



FROGG

Friends of the River of Grass Greenway



FROGG

Volume V Issue 4

website: www.evergladesROGG.org

FROGG, P.O. Box 5031, Everglades City, FL, 34139

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Summer 2020

Fall Events



There are no FROGG Group Rides planned in the Everglades until it is considered safe. More information will be provided in the Fall Issue. Stay tuned!

Plan Ahead



Bike to Work Week
September 21-27, 2020

Bike to Work Day
Tuesday
September 22

Blue Zones Project:
Bike/Ped Safety
Campaign
(more info in the Fall issue)

Bike Riding through the Everglades

by Patty Huff



What are we doing in the Everglades when the weather is hot, humid, the area full lots of mosquitoes, and in the middle of the Covid-19 pandemic? Biking, of course – early in the morning alone or with family. The temperature is nice here around 7:00 am when my husband and I take a ride to Chokoloskee and back, 10 miles total. It's a great way to start the day with just a glass of fresh orange juice beforehand and breakfast waiting to be made upon our return. Then, after dinner, around sunset we go for another 3-mile ride around Everglades City when the heat has cooled off (see above photo taken this week with the sun setting behind City Hall). Our mail is delivered only to the post office in town so that gives me an opportunity to ride there and back during the day, and to the local grocery if needed (wearing a mask inside at all times). Our population decreases quite a bit in the summer with our winter residents returning north and locals going out of state on vacation, especially this year. We had plans to go biking in Wales this summer but we're staying closer to home and enjoying our daily rides. Be safe and enjoy the outdoors!

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.

Along the Tamiami Trail - Safe Cycling

VISITOR INFORMATION CENTER and EVERGLADES CITY TRAIL TOWN HEADQUARTERS

Our Everglades Area Visitor Information Center / Trail Town Headquarters remains closed for the time being until it is safe for visitors (and volunteers) to congregate in a small indoors environment. However, brochures and information are available in the lobby of City Hall on weekdays (from 9 am to 5 pm). Masks are required in City Hall which is located on the northeast side of the Circle in the center of town.

Everglades City has started installing new street lights around town, replacing the historic ones that were destroyed almost three years ago during Hurricane Irma. Now it will be safer to ride along the residential streets in town. If you decide to visit the Everglades, plan ahead and visit our area information website <https://visitevergladescity.com>. Until then, stay safe while you bike and please follow the CDC guidelines.

Off-Road Park Trails are Open

Living in the middle of the Everglades provides us with many off-road options through the various parks and preserves. This time of year there is more shade provided by the leafy cypress trees; however, the heat and bugs require additional preparation. Be sure to bring lots and lots of water, and bug spray. During the past month I have enjoyed hiking and riding along the trails in both the Fakahatchee and Big Cypress Preserve. The mosquitoes were not bad, but I was prepared just in case. Cycling



one day I carried several bottles of water but I still ran out before my bike trip ended, so take more than you think you'll need; also it helps to add electrolytes to your water. For more information about the trails, visit the various parks' websites or go to our FROGG website www.evergladesrogg.org and click on "Visit Tamiami Trail," then "Places to Visit" and also the section titled "Events" which provides brochures and information about the various tours you can take on your own or with a group once we start offering guided tours again.

FROGG Board Members:

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Paths to Healing: Greenways are essential in the COVID era

by John Mitterholzer, The George Gund Fdn, and Tom Woiwode, the Community Fdn for Southeast Michigan
Excerpt from the following site (please click below to read the full article)

<https://www.fundersnetwork.org/paths-to-healing-greenways-are-essential-in-the-covid-era/>

The Covid-19 pandemic crisis presents one of the biggest challenges our nation has faced. Not only are we grappling with a public health emergency and a faltering economy, but these twin crises have laid bare stark inequities in our communities. It has forced us to acknowledge what has been obvious for far too long — that we do not all enjoy the same opportunities, whether it's economic equality, access to a healthy environment, or opportunities for social or cultural experiences. It has required us to think differently about how we live, work and play. And it is mandating that we create communities that bring people together to enjoy in those shared opportunities equally and equitably.

So what are our options? In this time of unprecedented challenges, the public has given us some pretty strong clues. When people are looking for solace, respite, an opportunity to get out and socialize, where have they gone? Trails, greenways, parks, public spaces. In droves. In volumes and numbers never seen before. The Rails-to-Trails Conservancy reports a surge of as much as 200 percent in trail use nationwide. In fact, the demand for access to places to walk or bike has prompted cities around the country — including Boston, Milwaukee, Chicago, Denver, and Washington, D.C. — to close streets to vehicle traffic and open them up to pedestrians and bikers. Oakland has dedicated 74 miles of streets to non-motorized use.

