

# The Newsletter



"Biker" Courtesy of Arztsami at FreeDigitalPhotos.net

## Sarasota Manatee Bicycle Club

February, 2016

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### February Social - Eco-Tour & Mote

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## Annual General Membership Meeting & Ride

The meeting & ride drew over 80 members and guests. Lunch following the rides was provided by the SMBC Social Committee. After lunch, over 63 members elected the following to the 2016 Board of Directors who in turn determined who would be officers:

**Bud Gaunce** – President

**Cindy Mannis** – Vice President

**Jim Schneck** – Treasurer

**Nora Miller** – Secretary

**Maureen Boyd** – Membership Chair

**Bill Norris** – Social Committee Co-chair

**Tom Mannis** – Training & Safety Coordinator

**Dave Hodgkinson** – Cyclefest Coordinator

**Tom Roberts** – Director

**Tom Bridges** – Director

Following the election, President Gaunce presided over a business meeting that included a review of the Social Committee activities for 2015 by **Bill Norris**, a Treasurer's report by **Jim Schneck**, a Membership report by **Maureen Boyd**, a Website report by **Charlie Morris**, and a summary of the Florida Bicycle Association's activities by Executive Director and SMBC member **Becky Afonso**.

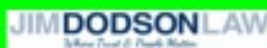
After the business meeting, Bud introduced **Kathy Duff** of the Sarasota County Sheriff's Office, who thanked the membership for all its help with bike safety (bike rodeos). Kathy then recognized Bud as being always willing to help whenever called upon by the Sheriff's Office. Bud then introduced **Petra Vybiralova** who presented SMBC with a Safety Star Award for the Club's participation in kid's bike safety rodeos.



SMBC Annual Meeting, January 16, 2016



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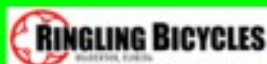
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# **Bike Ride, Eco-Boat Tour &/or Mote Marine Visit**

**Organized by the SMBC Social Committee**

**Pre-registration is required by February 13 on the Club website, SMBC.US**

This is a three part event. You may choose to do one, two or all three parts. There is a fee for two of the parts.

**Part 1** is a standard multi-group bike ride starting from the Mote Marine parking lot, leaving at 9:00 AM. We anticipate rides of 12-14, 13-15, 15-17, 17-18, and 18+ cruising speeds. If you pay for an event and there is no ride at the pace you want and you don't want to wait around for the tour, you may request a refund after the event.

**The time between the ride and the Eco-Boat Tour can be used for a lunch break at a local eatery of your choice in the area. See options below.**

**Part 2** is a 1 hour 45 minute Eco-Boat Tour on the *Sea Life Encounter II* leaving from the marina at Mote, leaving at 1:30 PM. This tour visits Sarasota and Roberts bays with the boat operated by a U.S. Coast Guard-certified captain, and narrated by a biologist and staffed by Mote-trained volunteers. The time between the ride and the Eco-Boat Tour can be used for a lunch break at a restaurant of your choice in the area. Go to [Sarasota Bay Explorers](#) for detailed information on the tour.

**Part 3** is a self-guided tour of the Aquarium at Mote Marine. Go to [Mote Marine Laboratory](#) for more details about Mote Marine.

## **Fees:**

**SMBC will pick up \$5 of each member's bill, regardless of choice.**

The cost for the Eco-Boat Tour (Part 2) is \$27 per adult 13 and older, and \$23 for children ages 4-12. Free for under 4. **With the SMBC subsidy, SMBC member cost for only the Eco-Tour will be \$22 per person, regardless of age.**

The General Admission for Mote Marine (Part 3) is \$19.75 for ages 13 to 64 and \$18.75 for 65 and older.

**With the SMBC subsidy, SMBC member cost for only the Mote Marine visit will be \$14 per person, regardless of age.**

A Combo Ticket that includes the Eco-Boat Tour AND Mote Marine (Parts 2 & 3) is \$40 for adults, and \$33 for children ages 4-12. Free for under 4.

