **Breakfast** (Wed - Fri: Palatka & G-ville)

\$10.00 Non-Rider or Vendors Tuesday Lunch in Green Cove Springs (lunch included in cyclist’s registration)

\$ _____ **(TOTAL FOR MEAL PLAN)**

SHUTTLES from & to the Jacksonville International Airport (JIA); Please check appropriate box. **Reservations required.**

\$ _____ \$ 50/round trip per person. **YES**, I need shuttle service from JIA to Palatka & back.

(airline, flight number, date, and time of arrival)

YES, I will have my bike on the airport shuttle (space limited). Shuttles will be provided from JIA to the ride start (Beasley Middle School) on Fri. 3/17 at **4pm** and **7pm** and on Sat., 3/18 will

depart the airport at **12pm, 3pm and 6pm** . On Fri. 3/24 shuttles to the airport from the ride end (school) will leave at **3pm and 6 pm**. The pick-up location at the airport will be outside lower level of the terminal building adjacent to the baggage claim area.

ACCOMODATIONS: Please tell us which accommodation you have chosen:

Tent camping Indoor camping Hotel/Motel/B&B

To request **priority scenic camping at Anastasia State Park** along St. Augustine beach please check below. Park offers hiking, wildlife-viewing, salt marsh canoeing, archaeological coquina site, restrooms, showers, picnic areas, concession stand & shop, hook-ups and RV sites, etc. If you plan on bringing your RV, please contact us directly at (352) 392-6755 or info@bikeflorida.org for fees and arrangements.

\$ _____ \$10 per person for 2 nights priority tent campsite, Anastasia State Park – St. Augustine (first come first serve)

MORE OPTIONS:

\$ _____ \$25.00 **Rolling “Road I” course:** contact Lyndy Moore at 407-282-3245 or sharetheroadinfo@earthlink.net.

\$ _____ \$25.00 **Vehicle Permit** - required for every vehicle **traveling with the tour** (parking in Palatka is free).

\$ _____ \$60.00 **Bike Florida 2006 Jersey:** I would like to order a jersey. * Jerseys will be picked up during registration/check-in. View jersey design on our website at www.bikeflorida.org.

CHECK SIZE: Small; Medium; Large; X- Large; XX- Large

\$ _____ **Total Amount Enclosed**

Order form and funds MUST be received no later than February 17, 2006. Make check or money order (US Funds only) payable to BIKE FLORIDA and mail to P. O. Box 5295, Gainesville, FL 32627.

_____ \$ _____ ck# _____

Please do not write in this top area; for Bike Florida office use only. Thanks!

MEAL PLAN MENUS FOR BIKE FLORIDA 2006 “BEACH AND RIVER RAMBLE”

BREAKFAST:

Sunday, Wednesday, and Friday: pancakes and sausage, assorted cereals, fruit, coffee/tea, juice

Monday, Tuesday: eggs, bacon, sausage, grits, potatoes, biscuits & gravy, bran muffins, juice, coffee, hot tea

Thursday: cheese omelets; egg, potato, ham, broccoli & cheese casserole; bacon & sausage; grilled country potatoes; French toast casserole with maple syrup; assorted pastry; fresh fruit; juices; coffee

DINNER:

Sat. 3/18 – paella (meats & seafood), potato bar, salad, dessert, and beverages, vegetarian option is available

Sun. 3/19 – jambalaya (meat & vegetarian), low country boil dinner, mixed greens, beans, salad, desert, and beverages

Mon. 3/20- spaghetti night: pasta, lasagna (meat & vegetarian), garlic bread, salad, dessert, and beverages

Tues. 3/21- chicken ala king with vegetables, potato bar, salad, dessert, and beverages, vegetarian option is available

Wed. 3/22 - On own – downtown Gainesville restaurants (shuttle provided)

Thur. 3/23- beef sirloin with mushrooms & demi-glace, chicken breast circle K ranch, green salad, fresh fruit salad, herb- roasted potatoes, rice pilaf, eggplant rollatini, green beans amandine, rolls, assorted sheet cakes, and beverages

LUNCH: (included in cyclist's registration fee, optional for vendors & non-riders)

Tues. 3/21-at Green Cove Springs' Spring Park: chicken wings, red beans & rice (with meat & meatless), coleslaw, cheese sticks with marinara sauce, corn nuggets with honey mustard dip, house salad, dressing, tea, coffee, soft drinks.

