



FROGG

Friends of the River of Grass Greenway



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Summer 2018

How your FROGG Board stays involved

During the past two months, Board members attended the following meetings/events:

- Lee County 2018 Walkable Communities Conference
- Florida Bicycle Association Quarterly Board meeting in Naples (hosted by FROGG)
- 90th Anniversary of the Tamiami Trail with a table for cycling brochures / maps
- Blue Zones public meeting and workshop with Collier County Commissioners
- Met with Sara McFadden candidate for the District 106 Florida State Representative
- Collier County Bicycle & Pedestrian Master Plan Stakeholders Meeting
- Cycled the East Coast Greenway south Florida route with Miami-Dade BPAC member Eric Tullberg and ECGA Florida Coordinator Paul Haydt

Other Board News

- **Patty Huff** was appointed to the East Coast Greenway Alliance Advisory Board
- **Scott Shook**, founder of the Tour de Marco, helped to organize the ride again this year. He also serves on the City of Marco Island bike pathways committee.

Summary of our monthly Bike Rides through the Everglades

Hurricane Irma delayed the starting of our monthly bike rides this past fall. However, as reported in our Winter 2017 Newsletter, we were able to resume our schedule in December when we had a beautiful cool cycle tour through the Fakahatchee Strand on Janes Scenic Drive and East Main to the Fakahatchee “Hilton”, completing the day with lunch at our local Triad Seafood restaurant. In January we cycled around historic Everglades City and Chokoloskee, stopping for coffee at Havana Café and the Smallwood Store & Museum. The Everglades Bicycle Club from Miami joined us in February for our off-road tour of Loop Road in the Big Cypress & ENP which provided the opportunity to see wildlife and enjoy a wonderful day of cycling. Our March trip to Ave Maria was cancelled due to heavy smoke from nearby fires. Thankfully, we now have rain!!

On April 8 our tour was to Bear Island which is a management unit of the Big Cypress National Preserve. A group of 12 enjoyed a leisurely



ride through Bear Island, led by Ranger Lisa Andrews. We started at the entry gate off of S.R. 29 and rode 7 miles on hard-packed limerock roads through diverse habitats, including Cypress swamp, Pine flatwoods and open sawgrass prairie, to the ranger station and entry gate at the end of Turner River Road. We made frequent stops to observe a variety of flora and fauna, as Lisa pointed out interesting features along the way, such as limpkins, walking catfish, apple snails (and how to tell the difference between the native and non-native snails), orchids, wild oranges, red-shouldered hawks and numerous gators. The ride back was along the same route at one’s own pace, for a total of 14 miles. There are several other trails within Bear Island, which a number of riders expressed interest in coming back to explore further.

Article and photo by Dayna Fendrick. *Photo: Big Cypress Park Ranger Lisa Andrews pointing out how to tell the difference between the native and non-native apple snails.*

FROGG is committed to establishing the safe use by the general public of US41 across the Everglades between Naples and Miami, focusing on safety and environmental education and stewardship for those hiking, walking, and cycling through south Florida and the Everglades.

Biking in South Florida

by Patty Huff

One benefit of belonging to various cycling organizations is the opportunity to meet so many like-minded people and finding the time to have fun with them! This was my experience on May 22 when our fellow board member Kurt Tucker and I were scheduled to be in Miami to present the FBA 2017 Supporting Agency of the Year Award to Miami-Dade Parks, Recreation and Open Spaces Department. Since the presentation was not until late afternoon, I asked Eric Tullberg (a member of the Miami BPAC) if he would like to guide us on a bike ride. Paul Haydt, the Florida Coordinator for the East Coast Greenway and a FBA member, also joined us to explore the ECG south Florida route.

Eric and I met at the Government Center in downtown Miami and cycled over the MacArthur Causeway (wide shoulder/bike lane with heavy traffic) and headed to South Pointe Park on Miami Beach. We continued out to the end of the pier for a spectacular view of Fischer Island and the beaches before heading north on a paved scenic pathway. Paul and Kurt met up with us as we continued the length of south Beach on the boardwalk wide enough for pedestrians and cyclists for most of the way; however, there are gaps where bikes are not allowed (or the pathway is not yet completed) so you need to cycle along A1A part of the way. Eric took notes and photos of the cycling facilities and conditions along the way as Paul documented details about



this section of the East Coast Greenway. This has to be one of the most picturesque segments with its art deco hotels, iconic life guard stations on the beach, children laughing in well-maintained playgrounds and a beautiful linear park. When we arrived in Sunny Isles Beach at 158th Street, Paul returned for a meeting in Miami Beach while Eric, Kurt and I continued north on A1A to the Broward County line where we turned around and cycled south on bike or sharrow lanes to 63rd Street where Kurt headed back to the Beach.

To avoid the heavy traffic, Eric guided me through the quiet neighborhood on LaGorce Drive to Pine Tree Drive and Dade Boulevard, then across the Venetian Causeway to complete our 39.5 mile ride back to the Government Center in time for our 5:30 pm meeting.

As I said, one of the advantages of being a part of a cycling advocacy group is that you meet wonderful people and have a lot of fun doing what you love to do – cycling in south Florida!



