

2010 Greenways & Blueways Tour Rider's Handbook



Welcome Bike Florida 2010 Participants!



This is the seventeenth year for the Bike Florida tour and we are glad you have decided to join us for an exciting week of cycling, camping, renewing old friendships and making new ones. This year's ride will take you along Florida's famous east coast. The tour is leisurely paced and designed to be a fun and relaxing vacation for cyclists of all ages and abilities. You will ride through historic Florida towns, past lovely springs and lazy rivers and along roads lined with beautiful oak trees covered with hanging Spanish moss. We will be hosted by historic Stetson University to experience the Florida Wildflower Festival, sing folk songs around a fire at Bulow Plantation and soak in the healing waters of DeLeon Springs State Park. Come join us for the fun, and bring along a friend to experience the joys of cycling in sunny Florida! Set a relaxed pace that allows you to take it all in....it will be an experience you'll never forget!

Please make SAFETY a high priority. It is important that you let others know you are passing on their left (ride right, pass left) with a verbal "passing." Please be courteous. This 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 Traffic and Bicycle Safety Education Program with its team of certified regional trainers. Ask us about this outstanding model program. We are very proud of its accomplishments.

Have a safe and enjoyable ride and enjoy Bike Florida's 2010 "Greenways and Blueways Tour 2010!"

Sincerely,

-Bike Florida Team

Hope Howland-Cook, Executive Director

Bike Florida & Share the Road Campaign; P.O. Box 5295 Gainesville, Florida 32627

Tel: (352) 224-8602, Fax: 352-392-3224, info@bikeflorida.org; www.bikeflorida.org

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BIKE FLORIDA ORGANIZING COMMITTEE

Staff

Hope Howland-Cook, Executive Director
Linda Prout, Bookkeeper
Chris Walker, Intern
Rachel Weissler, Intern
Herb Hiller, Consultant

Board of Director

Leigh Matusick, President
Ron Cunningham, Vice President
Chandler Otis, Treasurer/ Secretary
Laura Hallam, at large member
Kim Frawley, at large member
Dan Connaughton, at large member

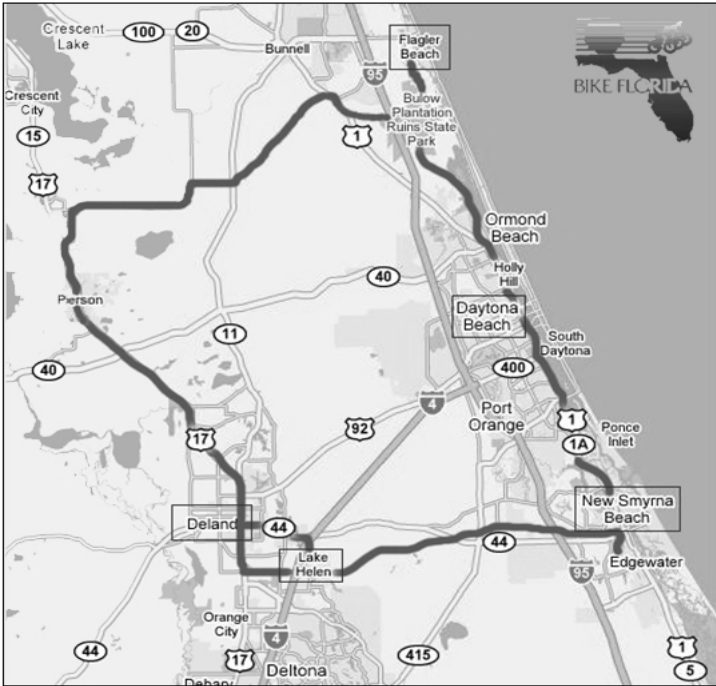
Bike Florida Event Staff and Advisory Team