**With the SMBC subsidy, SMBC member cost for both the Eco-Tour and Mote Marine visit will be \$35 per person, regardless of age.**

## **Local eateries:**

On City Island (where Mote is located):

New Pass Grill & Bait Shop: <http://www.newpassgrill.com/>

The Old Salty Dog: <http://theoldsaltydog.com/>

Ken Thompson Park: picnic area only, no concessions

On Long Boat Key:

Dry Dock Grill: <http://drydockwaterfrontgrill.com/>

Chart House: <http://www.chart-house.com/locations/longboat-key/menus.asp>

On St. Armand's Circle: <http://www.starmandscircleassoc.com/direct.cfm?ctid=16>

Partial List:

Tommy Bahama

Crab & Fin

Daiquiri Deck

Venezia

Columbia

Madison Ave Cafe & Deli

Starbucks

New Pass Grill



## Register Your Bike With the City of Sarasota Police

In 2012, over 325 bicycles were reported stolen in Sarasota. Many others are found abandoned on city streets and impounded by the City. The City of Sarasota Police (SPD) has a Bicycle Registration and Theft Prevention program. Register your bicycle with the Sarasota Police and they will enter the information into their database. In the event that your bike is stolen, your registration provides them with the necessary information to contact you if it is found.

On January 6<sup>th</sup> SPD held a registration at Saralakes Mobile Home Park on Bahia Vista. At the request of **Officer Danny Robbins** of the Police Department, **Bud Gaunce** and **Charlie Morris** assisted Officer Robbins and four SPD volunteers, **Steve Lyons**, **John Tuccilla**, **Martha Bohn** and **Jay Rosovsky** at the registration by inspecting and adjusting bikes and installing lights provided by the City of Sarasota.

If you haven't already, you can register your bike on line at [sarasotapd.org](http://sarasotapd.org).



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## Christmas Lights Ride

On Christmas Eve, 2015, **Cindy** and **Tom Mannis** led a group of 23 riders, mostly sober, on a tour of the holiday lights in Lakewood Ranch. Pictured below are SMBC members **Tom Bridges**, **Jayne Phelps**, **Linda Dowdell**, **James Poe**, **Faye Rafferty**, **John Feavearyear**, **John Welsh**, **Peter Mattei**, **Ruth Zanini**, **Dan Muccio**, **Cindy Mannis**, **Roger Dowdell**, **Pete Esposito**, **Phil Lentzke**, non-member **Marcia Goldshull** and members **Sam DiBiasi**, **Tom Mannis** and **Kathy DiBiasi**. Riders not in the pic are **Maureen Esposito**, **Peter Mentis**, **Simi Kress**, **Cliff Kress** and **Leo Faust**.



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## Quote of the Month

“The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.” **Ann Strong - 1895**

# The Pinellas Experiment

By Donald Myers

Sometimes our expectations for a bike ride just don't come to fruition. In *The Pinellas Experiment*, **Don Myers** relates his attempt to ride the Pinellas Trail in an entertaining and self-deprecating way. Charlie Morris

“This week I turned to the web to find a new bike trail to ride. A Rails to Trails site suggested the Pinellas Trail. It starts in St. Petersburg and runs north to Tarpon Springs. When I told Roz I intended to ride in St. Petersburg, she wasn't keen. “It's too far to drive.” she said. When my wife tells me I can't, I want to do it, even if I didn't really want to do it before she objected. Roz said, “You're too old to tramp all over the state in this heat.” I didn't leave until after lunch.”

[See Don's article](#)

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## Can I Get a Ticket if My Bike Rack Covers My License Plate?

By Jim Dodson

While visiting with other cyclists at the recent *Horrible Hundred*, I was asked by someone whether he could be ticketed if his bike rack obstructed the view of his license plate. I did some research to find the law in Florida. As is often the case with the law, there is no simple "yes" or "no" answer. There is a split of authority in Florida in that several of the District Courts of Appeal have issued conflicting opinions on this topic. This means the law is different depending on the area of the state in which you are driving. The only safe answer is, don't let your bike rack cover your plate because you could get a ticket in some jurisdictions.

