

# 2012 Annual Spring Tour

## Thank You! Our Forgotten Coast Tour Has Sold Out!

### Tallahassee-Quincy-Wewahitchka-Apalachicola-Medart-Tallahassee

**Bike Florida's Forgotten Coast Tour** is a week long, fully supported bicycle tour showcasing Florida's scenic back roads and charming destinations. The **Forgotten Coast Tour** takes cyclists around the Apalachicola National Forest and bayside along a section of the Panhandle known as the Forgotten Coast. The tour is designed to be a fun and active vacation for cyclists who enjoy touring by bicycle. Our new Ride Director, Ken Foster, is planning a great "Apalach" adventure (that's how they say it on the Forgotten Coast) you won't soon forget. Check back often as details are finalized.

To be put on the waiting list, please email [springtour@bikeflorida.org](mailto:springtour@bikeflorida.org)

#### Read All About It!

Stay current with Forgotten Coast local news, read [Chuck Spicer's Forgotten Coast Line Online!](#)

*This tour is fully supported with bicycle mechanics and a mobile bicycle shop for your cycling needs. Registration includes luggage transfer to and from overnight sites, maps, cue sheets, and rest stops.*

Keep checking our website and [Facebook page](#) for regular updates. Join our [e-newsletter](#) and the information will come to you!

## Meet Bike Florida's New Ride Director

### Ken Foster

#### Bike Florida Spring Tour Contact Information:

##### Ride Director Ken

Foster

P.O. Box 1506

Tallahassee, FL 32302  
Phone: (352) 224-8601  
Fax: (850) 222-1972  
[ken@bikeflorida.org](mailto:ken@bikeflorida.org)

**Assistant Ride**

**Director Becky**

**Afonso**

P.O. Box 1506  
Tallahassee, FL 32302  
Phone: (352) 224-8602  
[becky@bikeflorida.org](mailto:becky@bikeflorida.org)

# **Bike Florida 2012**

## **Forgotten Coast Tour**

### **Tour Information**

#### **When?**

March 24th – 30th, 2012

#### **Where?**

Bike Florida 2012 Forgotten Coast Tour will start in Tallahassee and loop around the Apalachicola National Forest, with overnight stays in Quincy, Wewahitchka, Apalachicola,(2 nights) and Medart before returning to Tallahassee. Rides stretch from 40 to 65 miles per day with a Century Option on Day 3, Quincy to Wewahitchka. The Day 3 standard route is also one of our longest days at almost 69 miles. Day 5, our layover day in Apalachicola could be a zero miles day.

#### **Fees:**

<b>CATEGORY</b>	<b>NOW</b>	<b>AFTER 1/1/2012</b>	<b>AFTER 3/5/2012</b>
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	<b>MAIL/ ONLINE</b>	<b>MAIL/ ONLINE</b>	<b>MAIL/ ONLINE</b>
Adult	\$335/\$325	\$345/\$335	\$370/\$360
Child (9-16)	\$210/\$200	\$220/\$210	\$245/\$235
Child (0-8)	Free	Free	Free
Non-Rider	\$200/\$190	\$210/\$200	\$235/\$225
Riding Volunteer*	\$75	\$75	\$75
Non-Riding Volunteer*	N/C	N/C	N/C

## **Bike Florida 101:**

**Overnights** will be spent at facilities along the route. Both indoor and outdoor camping is available. All facilities will have bathrooms and outdoor porta-johns, showers are not available at all facilities, but there will be a **Showers Truck at each location**. Bring your own tent and sleeping bag for sleeping outside or just an air mattress and sleeping bag/blanket for indoor camping.

**The route** will utilize back roads and paved trails when possible. Each day we will mark the route for you to follow on your bike. You can also refer to your cue sheets to help guide you along the route.