The uptick in activity is not surprising, given the legions of people who have felt trapped inside their homes as cities across the country have restricted access to most everyday activities. But the potential benefits of these outdoor spaces go beyond just offering a place for a pent-up population to stretch their legs. It's not uncommon to think of trails and greenways as designed for recreation experiences. But they are so much more.

Greenways create economic opportunity. According to a 2012 study by The American Association of State Highway Transportation Officials (AASHTO) study, every \$1 million invested in greenways, bike lanes and sidewalks, creates 17 jobs — significantly more than any other kind of infrastructure project. A 2019 study for the East Coast Greenway Alliance showed a more than ten-fold return on the impact of greenways investment.

They provide health benefits. While walking, running and bicycling can be enjoyable health preventative measures, the benefits don't just stop at health care cost savings. Physical activity also increases workplace productivity, and people using trails enjoy an intangible boost to their overall well-being.

Trails and greenways help improve air and water quality. They take cars off the road; and, by protecting land along rivers and streams, greenways prevent soil erosion and filter pollution.

They improve access to mobility and transportation options. Greenways offer transportation options for those who would like a choice other than a car, or who need that choice because they don't have other transportation options. In cities like ours, Detroit and Cleveland, roughly one-third of the resident population does not have access to a personal vehicle, in communities with limited public transportation options. Greenways link people and institutions, community assets, neighborhoods and each other in ways that are much more personal and connected.

What can you do?

Think differently about trails and greenways. See them as they are and can be — ways to promote equity, create art, stimulate the economy, protect the environment, create safe spaces for families and children, provide transportation options for all, and serve as transformative community development.

Take steps to ensure that trail and greenway projects do not exacerbate racial and economic disparities. Fund community organizations that are full participants in the decision-making processes. Community leaders, in particular people of color, must be authentically engaged in the policies, planning, design and development of trails and greenways.

Help make the case to Congress and spread the word. Greenways are essential infrastructure. Over 150 trail organizations and community development groups have signed on to a letter, asking Congress to include greenways in the next stimulus bill. Learn more about this effort by contacting Dennis Markatos-Soriano, president of the East Coast Greenway Alliance, at dennis@greenways.org. Visit <https://www.greenway.org/stories/momentum-grows-for-greenway-stimulus> for more information.

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Bikes for Tykes Continues to Give Back to the Community

by Patty Huff

Throughout the years Bikes for Tykes of Naples, Florida, has been providing bicycles to the children of the Collier County community and during this time of uncertainty they have stepped up to the plate even more.

In April the Greater Naples YMCA collaborated with Bikes for Tykes to recycle used bikes and give them back to families in need for fitness and fun. Bikes for Tykes reconditioned over half of the used bikes and donated them to the kids who would not have had the opportunity to own a bike. The event was an overwhelming success with 70 bikes distributed to kids of the community.

In May Bikes for Tykes participated in a bike give away and helmet fitting at the Naples YMCA. According to founder Skip Riffle, it's not just for tykes anymore; there is also a need among adults looking for transportation to work – such as the field workers in Immokalee, Florida – and a need by some seniors for a safer form of recreation than a two-wheeler offers. Skip and his team also volunteer their time and bicycle repair service in the Everglades City area.

Bikes for Tykes is a volunteer organization of professional retired business people that have devoted their spare time to repair, refurbish and rebuild bicycles that have been donated, collected, discarded into beautiful new bicycles for children of all ages. It is driven by a single goal with a mission to ensure every child or family in need, residing in Collier County, has a bicycle. We are grateful for all the work Skip and his volunteers do for our kids, and adults. For more information, visit website www.bikesfortykes.org.



FROGG T-Shirts

Long-sleeve bright green t-shirts are available for \$25 for FROGG members (free with \$100 or more donation) and \$35 for non-members.

Front:
FROGG Friends of the River of Grass Greenway

Back:
Across the Everglades For All



This is a good time to renew your membership!

Annual membership levels:

Individual	\$25	Family	\$35
Business	\$50	Donor	\$100
Partner	\$250	Sponsor	\$500
Life Member	\$1000		

Please send check payable to FROGG and mail to P.O. Box 5031, Everglades City, FL 34139

or pay online with paypal at:

www.evergladesROGG.org/memberships/

Please call 239-719-0020 or email snookcity@gmail.com if you have any questions about your membership or t-shirts!

Join the Florida Bicycle Association (FBA)



"Our Vision is for bicycling to be safe, accepted and encouraged in Florida."

<https://floridabicycle.org>

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

*Sir Arthur Conan Doyle (1859 – 1930)
(author of Sherlock Holmes)*

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