Hope Howland-Cook, Executive Director
John Harper and Chris Walker, Site Coordinator
Chris Walker and Rachel Weissler, Ride Directors
Ron Cunningham and Mike Stallings, Route Coordinators
Rachel Weissler, Rest Stop Coordinator
Bob Newman and Key Semian, Rest Stop Captains
Beth Knizer, Volunteer Coordinator
Leigh Matusick, Security Coordinator, SAG Driver Captain
Robert Matusick, Security Coordinator, Luggage truck driver
Kim Smith, SAG Driver
Earl Richards, HQ / Merchandise and Vehicle Passes
Lois Richards, HQ / Merchandise
Bike Florida Mechanic, Chief Staff Mechanic and "Trouble Shooter"
Dutch Van Der Kuyp and Charlie Leibold, On Site Meals and Signage Asst.
Robert Seidler, Lee Berger and Greg Wilson, DVD

TOUR HIGHLIGHTS

About Bike Florida 2010:

“Greenways & Blueways Tour”



Bike Florida will begin in DeLand on Saturday, March 27th and end back in DeLand on Friday, April 2nd. The route will travel approximately 300 miles through the areas of east central Florida. This year's tour is leisurely-paced and is designed to be a fun and relaxing vacation for cyclists of all ages and abilities. You will ride through historic Florida towns, past lovely springs and lazy rivers and along roads lined with beautiful oak trees covered with hanging Spanish moss. We will be hosted by historic Stetson University to experience the Florida Wildflower Festival, sing folk songs around a fire at Bulow Plantation and soak in the healing waters of DeLeon Springs State Park. After the evening meals served on the grounds, entertainment can take the form of plays, local music groups, slide show presentations, dances, and the ever-popular game night.

Day 1: Saturday, March 27th

DeLand (varying local rides 12-40 miles)

Vehicle parking and early bird camping will be available Saturday, March 27th in the evening. Registration at Stetson University beginning Saturday morning at 9:00 am until 5:00 pm. Maps will be available for local rides.

Highlights:

- Hontoon Island State Park
- Florida Wildflower Festival
- Historic Homes Tour
- Historic Murals Tour

Day 2: Sunday, March 28th

DeLand Layover Day (approx: 40 miles)

Highlights:

- Ponce de Leon Springs State Park
- Blue Springs State Park
- Stetson University Tour
- Stetson Baseball Game

Day 3: Monday, March 29th

DeLand to Flagler Beach (approx: 47.6 miles)

Highlights:

- Bulow Plantation State Park
- Spring-to-Spring Trail
- Lake Dias Park
- Carmelite Monastery

Day 4: Tuesday, March 30th

Flagler Beach to Daytona Beach (approx: 56 miles)

Highlights:

- Arrive Monday evening
- Flagler Museum
- East Coast Greenway Florida Section
 - Atlantic Coast

Day 5: Wednesday, March 31st

Daytona Beach to New Smyrna Beach (approx: 49 miles)

Highlights:

- Daytona International Speedway
- Canaveral National Seashore

Day 6: Thursday, April 1st

New Smyrna Beach Layover (approx: 65 miles)

Highlights:

- Sugar Mill Gardens
- Merritt Island National Wildlife Refuge

Day 7: Friday, April 2nd

New Smyrna Beach to DeLand (approx: 31 miles)

Highlights:

- Reeve's Nursery

BIKE FLORIDA 2010: Weekend in DeLand-\$135

This registration is for Saturday, March 27th and Sunday, March 28th. (Weekend in DeLand is already included in all Bike Florida 2010 week long registrations). This is our DeLand weekend package specifically designed for riders that cannot join Bike Florida for the entire week but still wish to experience this great event! The cost for this event is all-inclusive. (You also have the option of registering for the Rolling Road 1 Cycling Class for \$25.00 held on these days. Please register with Bike Florida at (352)224-8602 or on-site.)

Registration includes:

- 2 dinners and 1 breakfast served at Historic Stetson University
- Access to indoor and outdoor camping for Saturday, March 27th
- Bike Florida 2010 event T-shirt
- Route maps for Saturday, March 27th and Sunday, March 28th
- Access to all rest stops **Saturday and Sunday**
- Access to services provided by SAG vehicles and drivers
- Access to services provided by medical staff
- Entrance to nightly entertainment
- Bike Florida Safety DVD and Tour Highlights
- Pre-registration jersey option \$65.00 (\$75.00 on site)



SPEEDWAY DAY 2010-\$55

This registration is for Tuesday March, 30 only. This is our Daytona International Speedway Special Event Day. (**Speedway Day is already included in all Bike Florida 2010 week long registrations**) This event is in conjunction with Bike Florida 2010 and will give locals and other interested riders the opportunity to experience the Daytona International Speedway if they are unable to participate in the entire week long event. Registration will be the morning of the event from 7am-9am.