**Meals** - Meals are not included in the registration fee, you must buy your own meals. Lunch may be purchased during the day along the route; specific "Lunch Stop" townships will be identified on our maps and web site. Breakfasts and dinners may be purchased at restaurants in our overnight Host Towns, or you may purchase the Meal Plan Option. Because some overnight towns have limited eating accommodations it is recommended that you purchase the Meal Plan Option. The Meal Plan Option, (sold as a package), are healthy, plentiful, and convenient breakfasts and dinners, served at the

overnight facility when possible. You can choose the breakfast and dinner plan (\$120), breakfast only plan (\$48), or dinner only plan (\$72). By pre-purchasing a Meal Plan, you help the local caterers properly estimate meals and avoid waste. A vegetarian option is always available; please indicate your choice when you register. If you do not choose the Meal Plan Option there are usually limited local restaurants available for meals. **Important note: No Meal Plans will be sold on the tour.**

If you have registered for our Forgotten Coast Tour but need to purchase additional Tour Options, like a Jersey or Meal Plan, please download our paper registration form (download link on this [page](#)) and do the following:

- Fill out Basic Information in section A
- Fill in what you are adding in section B
- Complete payment information in section D

Please mail this form and payment to the address listed on the form.

All orders for additional Tour Options must be postmarked no later than March 9, 2012.

**Lunches** are on your own. You will have your choice of restaurants to stop in along the route or vendors will be available at a mid-point rest stop.

**Luggage support** - During the tour we will move your luggage in a luggage truck each day between overnight sites. Your luggage will be at the next overnight site when you arrive. Please consider using duffel bags with wheels for your gear. There is a **TWO-bag limit per person**. Soft bags are easier to handle and pack than hard cases. We will issue two luggage tags to each rider during check-in registration. Each morning you will take your bags to the luggage trucks and load them.

**Rest Stops** will be provided along the route every 12-15 miles and are stocked with water, Gatorade, fruit and light snacks.

**Mechanical bike support and repair** will be provided on the tour along the route and at "tent city".

**SAG or "Support Aid Group"** is provided for daily mechanical or emergency pickup along the biking route. It is not intended as a taxi service.

**Non-Riders or Personal SAG's** are people who accompany a cyclist or a group of cyclists in a vehicle or RV. Our overnight facilities will not have hookups. Each vehicle is required to purchase an **On-Tour Vehicle Permit**. In addition each person in the vehicle is required to pay a **Non Rider Fee**, and to fill out the registration form and sign the waiver.

**Refund Policy** Bike Florida will NOT issue refunds for any reason (including medical) after March 1, 2012. There will be no exceptions. A \$50 processing fee will be charged on all refunds made prior to March 1, 2012. Refund requests MUST be in writing, stating reasons for refund such as medical emergencies. The event will take place rain or shine. We are not responsible for inclement weather or other natural acts. We recommend purchasing travel insurance from [McKay Insurance](#) or your local insurance agent to protect your travel investment.

**Dog Policy** We love our dogs, but we love our riders, too! Dogs get excited about bicycles and present a very serious safety hazard for riders. Please leave your pet at home. Dogs will not be allowed inside any facility building being used by Bike Florida during the tour, including but not limited to the registration site, indoor camping, restrooms, and meal service areas. If you have no other recourse then to bring your dog, it is required to be under the control and visual observation of the owner at all times. A 6' (six foot) leash rule is in effect whenever the animal is outside the owner's camping trailer, vehicle, or motorhome. No dog should be left tied up and unattended outside the owner's camping equipment. No dog is to be walked in the tent camping area. Allowing your pet to bark uncontrollably day or night will not be permitted and you may be asked to leave if you are not able to control your pet's barking behavior. Aggressive dogs of any breed are not welcome.

## **Bike Florida 2012**

### **Bicycle Shipping via Sunshine Cycles:**



We at [Sunshine Cycles](#) are excited to help in the upcoming cycling adventure! At Sunshine Cycles we strive to offer all of our customers the best service we can in a timely manner. Sunshine Cycles would like to provide a promotional service rate for participants of Bike Florida. We will reduce our assembly rate to \$25 and our re-box rate to \$55. Any required maintenance would be subject to additional charges. Please note that we will **only** perform additional maintenance if it is **needed**, that is if after assembly the bicycle is not in operating condition or upon request. If you would prefer to be notified before we perform any additional maintenance, please provide us with reliable contact information. Due to the anticipated high volume of participants we ask that we receive any bike a minimum of **3** days before the expected pick up date. Also to help avoid confusion, please notify us via phone: 850-

422-1075 or email: [info@bikesunshine.net](mailto:info@bikesunshine.net) when sending bikes for assembly. Thank you for your understanding and we look forward to seeing you!