VENDOR INFORMATION

THE BIKE DETAIL began in Florida and is nationally known, will be supporting Bike Florida 2006. They offer a variety of services such as daily fresh towels, gourmet coffee, etc. As a registered rider you can now plan ahead. Just go to http://less.biz/flabest/index_html.htm to reserve the services and find out more. On site sign up will also be available.

BUBBA'S PAMPERED PEDALERS Tired of setting up, taking down a tent, packing damp towels, etc.? This is the service for you! Prices and details at www.bubbaspamperedpedalers.com/RegistrationFormbikefla.htm or call 321-759-3433.

HOTEL LUGGAGE SERVICE provided by Bubba's Pampered Baggage Service. Luggage delivery to designated Bike Florida hotels on the route. To register: www.bubbaspamperedpedalers.com/bike%20FloridaBags.htm or call 321-759-3433.

CDP DIGITAL DOWNLOAD creates custom postcards from your digital photos or ours, provides stamps, other mailing services, and comforts that you may have forgotten. You can visit www.cdpdigitaldownload.com.

OTHER VENDORS/SERVICES at the event may be available. Please visit www.bikeflorida.org for detailed vendor information. The above services are provided by independent vendors. information, reservations and payments are made directly TO each vendor and not through Bike Florida. Additional details available on the Bike Florida website under the VENDOR PAGE link.

Bike Florida would like to thank all of our Event Sponsors!

Volunteer Job Descriptions

How do I become a volunteer?

If you are interested in becoming a volunteer, please print off and fill out a volunteer agreement form and mail it to the address at the bottom of the form. Refunds will be based on the number of hours you volunteer. You are required to work at least 5 hours to receive reimbursement. Maximum refund is equivalent to the registration fee that you paid and will not exceed that amount. You may also wish not to accept a refund and the money will be considered as a donation that will go toward the mission of Bike Florida to promote safe cycling in Florida. Bike Florida is a non-profit organization that relies on dedicated cyclists, like those who come on this tour, to make Florida safer for cyclists. Volunteers will attend a mandatory meeting Saturday evening to discuss responsibilities and answer any questions. Thanks in advance for your help! If you have any questions, please email kristina@bikeflorida.org.

Registration

We know everyone is eager to get settled and prepare for a fun week of biking. We need you and many other volunteers to help make registration as efficient as possible. Registration volunteers typically work a 3-4 hour shift between the hours of 3:00 - 8:00pm on Friday (3/17) and 9:00am - 6:00pm on Saturday (3/18).

The position requires only a working knowledge of the English alphabet. You'll be doing things such as checking folks in and handing out T-shirts, jerseys, and meal tickets. Registration is a fun way to greet old friends and make new ones.

Requirements: must be patient, possess good customer service attitude, work well with others, be a quick learner, and have a sense of humor

Let us know when you are arriving and when you are available and we'll get you scheduled.

Parking Team

The **Parking Coordinator** will be responsible for setting up and overseeing the vehicle parking area all week. He/she will also help direct parking traffic as the cyclists arrive for registration and park their cars for the week. It's a great way to meet up with your old friends and make new ones. Typical times of need are from 11:00am -6:00pm on Friday (3/17) and 7:00am to 5:00pm on Saturday (3/18). Some of the responsibilities include: consulting with the Event Director or Site Coordinator on the lay out and set up of the parking area, handling the coning off, roping and/or signing of the designated areas or lanes in the parking area, and directing parking traffic.

The **Parking Assistant** will assist the Parking Coordinator in setting up the parking area with cones, ropes, and signs. He/she will help direct traffic as the cyclists arrive to register and also point to areas where participants can park their cars for the week and get settled into their first tent city. It's a great way to meet up with your old friends and make new ones. Typical times of need are from 1:00-6:00pm on Friday and 7:00am to 5:00pm on Saturday. Shifts are usually 2-3 hours in length.