Registration for this event includes:

- 2 hours of riding the Daytona International Speedway,
- Access to the Bike Florida Group Rate at Daytona USA
- Bike Florida 2010 event T-shirt
- Route Map for Tuesday, March 30
- Access to all rest stops that day
- Access to services provided by SAG vehicles and drivers
- Access to services provided by medical staff
- Bike Florida Safety DVD
- Pre-registration jersey option \$65.00 (\$75.00 on site)



ARRIVAL

Bike Florida's 2010 "Greenways & Blueways" will begin registration at Stetson University at 9:00 am on Saturday morning. Stetson University will be available for early bird camping the night before on Friday, March 27th.

Directions to Stetson University: These are general directions from major highways and are for reference only. Please check exact directions from your own specific starting location.

Physical Address:
Stetson University
421 N. Woodland Blvd.
DeLand, FL 32723

From I-4

- Take the first DeLand exit (Exit 114) and turn left on State Road 472
- Travel approximately three miles and veer right onto Highway 17/92, which later becomes Woodland Boulevard.
- Travel through downtown DeLand (5 miles) and you'll see the campus's main gates at West Minnesota Avenue.

From I-75

- Take Exit 358 and head east on State Road 326.
- Travel approximately 15 miles and turn left on State Road 40.
- Travel approximately 45 miles and turn right on U.S. Highway 17.
- Travel about 15 miles into DeLand. U.S. 17 will become Woodland Boulevard as you approach the university.
- You'll arrive at the Stetson campus area when you see the main gates at West Minnesota Avenue.

From I-95 Northbound

- Take Exit 249 and head west on State Road 44 approximately 20 miles into DeLand.
- S.R. 44 will become New York Avenue as you approach DeLand.
- Turn right on Amelia Avenue and the Stetson campus area will begin after the traffic light.
- Turn left onto East Michigan Avenue and right at Woodland Boulevard.
- The main gates will be at West Minnesota Avenue.

From I-95 Southbound

- Take the International Speedway Boulevard (U.S. 92) exit (Exit 261B) and head west approximately 20 miles into DeLand.
- Turn left at 17/92 (Woodland Boulevard).
- Travel south through two traffic lights before entering the Stetson campus area at the main gates at West Minnesota Avenue.

Once you reach Stetson University, please follow the signs to weeklong parking and registration.

AIRPORT SHUTTLE SERVICES

From Orlando International Airport

Daytona Orlando Transit Service

<http://www.dots-daytonabeach.com>

800-231-1965

From Orlando Sanford International Airport

Airport Transportation

407-920-6326

From Daytona Beach International Airport

Daytona Shuttle

386-255-2294

Kings Transportation Services

386-255-5555

REGISTRATION

All riders and **non-riders MUST** register. Vehicle permits, safety vests, pre-ordered jerseys, event T-shirts, meal tickets, event wristbands, map books, Road 1 Class registration, etc. will be provided at registration in Madison. EVERYONE WILL ALSO NEED TO SIGN A LIABILITY WAIVER AND SAFETY PLEDGE FOLLOWING THE VIEWING OF THE GROUP RIDING SAFETY VIDEO. THIS WILL BE AVAILABLE PRIOR TO PICKING UP REGISTRATION PACK. YOU MAY NOT RIDE WITHOUT THIS FORM ON FILE.

DISCLAIMER

Bike Florida, Inc. in no manner insures the absolute safety of the routes to be used on the Bike Florida 2010: The "Greenways & Blueways" 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. Also, other cyclist and pedestrians use state and local trails. Therefore every bicyclist

assumes the risk for his/her own safety when on the routes indicated for the use on Bike Florida.

Registration Schedule

Saturday, March 27th, 9:00 a.m. – 5:00 p.m.




Sunday, March 28th, 9:00 a.m. – 12:00 p.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 at Stetson University and is included in your registration.