**Shipping Address:**

**Sunshine Cycles**  
2784 Capital Circle NE Suite 4  
Tallahassee, FL 32308

## **Bicycle Rentals via Sun Cycle:**



Enjoy the Forgotten Coast Tour on a [Sun Cycle](#) rental bicycle! Our special Bike Florida rental bicycles and charges are as follows: Trek 1.1 road bikes @ \$150, Trek 7000 hybrids @ \$100 and TerraTrike Sport trikes @ \$175. Contact Mark or Sam at **352-343-4181** for payment information and to reserve your bike type and size. Please reserve in advance – extra bicycles will not be brought to the tour.

## **Bike Florida 2012 Forgotten Coast Tour**

### **Daily Mileage**

Daily distances range from 40-65 miles with a Century Option on Day 3 Quincy to Wewahitchka. The Day 3 standard route is also one of our longest days at almost 69 miles. The Day 5 layover is potentially the shortest day, 0 miles, if you opt to enjoy a day off in Apalachicola. Or you could ride, 20, 40 or 62 miles on the layover day. The last day back to Tallahassee is only 41 miles but could be shortened to 35 if you need to get back quickly.

Saturday, Day 1, offers a 20-mile urban Capital Loop ride showcasing Tallahassee's 2009 Bronze-Level Bike Friendly routes as awarded by the League of American Bicyclists. An out & back route of 38 miles to the town of St. Marks via the St. Marks Trail might be your favorite way to warm up. This will give you your first look at the gulf, your first seafood meal (a-la-carte lunch) and a visit to the San Marcos

De Apalach State Park. A 52-mile Country Loop through the rural and scenic areas of Leon and Jefferson counties will also be available if you want to turn a few more miles.

On Sunday, Day 2, the tour moves to Quincy with 63 miles of flat and rolling back roads as you leave Tallahassee. We'll lunch at the Ochlocknee River before riding some real Florida hills on the approach to Quincy.

Monday, Day 3, will be our longest day of riding, 68 miles with an option to do a century (100 miles). The route from Quincy to Wewahitchka will wind through rural Gadsden and Calhoun counties, over the Apalachicola River (entering Central Time Zone) and enters Blountstown for a lunch stop of your choosing. From Blountstown the route goes south and crosses the West Arm of the Dead Lakes before entering Wewahitchka, the home of Tupelo honey (if you haven't seen the 1997 movie, "Ulee's Gold", check it out, we'll show it that night).

On Tuesday, Day 4, our 54-mile route leaves Wewahitchka (yes, even the locals say "Wewa") and continues south, offering a few rollers before flattening out along the "Forgotten Coast" of Florida. The turn from south to east in Beacon Hill will be one of the most memorable turns on the route as we ride bay side heading east to Apalachicola, our home for the next two nights.

On Wednesday, Day 5, the layover day in Apalachicola, we will offer optional rides to the beaches: a 20 mile (to the party & back) a 40-mile out & back to St. George Island State Park or a 60-mile out & back to St. Joe State Park.

On Thursday, Day 6, the tour will move to Medart, a 53 mile ride along the bay, through Carrabelle, and options to explore Panacea (the 63 mile route) or Ochlockonee River State Park.

On our last day, Friday, we ride 33 miles back to Tallahassee, utilizing a portion of the St. Marks Trail, or a longer option of 49 miles via Natural Bridge, Old Plank and Tram Road. We'll brunch in the coastal City of St. Marks.

## **Bike Florida 2012**

### **Forgotten Coast Tour**

#### **Highlights**



Bike Florida 2012 Forgotten Coast Tour will start in Tallahassee and loop around the Apalachicola National Forest, with overnight stays in Quincy, Wewahitchka, Apalachicola,(2 nights) and Medart before returning to Tallahassee. Rides stretch from 40 to 65 miles per day with a Century Option on Day 3, Quincy to Wewahitchka. The Day 3 standard route is also one of our longest days at almost 69 miles. Day 5, our layover day in Apalachicola could be a zero miles day.



Click the links to follow our tour day-by-day and discover points-of-interest and things to do before, during and after the ride. Please visit often as we are always adding new information.