Headquarters Volunteer - Rider Information

Headquarters is the central information station of each overnight site. Volunteers staff an information booth to answer rider questions and help find solutions to their problems. Messages to other riders are posted at headquarters. Lost & found and the merchandise tables are located there as well.

Requirements: Must be patient, possess good customer service attitude, work well with others, be a quick learner and have a sense of humor! You can ride in the morning and help out at headquarters in the afternoon.

Site Team Helper

This person(s) will help the Site Coordinator with the set up of the overnight camp. He/she will make sure that each participant (Cyclist, Vendor, Volunteer or Guest) is routed to their correct entrance and destination. He/she will help set up headquarters, make and set up signs, rope off areas and help vendors (such as the shower truck) to get to their correct locations.

Requirements: Good interpersonal and organizational skills, ability to offer quick and creative solutions, self starter and team player.

Route Signing & Marking Volunteers

The person(s) doing **route marking** will obtain maps of the course from the ride director prior to the event, mark the roadway surfaces using standard marking symbols and practices, apprise the rider director of any issues they discover regarding routes, road conditions, construction, etc.

The person(s) doing the daily **route signing** will put route signs out early each morning, indicate on a map the location of any signs that are not easily visible from the route (which will assist the sweep driver in locating them), apprise the sweep driver of any issues with sign locations, coordinate pick up and exchange of each day's signs with the sweep sag driver, and arrange the signs by direction for next day.

Requirements for both positions: willingness to work very early in the morning and in afternoon, good driving record, conscientious, and knowledge of signing practices.

Rest Stop Captain

The rest stop captain is responsible for overseeing the set up, operation and teardown of a rest stop. He/she will arrive at the stop at least one hour prior to the scheduled opening of the rest stop to get the rest stop helpers coordinated and the site set up. Hours of work vary with the rest stop location on the route, but shifts are typically 3-4 hours in length. **Set Up:** set out rest stop signs, set up canopies (if needed), set up tables (if needed), set out trash bags or containers, set up hydration table with ice water and prepare sports drinks, set up rider hand washing stands, and prepare food. **Operation (riders should not touch any food or ice, expect that which they will eat themselves):** cut up and put out fruit in time for rider's consumption, lay out cookies, bagels, peanut butter & other food items, keep tables clean and organized, scoop ice into rider's water bottles or cups (**riders should not touch ice**), keep your hands and equipment clean. **Take down:** store all usable food, discard all questionable food, clean up equipment or put in sealed

containers for later clean up at headquarters, collect all trash, load equipment, supplies, food and trash, keeping trash away from all food items, and leave the rest stop site clean. To minimize waste, handling and the potential for contamination do not prepare too much fruit at a time.

Rest Stop Helper

The rest stop helpers will assist the Rest Stop Captain with the set up, operation, and teardown of a rest stop. He/she will arrive at the stop at least ½ hour prior to the scheduled opening of the rest stop to help set up the site. Hours of work vary with the rest stop location on the route, but shifts are typically 3-4 hours in length. Duties are similar to those of the Rest Stop Captain.

Sweep sag

The sweep sag will drive a van or pick up with a trailer and pick up materials from rest stop locations along each day's route. Must be 21 years of age and have a clean driving record. Responsibilities include: begin duty mid-morning or as necessary, pick up materials from the rest stops, and may also pick up signs along the route.

Name: _____

Address: _____ City: _____ Zip code:

Home Phone: _____

Alternate Phone: _____

E-mail: _____

Please list the jobs you would like to perform during the event in order of preference (accommodations will be made according to staffing needs).

Registration: We will need people to assist with rider check-in, handing out bags & t-shirts, helping with merchandise, etc. If you would like to help with registration, please let us know when you will be available (check all that apply):

Early registration (Friday, 3/17) – This will be one shift from 4:00 - 8:00pm

Registration (Saturday, 3/18) – Registration will be from 9:00am - 6:00pm. Please check the shifts below that you would be able to work on Saturday:

8:30am - 12:30pm

12:30pm - 3:30pm

3:30pm - 6:30pm

Parking Team: You'll be the first to greet riders when they arrive and you'll help direct cars to a parking space for the week. Volunteers are needed from 4:00pm-7:00pm on Fri. (3/17) and 7:00am-6:00pm on Sat. (3/18). Please check what shifts you will be available for:

Friday (3/17)

4:00pm - 7:00pm

Saturday (3/18)

7:00am - 11:00pm

11:00pm - 3:00pm

3:00pm - 6:00pm

____ Rest stops – You will be assigned to assist the rest stop captain with the set-up, operation and teardown of a rest stop (approximately 4 hours). You will need to bike to rest stop or arrange for other transportation. Please check below if you have any preferences:

- I'll help with rest stops on ____ (#)days

Approximate times preferred to work

7:30am - 10:00am

8:30am - 11:00am

9:30am - noon

____ Site Crew – These people will help the site coordinator with the set up of the overnight camp from around 9-11:00am. You will make sure that participants (cyclists, vendors, volunteers, guests) get to the correct places, assist in HQ set-up, put up banners, rope off areas and make and set up signs. You will also clean the site (from signs, garbage, etc.) before departure in the morning: 8:00 -9:00am.

____ Headquarters - Responsibilities include answering questions, selling event merchandise, handling lost & found, etc. Please indicate preferences:

Morning shift (6:30-8:00am)

Early afternoon shift (11:30am-3:30pm)

Late afternoon shift (3:00pm – 6:00pm)

____ Unload Baggage Truck – Get a good upper body workout and assist the baggage truck drivers with taking the luggage off of the truck at the destination camp. Assistance is needed between 10:00am and 12:00pm.

____ Punch Meal Tickets/Monitor Wrist Bands. **Check the meal AND circle the time slot** if you have a preference:

Breakfast (6:00-7:00am OR 7:00-8:00am)

Dinner (5:00-6:00pm OR 6:00-7:00pm)

____ Sweep Sag – The sweep sag will drive a van/pick-up truck and pick up materials from rest stop locations along the route each day.

____ Cafeteria Assistant - In order to keep the cafeteria clean, we would like to have several folks clean off the tables and empty trash cans when they get full (during and after meals). **Check the meal AND circle the time slot** if you have a preference:

Breakfast (6:00-7:00am OR 7:00-8:00am)

Dinner (5:00-6:00pm OR 6:00-7:00pm)

Additional Information:

I will have a personal vehicle during the event to utilize (i.e. drive to rest stop to work):

Yes

No

If yes, please complete the following:

Vehicle Type: _____

Vehicle Size: _____

I can transport ____ people and ____ bikes.

NOTE: We will ask those needing rides to meet at HQ at a predetermined time to ride to the rest stop with you: Cyclists can then ride to camp after his/her work shift is completed.

All volunteers will be given a 2006 Bike Florida volunteer t-shirt. Please request a t-shirt size:

S

M

L

XL

XXL

After completion of volunteer service, riders are entitled to a refund based on the number of hours worked. Volunteers *must work at least 5 hours* to be eligible for reimbursement, and refunds will be based on a \$5/hour salary (i.e. 10 hrs. = \$50 refund) but not to exceed the amount paid for registration. You may choose not to accept the refund and the money will be considered as a donation that will help Bike Florida, a nonprofit organization promoting safe cycling in Florida. Please indicate how many hours you would like to work and check the last box if you would like your refund to be donated back to Bike Florida:

Less than 5 hours (NO REFUND)

5-10 hours

11-15 hours

16-20 hours

21+ hours

I am a full-time volunteer

I choose not to accept a refund (donate to Bike FL)

Volunteer assignments will be picked up at the volunteer table when you register in Palatka. We will try our best to accommodate your preferences when assigning duties, but we may ask for your help in another job if we are short-handed. Shift times are subject to change. Volunteers will be asked to attend a mandatory organizational meeting late Saturday afternoon. The time and location of this meeting will be posted at the volunteer table when you arrive at registration. We will answer any questions you might have at this meeting and discuss the duties of each volunteer position. If you plan to help with registration, please make sure your contact information is accurate so we will be able to contact you before you arrive! Assignment reminders will be posted daily at headquarters.

Your signature below indicates your commitment to volunteer as listed above. Please sign, date and return by March 1, 2006.

Signature: _____ Date: _____

Comments: _____

...A Tour for Saints N' Spinners...