Full Event Vehicle Parking

Parking for the duration of the event, included in your registration fee, is available Saturday, March 27th through Friday, April 2nd at Stetson University. A volunteer parking marshal will be present 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 park security of the parking lot. Vehicle permits for vehicles traveling on the event (\$25 for cars \$50 for Campers and RVs) can be picked up and paid for at registration. Your vehicle registration includes:

-  Bike Florida vehicle card for windshield display
-  Maps with vehicle route (different from riders' route)
-  Vehicle entrance and parking at all host sites

Riders' Meeting

The meeting for riders is from 7:30–8:30 PM on Sunday, March 29th in the gym at Stetson University. 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 & non-riders) will receive a wristband during registration and check-in. You will be required to show your wristband to receive any benefits of the Bike Florida 2010: "Greenways & Blueways" event. All weeklong registrations include weeklong parking, 2 breakfasts and 2 dinners, access to event services both medical and mechanical, indoor and outdoor campsite facilities, entry into the State Parks and rest stops along the route, safety tip, handbook and tour highlight DVD, complimentary T-shirt, high visibility safety vest and unforgettable memories!

ABOUT THE RIDE

A Typical Bike Florida Day

6:00am - Wake up!

🚲 Load your luggage onto the truck. All luggage must be on truck by 8:00am to be taken to next site.

🚲 Breakfast is served (6:00am - 8:00am)

7:00am - Headquarters opens for the morning

7:00am - Route officially opens for the day

① **Do not start on the route before this time! No services will be provided before this time.**

🚲 Bike repair service opens at campsite

7:30am - First rest stop opens

🚲 Stop when you get hungry for lunch on your own at restaurants along the way. Rest stops will have snacks, fruit, water and Gatorade.

12:00pm - Camping officially opens at destination campsite

🚲 Luggage available

🚲 Headquarters opens at destination campsite

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

5:00pm - Route closes for the day

5:00-7:00pm - Dinner is served on site or in downtown

7:30pm - Entertainment/nightly announcements

10:00pm - Quiet hour/lights out

The Terrain

Florida's terrain is relatively flat. The main routes are all on paved roads and paved rail-trails, bike paths and multi-use trails.

Mileage

The average daily mileage is 50 miles with optional loops and stops along the route. The total mileage for this year's ride is approximately 300 miles. A century ride will be offered on Day 5 of the tour. Additional mileage will be offered almost every day for the hearty: Days 1, 3, 4 and 5!

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 community centers, parks, stores and other strategic locations. There will be rest stops approximately every 15 miles. The mileage to the next rest stop is listed on your cue sheet with your maps, provided at registration.

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 restrooms 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 its' volunteers. Please take the time to thank the volunteers and organizations that help make your trip more enjoyable and this event possible.



Weather

Bike Florida has been scheduled during a time when the weather conditions are generally good. In the event of mild 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.

HEADQUARTERS

Headquarters is the nerve center of the Bike Florida event. 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 be available for purchasing great souvenirs or gifts.

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 5:00 p.m.

SAFETY AND SUPPORT

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 (Bike Florida cell phone on the ride – for emergencies only.

Leave all other messages on office phone)

These phones are active for the event (March 27th – April 2nd) ONLY!

Bike Florida Office:

352-224-8601

(Family members can leave a message at the Bike Florida office 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 heavy 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 and yield to pedestrians and give audible signal when passing.
- + 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!!!



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 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 12:00 noon until 6:00pm. Medical volunteers can be easily identified by their checkered 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. There will be a Medical Liaison Volunteer on the ride each day. They can be identified by their checkered bandana.

SAG Support Vehicles

Bike Florida will have a number of SAG (Support & Gear) vehicles on the route from 8:00am to 6:00pm 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. If you are in need of serious medical care please call 911. **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.

BICYCLE PREPARATION AND MAINTENANCE

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.

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. Mechanics will be charging shop rates for repairs. During the ride, mechanics will be at rest stops. If you have a flat or other mechanical problem on the route, try to ride to the next rest stop, or get a SAG wagon to transport you. SAG wagons will have full size pumps to inflate tires.

Bike Florida staff will be available in the vendor's area to air tires (for free) from 6 a.m. to 8 a.m. and again in the afternoon after 4 p.m. The professional mechanics may have to charge to air tires, as their time is valuable. DO NOT ask to borrow tools or pumps from the professional mechanics. (If you come with a group of people, you may want to bring one "floor" pump to inflate the bike tires in your group. That way you won't have to wait in line in the morning to have your tires pumped.)