#### [Day 1: Saturday, March 24](#)

REGISTRATION

City or Country Loop Rides - 20, 38 or 52 MILES

#### [Day 2: Sunday, March 25](#)

Tallahassee to Quincy - 63 MILES

#### [Day 3: Monday, March 26](#)

Quincy to Wewahitchka - 68 or 100 MILES

#### [Day 4: Tuesday, March 27](#)

Wewahitchka to Apalachicola - 54 or 61 MILES



Day 5: Wednesday, March 28

Apalachicola Layover - 0, 20, 40 or 60 MILES out and back

Day 6: Thursday, March 29

Apalachicola to Medart - 53 or 63 MILES

Day 7: Friday, March 30

Medart to Tallahassee - 33 or 49 MILES

Disclaimer: routes are subject to change without notice.

## **Bike Florida 2012**

### **Hotels**

**NOTE:**

When you register in the hotel make sure that you mention *Bike Florida* to get the group rate.

*AND*

For the Hotel Luggage Option, your luggage will be taken to the Bike Florida associated hotels (see listing below). You can contract this with Padre's Cycle Inn. For more information on his services, please visit his web site, [Padre's Cycle Inn](#).

#### **Tallahassee (March 23rd & 24th): North Florida Fair Ground**

BEST WESTERN Pride Inn & Suites

[www.book.bestwestern.com](http://www.book.bestwestern.com)

2016 Apalachee Pkwy

Tallahassee, FL 32301-4818

Phone:(850) 656-6312

*3.7 miles from North Florida Fair Grounds*

Fairfield Inn & Suites

[www.fairfieldinn.com/TLHEC](http://www.fairfieldinn.com/TLHEC)

2997 Apalachee Parkway

Tallahassee, FL 32301

*4.7 miles from North Florida Fair Grounds*

Hilton Garden Inn Tallahassee Central

[www.tallahasseecentral.hgi.com](http://www.tallahasseecentral.hgi.com)

1330 Blair Stone Road

Tallahassee, FL 32301-3068

Phone: (850) 893-8300

3.5 miles from North Florida Fair Grounds

La Quinta Inn Tallahassee South

[www.lq.com](http://www.lq.com)

2850 Apalachee Pkwy

Tallahassee, FL 32301

Phonw: (850) 878-5099

4.6 miles from North Florida Fair Grounds

**Quincy (March 25th): Joe Ferolito Recreation Center**

Allison House Inn

215 Madison Street

Quincy, FL

Phone: (850) 875-2511

*1.2 miles from Joe Ferolito Recreation Center*

Horseshoe Motor Lodge

17890 Blue Star Highway

Quincy, FL 32351-7161

Phone: (850) 875-2596

*2.2 miles from Joe Ferolito Recreation Center*

Downtown Motel

322 East Jefferson Street

Quincy, FL 32351

Phone: (850) 627-3634

*1.5 miles from Joe Ferolito Recreation Center*

Hampton Inn

[www.flysleepdrive.com](http://www.flysleepdrive.com)

165 Spooner Road

Quincy, FL 32351

Phone:(850) 627-7555

*4.2 miles from Joe Ferolito Recreation Center*

Holiday Inn Express Hotel & Suites Quincy I-10

[www.hiexpress.com](http://www.hiexpress.com)

101 Spooner Road

Quincy, FL 32351

Phone: (850) 875-2500

*4.2 miles from Joe Ferolito Recreation Center*

Parkway Inn & Suites

[www.quincyparkway.com](http://www.quincyparkway.com)

75 Spooner Road

Quincy, FL 32351

Phone: (850) 627-4633

*4.2 miles from Joe Ferolito Recreation Center*

Whippoorwill Sportsman's Lodge

[www.fishthewhip.com](http://www.fishthewhip.com)

3129 Cooks Landing Road

Quincy, FL 32351-0587

Phone: (850) 875-2605

*12.4 miles from Joe Ferolito Recreation Center*

**Wewahitchka(March 26th): Honeyville Park**

Dead Lakes Sportsman's Lodge

[www.deadlakessportsmanslodge.com](http://www.deadlakessportsmanslodge.com)

2001 Lake Grove Road

Wewahitchka, FL 32465-4411

Phone: (850) 639-5051

*9.1 miles from Honeyville Park*

Mainstay Suites

<http://mainstaysuitespsj.com/>

3951 E. Hwy 98

Port St. Joe, FL 32456

(850) 229-6246

*23.6 miles from Honeyville Park*

Port Inn

<http://www.portinnfl.com/>

501 Monument Avenue

Port St. Joe, FL 32456-1913

(850) 229-7678

*21.7 miles from Honeyville Park*

Dixie Bell Motel

[dixiebellmotel.com](http://dixiebellmotel.com)