Friday, March 17th - Early registration in Palatka, FL, 6:00-8:00pm, overnight stay in Palatka

Saturday, March 18th - Registration, local rides, overnight stay in Palatka

Sunday, March 19th - Palatka to St. Augustine Beach, overnight stay in St. Augustine Beach

Monday, March 20th - Layover day in St. Augustine, overnight stay in St. Augustine

Beach

Tuesday, March 21st - St. Augustine to Palatka (via Green Cove Springs), overnight stay in Palatka

Wednesday, March 22nd - Palatka to Gainesville, overnight stay in Gainesville

Thursday, March 23rd - Layover day in Gainesville, rides to High Springs and Poe Springs, overnight stay in Gainesville

Friday, March 24th - Gainesville to Palatka, end of the ride Celebration

Luggage transportation to local hotels only listed below will be provided by [Bubba's Pampered Pedalers](#)

If you'd like to use the luggage service please go to [register](#) (click on register). If you'd like to use his tent set up service please go to [register](#) (click on register).

Places to Stay

Luggage shuttle option will be available only to the hotels listed below.

Palatka

Riverfront Inn (1.8 miles to overnight camp)
(386) 328-3481
201 N. 1st St., Palatka , FL 32177
Rates: 2 double beds \$70-\$75, 1 king \$75-\$80 valid for reservations made before March 7, 2006.
Specify that you're with Bike Florida 2006 Tour.

Budget Inn (0.9 miles to overnight camp)
(386) 328-1533
100 Moseley Avenue
Palatka , FL 32177
www.budgetinnofpalatka.com

Best Western Inn of Palatka (2.6 miles to overnight camp, across bridge)
(386) 325-7800
119 US Highway 17 S
East Palatka, FL 32137
www.bestwestern.com
Rates: starting at \$103.50

Azalea House B&B (1.6 miles to overnight camp)
(386) 325-4547
222 Madison St.
Palatka , FL
www.theazaleahouse.com

St. Augustine Beach

For more lodging information visit <http://www.visioldcity.com>

Castillo Real (located 2.2 miles South of overnight camp)
(A member of the Clarion Collection, a boutique hotel)
(904) 471-3505
530 A1A Beach Blvd
St. Augustine Beach , FL 32080
www.castilloreal.com
Rates: 2 queen beds or 1 king at \$119 valid for reservations made before Feb. 19, 2006

Hampton Inn (2.2 miles South of overnight camp)
(904) 471-4000
430 A1A Beach Blvd
St. Augustine Beach , FL 32080
Rates: 2 queen beds at \$99-\$129 valid for reservations made before Feb. 19, 2006
Ask for group code "BIK"

Hilton Garden Inn (2.2 miles South of overnight camp)
(904) 471-5559
401 A1A Beach Blvd
St. Augustine Beach , FL 32080
www.staugustine.gardeninn.com
Rates: 2 queen beds at \$119, 1 king at \$109 valid for reservations made before Feb. 19, 2006
Ask for group code "C51"

Anastasia Inn (1.6 miles North of overnight camp, located towards St. Augustine Historic District)
888-226-6181 or (904) 825-2879
218 Anastasia Blvd, St. Augustine , FL
www.anastasiainn.com
Rates: 2 queen beds at \$69.95
1 king at \$79.95

Conch House Marina Resort (1.5 miles North of overnight camp)
(800) 940-6256
57 Comares Ave., St. Augustine, FL 32080
www.conch-house.com
Rates: 2 queen beds at \$95
Motel has restaurant & lounge

Sleep Inn (1.2 miles North of overnight camp)
(904) 825-4535
601 Anastasia Blvd.
St. Augustine, FL 32080
www.choicehotels.com/ires/hotel/fl214
Rates: 2 queen beds at \$69.95 valid for reservations made before Mar. 1, 2006

Gainesville

For more lodging information visit <http://www.visitgainesville.net>

Magnolia Plantation B&B (1.4 miles to overnight camp)
(800) 201-2379 for reservations
(352) 375-6653 for info
309 SE 7th St., Gainesville , FL 32601
www.magnoliabnb.com
Rates: \$95-\$130

The Laurel Oak Inn B&B (1.4 miles to overnight camp)
(352) 373-4535
221 SE 7th St., Gainesville , FL 32601
www.laureloakinn.com