Bike shops are scarce on this year's 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 clip-less 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 SHIPPING INFORMATION

You may ship your bike directly to *PC Bike*. Call at (386) 447-2453 to discuss shipping requirements, timelines and costs, or email them at paulpaul90@mybigears.com. Quotes are provided individually

Shipping address:

PC Bike

132 Palm Coast Parkway NE

Palm Coast, FL 32137

www.pcbike.com



LUGGAGE

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. We suggest you mark your bag with something easily identifiable for speedier finding; there are a lot of black duffel bags.



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. 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 and carry it to your campsite, 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 ID, money, medication, sunscreen, and rain gear. Carry your valuables with you.**

MAKE SURE TO CARRY IDENTIFICATION AND ALSO AN EMERGENCY CONTACT NUMBER ON YOU WHEN YOU ARE RIDING.

You will load your own bags each morning. Please 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.

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.

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 listed on the website. Your luggage will be picked up at your hotel around 7:30am on the days we travel (Tuesday, Wednesday, Friday, Saturday). Only luggage will be transported to hotels...not riders. Shuttles will be provided when it is not a safe riding distance from hotels and host site, for tips or a small fee. You may arrange to catch rides back for meals and entertainment with others at the motels, 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.

WHAT TO BRING

Bicycle Equipment:

- A bicycle IN GOOD REPAIR AND TUNED UP **PRIOR** TO THE RIDE
- Helmet (required)
- Rearview mirror (optional)
- Lock & cable or U-lock (and key!)
- Bicycle cover is nice to have to protect the bike overnight
- Water bottle & cage or a hydration pack
- Spare tubes, tire tools & patch kit
- Frame pump
- Bicycle gloves
- Identification and Insurance card

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 ☺)
- 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 duffle gets wet.

Camping Equipment:

- | | |
|--|---|
| <ul style="list-style-type: none"> ‣ Duffel bag (distinctive labeling) ‣ Tent & stakes ‣ Ground cloth | <ul style="list-style-type: none"> ‣ Sleeping bag/pad or eggshell ‣ Air mattress & pillow ‣ Flashlight |
|--|---|

Miscellaneous:

- | | |
|--|--|
| <ul style="list-style-type: none"> ‣ Medications ‣ Ziploc/garbage bags ‣ Mini first-aid kit ‣ Sunscreen & lip balm ‣ Sunglasses ‣ Earplugs or headphones & CD (NOT for use on ride however) ‣ Cell phones ONLY FOR EMERGENCIAS...this is a BIKE RIDE! ☺ | <ul style="list-style-type: none"> ‣ Cards & games ‣ Reading material ‣ Writing material & stamps ‣ Insect repellent ‣ Identification (driver's license) ‣ Insurance card ‣ Credit/ATM card ‣ Travelers' checks ‣ Camera & film |
|--|--|

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 bringing \$10-20 per day for lunches, gifts, and incidentals and more for breakfasts and dinners if you have not registered for the Bike Florida meal plan. On two of the days, breakfasts, lunches and dinners will be provided and are included in the registration fee for all weeklong registrations. Consider more for souvenirs, gifts, T-shirts at various rest stops and towns 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. There is NO fee for entrance to the state parks (they are our major sponsor).

ACCOMMODATIONS

If you are using a hotel not on our list, you will have to make your own luggage arrangements. Bubba only transports luggage to Bike Florida associated hotels. For the list of these hotels, please check out our website. Every site has limited indoor camping available. **It may get crowded in the indoor camping facilities. There will be no bicycles or shoes with cleats permitted in the indoor sleeping facilities! Make sure to bring a lock and bike cover for overnight parking!**

About The Campsites



Bike Florida campsites are at a college university, two high schools and a campground. Visit the headquarters for a campsite map that shows bathrooms, cafeteria, shower truck, camping areas, etc.

Each overnight site will have designated camping areas. You may camp wherever you choose within these designated areas. PLEASE DO NOT CAMP WHERE SIGNS SAY "NO CAMPING". Many people camp near the luggage 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 (or snorers☺).