3155 West Hwy 98

Port St. Joe, FL 32456

(850) 227-1443

*24.5 miles from Honeyville Park*

**Apalachicola (March 27th & 28th): Historic Armory**

Gibson Inn

[www.gibsoninn.com](http://www.gibsoninn.com)

51 Avenue C

Apalachicola, FL 32329

Phone:(850) 653-2191

*0.1 miles from Historic Amory*

Water Street Hotel & Marina

[www.waterstreethotel.com](http://www.waterstreethotel.com)

329 Water Street

Apalachicola, FL 32320

Phone:(850) 653-3700

*0.6 miles from Historic Amory*

Coombs Inn

[www.coombshouseinn.com](http://www.coombshouseinn.com)

80 Broad Street

Apalachicola, FL 32320

Phone:(850) 653-9199

*0.2 miles from Historic Amory*

BEST WESTERN Apalach Inn

[www.book.bestwestern.com](http://www.book.bestwestern.com)

249 US Highway 98

Apalachicola, FL 32320-1846

Phone: (850) 653-9131

*1.1 miles from Historic Amory*

Rancho Inn

[www.ranchoinn.com](http://www.ranchoinn.com)

240 US Highway 98

Apalachicola, FL 32320-1872

Phone:(850) 653-9435

*1.1 miles from Historic Amory*

**Medart (March 29th): Inn at Wildwood Resort**

Best Western Wakulla Inn & Suites

[www.wakullainnhotel.com](http://www.wakullainnhotel.com)

3292 Coastal Highway

Crawfordville, FL 32327

Phone: (850) 926-3737

*1.7 miles from Wildwood Inn*

The Inn at Wildwood Resort

[www.innatwildwood.com](http://www.innatwildwood.com)

3896 Coastal Highway 98

Crawfordville, FL 32327

Phone: (850) 926-4455

*0 miles from Wildwood Inn*

Shell Island Fish Camp

440 Shell Island Rd, St Marks, FL

Phone: (850) 925-6226

*12.6 miles from Wildwood Inn*

**Tallahassee (March 30th): North Florida Fair Ground**

BEST WESTERN Pride Inn & Suites

[www.book.bestwestern.com](http://www.book.bestwestern.com)

2016 Apalachee Pkwy

Tallahassee, FL 32301-4818

Phone:(850) 656-6312

*3.7 miles from North Florida Fair Grounds*

Fairfield Inn & Suites

[www.fairfieldinn.com/TLHEC](http://www.fairfieldinn.com/TLHEC)

2997 Apalachee Parkway

Tallahassee, FL 32301

*4.7 miles from North Florida Fair Grounds*

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2850 Apalachee Pkwy

Tallahassee, FL 32301

Phonw: (850) 878-5099

4.6 miles from North Florida Fair Grounds

## **Bike Florida 2012**

### **Vendors**

**Interested in becoming a Bike Florida Vendor?**

Call **352-224-8601** or email [springtour@bikeflorida.org](mailto:springtour@bikeflorida.org)



### **Padre's Cycle Inn**

**Treat yourself to Tent Service at "Tent City"**

Padre's early registration discount ends January 31st!

**Bike Florida is HAPPY to announce the return of the [Sun Cycle Festival Trailer!](#)**

Not only will the trailer be stocked with all your bicycle clothing and accessory needs, Sun Cycle is sending a couple of their fast and friendly mechanics to wrench!



### **No Sweat Mobile Shower Service**



**Yes, we are bringing in the professionals!**

### **Rosie The Towel Lady**





**Fresh Clean Towel Service, Camp Chair Rental and Organic Fresh Brewed Coffee in the mornings!**

### **Bike Tour Photo**



**Photographer Jim Harris will capture the moment for you**

### **Bike Sag**



**With Bike Sag no bicyclist is left behind!**

## **The Great Bicycle Shop and Damn Good Bikes**

Bike Florida is proud to have on route mechanical assistance provided by The Great Bicycle Shop and Damn Good Bikes. These Tallahassee bike shops have our appreciation for their time and effort in keeping our tour in gear.