Tips for Cycling in Inclement Weather

Cycling can be a year-round sport if you plan accordingly. While it may not be as fun to go for a ride in the scorching heat or pouring rain, when you ride prepared, you can get from point A to point B without problem. Here are some top tips for dealing with bad weather on your next ride:

High Temperatures

Bring a lot of water—it's always safer to over plan when it comes to staying hydrated on a ride when it's hot outside. An average-sized cyclist will need at least one 16-ounce bottle of water for every hour traveled on summer days. Larger riders or those on strenuous trips may need up to four bottles per hour. Weigh yourself after a summer ride—if you've lost more than 3% of your body weight, you didn't drink enough water.

Take it easy—if you're not used to cycling in extreme temperatures (more than 95 degrees), you should pace yourself and expect to finish your ride slower than usual. Nobody wants to be caught on the trail with heat exhaustion from maintaining an unsafe pace.

Ride in the morning—to prevent heat exhaustion and dehydration, many cyclists choose to go on a ride in the morning. The sun's light is harshest at noon, but temperatures will continue to rise until 3 PM or so. Choosing to go on a ride in the morning could mean you're cycling in temperatures 20+ degrees cooler than later in the day.

In the Rain

Lower your tire PSI—lowering your bicycle's tire pressure by 5 to 10 PSI will help you get a lot more traction in the rain. This is great if you're planning on going on a particularly hilly or winding road.

Leave time to brake—everything is slick when it rains, especially when the rain begins. You should give yourself twice as much space to hit the brakes when you're cycling in the rain. This will prevent skidding and crashes.

Add extra lights—visibility is much worse when it's raining, so you should aim to stand out as much as possible. This includes adding

additional reflectors to your bicycle or your helmet (which you should always wear!), or attaching a bright white light to the front of your bicycle. This will help motorists, pedestrians, or other cyclists see you in the dim lighting.

Avoid metal or brick—these surfaces are much slicker in the rain. If you must cross over any metal or brick surfaces, be sure to hold your handlebars straight and avoid turns to have the lowest odds of slipping.

Wipe down your bike—nobody wants a rusty bicycle! Dry off your bike after every rainy ride to ensure it stays in good condition.

This article was created by Personal Injury Help (www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. Be sure to review your local cycling ordinances to ensure you ride safe and legally!

GET INVOLVED

Collier MPO Bicycle & Pedestrian Master Plan

During the recent Stakeholders meeting of the Collier County MPO Advisory Boards, it was announced that there would be an open house in August (date/time TBA) for the public to learn more about the proposed Bicycle/Pedestrian Master Plan. Information about the Master Plan is available on the MPO website:

<http://colliermopo.com/index.aspx?page=45>

The official comment period has ended but you can still visit the website and review the interactive map:

<http://wikimapping.com/wikimap/Collier-MPO-Bicycle-Pedestrian-Master-Plan.html#.WjQyjmeWzGg>

For more information, call Eric Ortman at (239) 252-5874 or email:

Eric.Ortman@colliercountyfl.gov

If you are interested in serving on one of the MPO Advisory Committees (Citizens Advisory, Technical Advisory, or Bicycle/Pedestrian Advisory), please contact Eric Ortman.

Cycling Opportunities through the Everglades



72 Hours to Key West Charity Bike Ride November 2018

Registration Now Open

65 Cyclist * 280 Miles * 3 Days

Start Friday, November 2, Ft. Myers Beach

The first day will be challenging with a total of 120 miles through the Everglades along the Tamiami Trail to spend the night at the Miccosukee Resort. All riders must be 18 years old and physically fit enough to maintain a minimum average speed of 16-18 mph throughout the duration of the ride. There is a \$300 minimum fundraising requirement per rider in addition to the registration fee. See website: <http://www.72hourstokeywest.com/>.

Proceeds will benefit *The Tiny Hands Foundation*: <http://tinyhandsfoundation.org/>

Cycling through the Everglades

With so many opportunities to learn about our unique ecosystem in the Everglades, it is important for cyclists to be informed about safety issues which include summer afternoon thunderstorms, high-speed traffic along the 2-lane highway, and in some areas there are raised pavement markers in the shoulders. However, there are many benefits as you traverse through this wonderful wilderness along the Tamiami Trail. FROGG has information on its website about cycle tours through our south Florida parks www.evergladesrogg.org/events.



Cycling through Dan House Prairie in the Fakahatchee after a fire in late April. Patty Huff took this photo of her husband Steve and friend Maureen Bonness while on a 30-mile off-road bike ride in the Everglades.

If you are interested in learning more about the cycling in the Everglades or joining for one of bike tours next season, email info@evergladesrogg.org.



Bike Your Park Day September 29, 2018

Registration is now open! Everyone who registers at BikeYourParkDay.org will receive a sticker in the mail and be entered in a sweepstakes to win a Co-Motion bike and two Amtrak tickets to Glacier National Park. Join thousands of others around the world to explore your parks and public lands by bicycle on the same day. For more information about the program, see website: www.adventurecycling.org/resources/bike-your-park-day/

Bicycle Quote: "An engineer designing from scratch could hardly concoct a better device to unclog modern roads – cheap, nonpolluting, small and silent..."

— Rick Smith, International Herald Tribune,
May 2006

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