<p>Sweetwater Branch Inn B&B (1.2 miles to overnight camp) (800) 595-7760 or (352) 373-6760 625 East University Ave. Gainesville, FL 32601 www.sweetwaterinn.com Rates: \$90-\$140</p>	<p>Holiday Inn University Center (2.4 miles to overnight camp) (352) 376-1661 1250 W. University Ave. Gainesville, FL 32601 www.holiday-inn/gnv-university Rates: 2 double beds or 1 king bed at \$82 valid for reservations before Feb. 22, 2006</p>
<p>Paramount Plaza Hotel & Suites (4.0 miles to overnight camp) (877) 992-9229 or (352) 377-4000 2900 SW 13th St., Gainesville, FL 32608 www.paramountplaza.com Rates: 2 double beds or 1 king bed at \$69 valid for reservations made before Feb. 22, 2006 Hotel provides free shuttle to the Gainesville Regional Airport and University of Florida.</p>	

You can arrange to have your bicycle arrive at the start of the ride through **Gator Cycle** located in Gainesville, FL. Contact Jerry or Jason at (352) 373-3962 or by e-mail gatorgvl@bellsouth.net. Simply mail your bike from home using the shipping company of your choice (FedEx, UPS, etc.), and Gator Cycle will pick it up and deliver it directly to the registration area of the tour in Palatka. They also offer the service of assembling your bicycle as well as packing and shipping services at the end of the ride from Palatka. A shipping address will be provided to you by **Gator Cycle**.

BIKE FLORIDA CONTACT INFORMATION

P.O. Box 5295
Gainesville, FL 32627
Tel: (352) 392-6755
Fax: (352) 846-0404
info@bikeflorida.org
www.bikeflorida.org

Safety Guidelines

We want Bike Florida to be a safe and memorable event for everyone. Rides can be memorable because you do something you shouldn't and end up with a crash story (like me - on a mountain bike trail and not the road though), or because you had a safe ride and were able to enjoy the scenery along the route and entertainment at the end of the day. Let's do everything we can to make this a SAFE memorable ride... trust me, it's more fun that way. PLEASE TAKE THE TIME TO READ THESE SAFETY GUIDELINES and also visit the Florida Bicycle Association (FBA) link about [Cyclists' Rights AND Responsibilities](#).

[Click here](#) for a printable version of the safety guidelines.

1. Your bike

Keep your bicycle in good repair - Have it readied for Bike Florida, and then keep it safe to operate. It is especially important to make sure your brakes work well.

2. The gear

Helmets - You MUST wear a helmet on Bike Florida (even while riding around camp). It is estimated that 85% of bicycling fatalities can be prevented by helmet usage.

Clothing - Be noticed! Wear bright or florescent or retro reflective clothing.

Cycling Gloves - Gloves protect you hands from road vibration and also offer protection in case of a fall.

At night - Wear bright, florescent or retro reflective clothing and have a white headlight, red taillight and rear reflector. Better yet, don't ride at night on Bike Florida.

3. Communicate!

Signal turns and stops - This point can't be emphasized enough. Most accidents on Bike Florida involve two or more bicycles and most are the results of riders not letting others know of their intentions.

Sound off when passing - Use phrases such as "on your left," "on your right," or "coming through the middle."

4. Ride defensively and predictably!

When stopping along the Bike Florida routes:

- Let those behind know of your plans. Use a phrase such as "stopping".
- Make sure no bicycles or motor vehicles are immediately behind you when you stop.
- Stop at the right edge of the roadway and immediately move to the shoulder.
- Stay clear of the roadway, and park completely off of the roadway to make repairs, rest, visit, etc.

- Stopping is especially dangerous at the crest of a hill or on a curve, so be careful or continue forward to a place with better sight distance.

Don't weave - Ride in a straight line to make it easier for those riding behind you.

Don't draft - Drafting (similar to a pace-line) in a crowd is dangerous to yourself and others around you. There is no place for it on Bike Florida. Drafting vehicles is also dangerous and will not be tolerated on Bike Florida

Ride to the right - Ride as close as practical to the right edge of the roadway. Leave room for others to pass on your left.