Bike Florida's favorite Massage Therapist Eddie Escobar will be back and new Bike Florida vendor Rock Hill Creamery will provide smoothies. Stay tuned for more vendors and vendor information!

## **Bike Florida 2012**

### **Jersey**

Click the Jersey to view a Larger image!



Click [here](#) for Jersey Sizing Chart

If you have registered for our Forgotten Coast Tour but need to purchase additional Tour Options, like a Jersey or Meal Plan, please download our paper registration form (download link on this [page](#)) and do the following:

- Fill out Basic Information in section A
- Fill in what you are adding in section B
- Complete payment information in section D

Please mail this form and payment to the address listed on the form.

All orders for additional Tour Options must be postmarked no later than March 9, 2012

## **Bike Florida 2012**

### **Getting to the Forgotten Coast Tour Ride Start**

Bike Florida 2012 **Forgotten Coast Tour** will begin registration at the North Florida Fairgrounds at 9:00 am on Saturday morning, March 24th. Entrance to the fairgrounds will be Main Gate 17, off of Paul Russell Road, east of Monroe Street. Please follow the signs and volunteer instruction for parking. There is plenty of parking at the fairgrounds for all vehicles.

#### **Physical Address:**

North Florida Fairgrounds  
441 Paul Russell Road  
Tallahassee, FL 32301

**Directions to the North Florida Fairgrounds:** These are general directions from major highways and airports. They are for reference only. Please check exact directions from your own specific starting location.

### **I-10**

- Use **exit 199** for **US-27/North Monroe** and head South.
- Left Turn on **Paul Russell Road** to the North Florida Fairgrounds.

### **From TLH (Tallahassee Regional Airport)**

- Turn right onto **FL-263 S/Capital Cir SW**.
- Turn left onto **FL-363 N/Woodville Hwy**
- Turn right onto **Paul Russell Rd** to the North Florida Fairgrounds

### **From JAX (Jacksonville International Airport):**

- Upon exiting the airport, Head **south** on **Dixie Clipper Dr** toward **Thomas Imeson Ave**
- Slight right onto **Airport Rd**
- Take the 1st right onto **Int'l Airport Blvd**
- Merge onto **I-295 S** via the ramp to **I-10**
- Take exit **21B** to merge onto **I-10 W** toward **Lake City**
- Use **exit 199** for **US-27/North Monroe** and head South.
- Left Turn on **Paul Russell Road** to the North Florida Fairgrounds.

## **Bike Florida 2012**

### **Frequently Asked Questions**

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#### **Q: What's included with the registration fee?**

A: Your choice of indoor gym or outdoor camping, shower truck at overnight sites, event T-shirt, cue sheets & maps, GPS bike routes, online bike routes, SAG support, luggage support, evening entertainment, mechanical support, daily rest stops (light snacks, water and Gatorade) and marked cycling route.

**Q: What about bike safety?**

A: Your safety on the tour is the utmost importance to us. Bicycles are considered vehicles in Florida and with that comes the responsibility of knowing and abiding by the Rules of the Road. Registered participants will receive a DVD filled with route and riding skills information. Additional bike safety information may also be found at the [Florida Bicycle Association](#) web site.

**Q: What type of bike should you use on the tour?**

A: Whichever bike feels comfortable. Keep in mind that you will probably be on your bike between 5-6 hours each day. So choose a bike that fits you well and doesn't cause pain. If you are unsure your bike fits you correctly, check with your local bike shop for a bike fit. Get yourself and your bike in good working shape prior to the tour, do what you have to do in advance to enjoy the ride!

**Q: How do I register for the tour?**

A: You can register for the tour 3 ways:

- 1) Use the fast and easy credit card online registration or
- 2) Print out a paper registration form from the website and send us a check or
- 3) Email us at [registration@bikeflorida.org](mailto:registration@bikeflorida.org) or call us at **352-224-8602** and we will send a registration form to you.

**Q: What activities are planned for the evenings?**

A: Entertainment may include live music, street party, movies and more!

**Q: Is there any written information regarding the 2012 Bike Florida event?**

A: Yes. A Rider's Handbook will be mailed to all registered participants prior to the tour in addition to a DVD of event highlights. This will compliment the information on the Website.