* 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 at the next site before 11:00am to allow us time to set up and designate NO camping and parking areas.

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. No open fires are permitted at any of the campsites; therefore, we cannot permit cooking on the tour. **If you are planning on bringing a camper or RV on the tour or park it for the week at Bulow Campground, please contact BIKE FLORIDA directly at (352) 244-8601.**

Overnight Camping Sites

Saturday, March 27th and Sunday, March 28th

Stetson University

421 N. Woodland Blvd.
DeLand, Florida 32723

Monday, March 29th

Bulow Campground

3345 Old Kings Road South
Flagler Beach, Florida 32136

Tuesday, March 30th

Mainland High School

1255 West International Speedway Blvd.
Daytona Beach, Florida 32114

Wednesday, March 31st and Thursday, April 1st

New Smyrna Beach High School

1015 10th Street
New Smyrna Beach, Florida 32168

Showers & Bathrooms

Showers will be available at every campsite. Showers/locker rooms are always open during your stay. A shower truck will be located at the host site provided by Maui Showers. Showers will be available at the end of the tour on the last day at Stetson University

Port-a-lets and public restrooms will be available at the campsites. We suggest bringing a small pack of tissues, just in case.

Hotels

You are responsible for your own hotel reservations and transportation to hotels, unless it is noted on the website that luggage transportation will be provided (See "Hotels" on our website at www.bikeflorida.org).

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

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 on any of the school campuses, in the parks or community centers.** Please leave your campsite cleaner than you found it. Alcohol will be provided at certain entertainment venues during the week.

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 and trails, 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 cannot 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. Riding with children means keeping them within sight.

Please consult your map frequently to make sure you and your child stay on the established route. When a child 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.

Personal Sag Vehicles on Tour

For the safety of our cyclists, personal SAG drivers (or personal traveling vehicles) are not to follow the cyclists' 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 for cars and \$50 for Campers and RVs.



MEALS & MENU

Participants will receive a wristband and a meal card at registration that will identify them as Bike Florida 2010: “Greenways & Blueways” event participants and will allow them access to parks, rest stops and to breakfasts and dinners at each host site.



The following is a list of scheduled menus for participants. (Menus are subject to change.) Only people registered as vegetarians will receive the vegetarian items.

*Vegetarian plates will be offered at each meal. This was an option on the registration form. Please contact the Bike Florida office if you are unsure if you registered for this option (352) 244-0062 or email info@bikeflorida.org

Saturday, March 27th	
Dinner	Encore Catering
Sunday, March 28th	
Breakfast	Stetson University
Dinner	Stetson University
Monday, March 29th	
Breakfast	Stetson University
Dinner	Dixie Grill
Tuesday, March 30th	
Breakfast	Dixie Grill
Dinner	Culinary Arts Program
Wednesday, March 31st	
Breakfast	Culinary Arts Program
Dinner	Riverside Catering
Thursday, April 1st	
Breakfast	Amber's Jewel Catering
Dinner	Riverside Catering
Friday, April 2nd	
Breakfast	Amber's Jewel Catering

Menu subject to change.

ENTERTAINMENT

Entertainment & Special Activities

Most evening entertainment is at the campsites, except where noted. Visit the headquarters for details about the nightly entertainment and activities. 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:

Saturday, March 27th

Florida Wildflower Festival
Music performed by Groovers & Shakers

Sunday, March 28th

Biker's Meeting

Monday, March 29th

Music performed by Alan Stowell

Tuesday, March 30th

Game Night

Wednesday, March 31st

Tom Snyder: The Bicycle Comedian

Thursday, April 1st

End of Ride Party at Sugar Mill Gardens

Entertainment subject to change.

OTHER SERVICES

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

Rolling Road 1 course - \$25.00 registration fee. Call Bike Florida to Register (352) 224-8602. Course begins Saturday, March 27th at Bike Florida Headquarters in DeLand.