When turning - Turn left from the center of the roadway, turn right from along the curb or shoulder.

5. Florida Law

Obey traffic laws - In Florida, bicyclists enjoy the same rights as motorists. Bicyclists also assume the responsibilities for riding in a safe and legal manner by:

- Stopping completely at stop signs.
- Obeying yield signs.
- Not crossing yellow lines in your lane.
- Riding to the right.
- Signaling for turns.
- Not cutting corners.
- Riding in a predictable manner.

6. Attitude

- **Stay alert** - Use your brain when you ride. You must be constantly thinking, looking and aware of what's going on around you.
- **Pace yourself** - Bike Florida is not a race, it is a bicycle tour. Don't try to keep up with someone who rides too fast for you. Riding too fast or in too high a gear is tough on your knees, heart and lungs and is unnecessary.
- **Please stay on the marked route** - The Bike Florida route has been selected for your safety. *Services are not available to you if you are off the route.*
- Be considerate.
- Be courteous to passing vehicles and other bicyclists.
- Cooperate with Bike Florida officials and law enforcement personnel and obey their signals.

7. Alcohol/drugs

Do NOT drink alcohol or use drugs and ride.

8. Pay attention

- Keep your head up and your ears open - Do not wear radio headphones while riding. It is illegal in Florida and very unsafe!
- Give the right-of-way to emergency vehicles - Pull to the right and stop if you hear a siren.
- Beware of loose gravel and watch for debris on the pavement - Trucks carrying sand, gravel and rock often spill some at intersections. Also, watch for pot holes and ruts.
- Avoid wide cracks in the pavement - Narrow bicycle tires can easily get caught in wide cracks. Be especially careful on roadways paved with concrete. Center cracks on concrete roads are dangerous.
- Look out for railroad tracks and cross them at right angles - There are fewer tracks these days, but there are still rough tracks and some at bad angles. Raise yourself off your seat and stand on your pedals to absorb the shock and lower the center of gravity. Unclip from your pedals as you prepare to cross railroad tracks. Watch out for other riders and let those behind know of your intentions. Angled tracks and low shoulders are major causes of accidents.

9. Your condition

Get yourself in good physical shape - Bike Florida is a ride totaling about 375 miles over seven days. The longest day is about 75 miles. You should be in good shape and capable of riding those distances before you come on the ride. A good way to get ready is to join a local bicycling club. A sports health clinic can also provide you with suggestions for a good conditioning program.

Eat and drink frequently - Rather than loading up once in the middle of the day, stop frequently for fluids and food. Carry water with you.

10. Take the Bike Florida Safety Pledge!!!

Following is the Bike Florida Safety Pledge; read it out loud, read it to yourself, read it to your minor, or even read it in a group. It is very important that all riders adhere to these rules in order to ensure a safe and enjoyable ride.

- I will ride single file when a car or truck is behind me.
- I will never ride more than two abreast.
- I will not be a road hog.
- I will yield to riders trying to pass me.
- I will call out "Car Back" or "Car Up" to riders in front of me.
- I will call out my intentions to riders immediately behind me: "Slowing," "Stopping," "Turning." I will use traffic hand signals when appropriate.
- I will point to road hazards and/or call out to riders behind me: "Gravel", "Hole", "Tracks", etc.
- I will call out to riders I am about to pass: "On Your Left," or "Good Morning."
- I will wear my helmet at all times while on my bike, even in camp.
- I will obey all traffic signs and signals.
- I will always ride defensively. I will always be aware of other riders, vehicles and pedestrians near me. I will never assume I know what they are going to do.
- I will use common sense and courtesy toward motorists and other cyclists while I am on my bike.

- I will provide immediate adult supervision to my bicycling children under age 16.
- I will not ride before daylight

[Click here](#) to print out a copy of this pledge.

11. Cyclists' Rights and Responsibilities

The Florida Bicycle Association has put together a great resource page about Cyclists' Rights and Responsibilities in general and specific to Florida. Click on the FBA logo below to visit this page:

12. Seidler Productions

Seidler Productions is a full service media production group. Their programs focus on issues related to health, quality of life, mobility, eco-tourism and sustainable communities. Click on the logo below for more information and to see featured videos related to safe cycling.