**Q: Do we actually start cycling on March 24th or is that just a registration day?**

A: There are local rides in the Tallahassee area that participants can enjoy throughout the day on Saturday, March 24th once they arrive and register.

**Q: Are there any airport shuttles?**

A: We have arranged for limited shuttle service to and from the airport on Saturday, March 24th. Send your itinerary to [Ken@bikeflorida.org](mailto:Ken@bikeflorida.org) and we'll do our best to get you picked up in a timely manner. We'll also have extra taxi cabs on hand to get you to the fairgrounds. Many of our host hotels offer shuttles services from the airport and possibly to the fairgrounds, be sure to ask your hotel when you book your room.

**Q: Where can one ship their bike to?**

A: [Sunshine Cycles](#) is our preferred *ship to* bike shop. They are offering a great build price. Check

out the [Bicycle Shipping/Rentals](#) page on our web site for more information. Oh, and Bike Florida has storage space for your bike box at the fair grounds.

**Q: How can we get Florida's Share the Road specialty license plate?**

A: The license plate is available for purchase at your local tag office. You must have a vehicle registered in Florida to obtain one. All proceeds from the tag go to safe cycling education throughout the state of Florida. If you do not have a car registered in the state of Florida, you can also make a donation to Bike Florida on your registration form. All proceeds go to supporting safe cycling in the state.

**Q: What does the 2012 jersey look like?**

A: The design is posted on the "[Jersey Image](#)" tab on the left-hand toolbar, under 2012 Links. You may pre-purchase your jersey for \$65 with registration, or buy on-site for \$75.

**Q: What is the estimated biking distance each day?**

A: Daily distances range from 40-65 miles with a Century Option on Day 3 Quincy to Wewahitchka. The Day 3 standard route is also one of our longest days at almost 69 miles. The Day 5 layover is potentially the shortest day, 0 miles, if you opt to enjoy a day off in Apalachicola. Or you could ride, 20, 40 or 62 miles on the layover day. The last day back to Tallahassee has as a 50 and 34 miles option. The 34 miles option is easily shortened to 29 if you need to get back quickly.

**Q: What about my RV?**

A: RVs will be accommodated at the host sites. There is parking lot space but NO hook ups available at this year's host sites. Please contact Bike Florida staff at **352-224-8602** to let them know you will be bringing an RV and its size. Advance notice of your rig is greatly appreciated and you will need a vehicle permit (\$25). Thank you.

**Q: What meals are included with each meal plan?**

A: Riders may choose the meals that they prefer. You have the option of including all breakfasts and dinners, only breakfasts, only dinners or no meals at all. Please indicate on your registration whether you prefer standard or vegetarian meals. Lunches are always on your own.

**Q: What are the road and trail surfaces like?**

A: We ride mostly on roads. All roads are paved. Neighborhood streets may have the occasional pothole and there will be railroad crossings. The multi-use trails or bike paths we plan to use are also paved, although not many miles will be spent riding on these.

**Q: What is the weeklong parking situation for vehicles being left in Tallahassee?**

A: Cars that will be left in Tallahassee for the week will be parked at the North Fair grounds. Cars traveling with the event will need to have a vehicle permit, a fee of \$25; this includes RVs. Parking at

the Fairgrounds, 441 Paul Russell Road, 32301 is fenced and secure but we do not assume liability for your vehicle or its contents. Cars traveling with the tour are required to take a route other than the cycling route to further insure the safety of our riders.

**Q: Can I bring my dog?**

A: It is not advised. Please see our Dog Policy on this [page](#).

**Q: Can Minor Children Riders bicycle alone on the tour?**

A: We welcome younger riders on the tour, and we want to make their safety the utmost importance. We require all riders under 18 to bike with biking parent/legal guardian or riding chaperone. They should always be within sight of each other.

**Q: I want to stay in motels. Is that possible?**

A: Yes. We provide [Hotel Information](#). It is up to you to make your own motel arrangements. If you are staying at motels, we recommend you leave your big bag at the overnight facility and take what you need in a smaller bag on your bike to the motels. Padre's Cycle Inn will offer Hotel Luggage Service (extra fee) and information regarding his service may be found on his [web site](#).

**Q: When do I have to start bicycling each day?**

A: It's up to you. Some people start out as soon as the sun comes up. Others take their time. We ask that everyone be on the road by 9 a.m. and that no cyclist leave before sunrise.