Course Description: This course gives cyclists the confidence they need to ride safely and legally in traffic or on the trail. The course covers bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual. Recommended for adults and children above age fourteen, this fast-paced, nine-hour course prepares cyclists for a full understanding of vehicular cycling. Designed for even the most traveled and experienced cyclist, everyone can learn something. Only Bike Florida registered participants are eligible to take part in this workshop. Class sessions begin Saturday, March 27th 1:00 pm. Schedule will vary with day routes and class needs. It is a 9 hour course. Majority of 'class work' will be covered Saturday and Sunday. Instructor will post class times/location at Headquarters each afternoon. A written and road test will be given and you will receive your certificate on the tour. **Please contact Bike Florida (352) 224-8602 to register.**

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 washcloth daily, and plenty of "TLC". Bubba also offers hotel luggage transport and this year Bubba will be bringing back bicycle rentals. Contact Bubba via his website (<http://bubbaspamperedpedalers.com>) or call 321-759-3433 for more information and reservations.

Rosie the Towel Lady

Rosie the Towel Lady will be offering towel and chair rental, as well as gourmet coffee each morning. It is \$20 for the week to receive freshly laundered towels each day. You pick up the towel each day upon arrival in camp. Return to us each evening before retiring for the night. Chair rentals are new this year, offered with and without footrests. \$20 for the week, plus a \$20 deposit returned the last evening in camp. Pick up chair upon arrival in camp, return to us each evening before retiring for the evening. We transport chairs to each campsite. We also offer Freshly brewed Fair Trade Organic Grown Coffee each morning. Coffee prices: \$2.00 per cup each morning; \$5.00 for unlimited coffee

each morning; \$30.00 for the week for unlimited coffee each morning. You may pre-register or sign up for the week on registration day. We also have Assorted Teas, regular and Herbal, Hot Chocolate and Hot Water. Teas, Hot Chocolate and Hot Water \$1.00 each.

Massage Therapists

There will be licensed massage therapists available throughout the week offering both thirty minute and one-hour massages.

Prices will be: **\$40.00 per half-hour, \$55 for forty-five minutes and \$70.00 per hour** and payments can be made via cash or check. You will be able to sign-up for time slots throughout the week as well as make advanced reservations at registration. Eddie Escobar, LMT.

PRKBikes, LLC.

PRKBikes, LLC. will be providing full bike mechanical services at every host site. PRKBikes, LCC. will also be available to assemble all bikes that are brought in. For questions and additional information please contact peter@prkbikes.com or see www.prkbikes.com

Jim Harris Photography

Jim Harris Photography specializes in high quality photographs taken "on location". You will be able to purchase quality, professional photographs of your Bike Florida experience! For more information please contact harrisgrp@earthlink.net

Maui Showers

Maui Shower Company is the premiere mobile shower company in America. We provide showers for some of the biggest NASCAR and outdoor events. Maui Shower Company prides itself on being the CLEANEST, SAFTEST, AND HOTTEST mobile shower you will ever experience. The thing that sets Maui Shower apart from anyone else is our private, stainless steel shower stalls. You enter the stall from the outside, and lock the door behind you. Please visit our website at mauishower.com

Bike Florida Safety Pledge

The 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 responsibly and follow all the rules of the road as defined by Florida State law.
- 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 ride single file when a car or truck is close behind me and is preparing to pass.
- I will never ride more than two abreast. I will NOT draft on other riders. (Bike Florida discourages pace lines.)
- I will yield to riders trying to pass me, and keep a bicycle length between me and the rider 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 or trail to stop and let others pass.
- I will NOT stop in the middle of the road or trail, again
- I will NOT stop in the middle of the road or trail!
- I will call out to riders I am about to pass: "On Your Left," or "Good Morning." (Never pass on the right).
- 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, other cyclists and pedestrians 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.
- If I ride at night, I will use a front and rear light and rear reflector.

Name (please print clearly)

Date

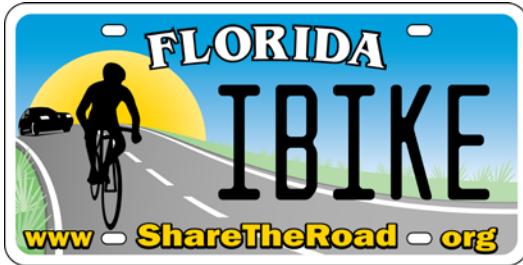
Signature

Emergency Contact

Phone #

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 or online 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



We would like to acknowledge our generous sponsors