**Q: How fast do I have to ride?**

A: It's up to you. This is a *bicycle tour* and there is no prize for getting to the next town first. There are many things to do and see on the route each day and you have all day to enjoy them.

**Q: What happens if I have a mechanical breakdown on the road?**

A: Flag down a SAG vehicle. There will be several official vehicles on the road and stationed at rest stops during the tour. Some will be radio-equipped; all will have cell phones, and can communicate with each other. SAGs have basic tools and pumps and can call a mechanic in case of serious breakdowns. You can also call the SAG Help phone number provided on your cue sheet.

**Q: What does SAG stand for?**

A: Some say "Support And Gear", others say "Support Aid Group" and there are those that make up their own meaning, a few of which are not worth repeating. No matter how you define SAG, all that matters is the SAG is there to help.

**Q: I have a cell phone with me. If I see an accident, should I call the SAG Help line?**

A: No. Call 911. Calling us wastes precious time. We have to get the information from you, which takes

time, and then relay it. Errors or confusion can result. Calling 911 direct in an emergency is the quickest and best way to get help.

**Q: What do I do if severe weather threatens?**

A: If you are at the overnight site, immediately take cover inside. If you are on the road, get off your bike. Most bikes are metal and can conduct electricity. Seek shelter or crouch on the ground if necessary. In the case of lightning, trees are not good shelter.

**Q: Is there a Daily Rider's Meeting?**

A: There will be a Daily Rider's Meeting each evening around 7PM. The meeting will have updates on the next day's route and any last minute route changes.

**Q: Where can I go for questions during the tour?**

A: Bike Florida headquarters will be located outside at each overnight facility, usually by the vendor area. Bike Florida staff, volunteers and the local Chamber of Commerce will be on hand to answer questions. Daily Itineraries, local maps and the next day's route will be posted nearby, along with our tour Message Board.

**Q: How can I get a message to another rider?**

A: Message boards will be posted near the Bike Florida Headquarters.

**Q: Do I need a helmet?**

A: An approved ANSI or Snell helmet is strongly recommended. You're smart to join this tour and we want you to come back again. Please wear your helmet!

## **Bike Florida 2012**

### **AIRPORT SHUTTLE SERVICE**

We have arranged for limited shuttle service to and from the Tallahassee airport on Saturday, March 24th. Send your itinerary to [Ken@bikeflorida.org](mailto:Ken@bikeflorida.org) and we'll do our best to get you picked up in a timely manner. We'll also have extra taxi cabs on hand to get you to the fairgrounds. Many of our host hotels offer shuttles services from the airport and possibly to the fairgrounds, be sure to ask your hotel when you book your room. If there is a delay and you need to make your own direct arrangements, here are some helpful phone numbers:

#### **From Tallahassee Regional Airport**

- City Taxi (850) 562-4222



- Discount Transportation LLC (850) 264-3418
- Yellow Cab (850) 575-1022

**From Jacksonville International Airport**

Airport Transportation (407) 920-6326

## **Bike Florida 2012**

### **Refund Policy**

**Bike Florida will NOT issue refunds for any reason (including medical) after March 1, 2012. There will be no exceptions. A \$50 processing fee will be charged on all refunds made prior to March 1, 2012. Refund requests MUST be in writing, stating reasons for refund such as medical emergencies. The event will take place rain or shine. We are not responsible for inclement weather or other natural acts. We recommend purchasing travel insurance from [McKay Insurance](#) or your local insurance agent to protect your travel investment.**

### **Dog Policy**

**We love our dogs, but we love our riders, too! Dogs get excited about bicycles and present a very serious safety hazard for riders. Please leave your pet at home. Dogs will not be allowed inside any facility building being used by Bike Florida during the tour, including but not limited to the registration site, indoor camping, restrooms, and meal service areas. If you have no other recourse then to bring your dog, it is required to be under the control and visual observation of the owner at all times. A 6' (six foot) leash rule is in effect whenever the animal is outside the owner's camping trailer, vehicle, or motor home. No dog should be left tied up and unattended outside the owner's camping equipment. No dog is to be walked in the tent camping area. Allowing your pet to bark uncontrollably day or night will not be permitted and you may be asked to leave if you are not able to control your pet's barking behavior. Aggressive dogs of any breed are not welcome.**