For those living in the area covered by the Second District Court of Appeal (which includes the counties of Charlotte, Collier, DeSoto, Glades, Hardee, Hendry, Highlands, **Hillsborough**, Lee, **Manatee**, Pasco, Pinellas, Polk and **Sarasota**), it is *not* a violation for a properly attached bike rack or trailer hitch to block the view of the license plate. Trailer hitches, handicapped chairs and U-hauls are also exempt from the rule. There is only a violation if the obscuring matter is physically on the license plate, such as grease or mud covering the letters of the plate.

In contrast, the First, Third and Fifth District Courts of Appeal have decided that a bicycle rack, luggage rack or other external object blocking the license plate *is* grounds for a traffic citation. Even a broken plate light hanging down slightly over the license plate can subject you to a ticket. The Fourth District Court of Appeal has not issued an opinion in this area. For a list of counties in the Districts, [Click here](#)

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Jim Dodson is an experienced bike accident lawyer, cyclist and bicycle safety advocate. He represents injury victims throughout Florida. He is the author of the *Florida Bicycle Accident Handbook*. If you have a question about a cycling accident, contact Jim at [www.jimdodsonlaw.com](http://www.jimdodsonlaw.com). There is never any charge to discuss your case.

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## A Bicycling Book Review by Ralph Monti

*The Lost Cyclist: The Epic Tale of an American Adventurer and His Mysterious Disappearance*

By David V. Herlihy

326 pp \$10.66 paperback on Amazon

Mariner Books, 2011

“Man innately is a curious species, so when bicycles first burst onto the scene in the late 1800s, a transportation marriage was made in heaven between the restless nature of man and the easy accessibility of the new-fangled, two-wheeled wonder capturing everyone's imagination.”

[See the rest of Ralph's review](#)



## New Member Smart Cycling Class and Ride

On Saturday January 9, 2016, **Bud Gaunce** and **Cindy** and **Tom Mannis** held a new member *Smart Cycling* class and ride. Seventeen new SMBC members attended. This class and ride was aimed for new members who would like to improve their bicycling knowledge and bike-handling skills while riding safely alone or in a group on the road.

The class taught the members confidence to ride safely and legally in traffic and with a group. They were taught how to conduct bicycle safety checks, traffic law, on-bike skills and crash avoidance techniques.

All participants were expected to bring a bicycle (preferably a road bike, touring bike or hybrid) and helmet. Classroom instructions were followed by parking lot bike-skill drills and then a group ride that incorporates what was taught.

SMBC plans to offer this class several times each year. Check the Club website and the monthly newsletter periodically to find out when the next class is scheduled. For more information or questions, email Cindy Mannis at [cynthia.mannis@verizon.net](mailto:cynthia.mannis@verizon.net)



## News Coverage on WTSP, Channel 10



On Wednesday, January 20, Reporter **Hilary Zolla** of WTSP, TV Channel 10, met with six SMBCers to cover a story about the dangerous rumble strips that line SR 301 from Sun City Center to the southern Hillsborough County line. These rumble strips make one of the few major north-south roads in eastern Hillsborough County unusable to safety-conscience cyclists. Zolla interviewed **Jim Wheeler**, who initiated the coverage, and **Ruth Husky**, who broke her elbow a couple of years ago on a fall on SR 301 as a result of the rumble strips. Zolla also took some video which is to be aired on Channel 10 on Tuesday, January 26 at 6 PM. This segment is the latest of a series on bicycle issues in the Bay area by Zolla over the past year.

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## SMBCers Assist Safe Routes to School in Manatee

On a beautiful Thursday, Jan 21, **Bud Gaunce**, **Chris Prokosch**, **Tom Roberts** and **Charlie Morris** helped Community Educator **Lisa Indovino, M.A.** and two PE (You remember Physical Education don't you?) instructors with a Bike Rodeo at the Ida M. Stewart Elementary School in NW Manatee County. After getting a helmet fit, we escorted over 80 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> graders as they rode through a great mocked-up road course. As a Community Educator, Lisa is a full-time Safe Routes to School coordinator for Manatee County. She is employed by All Children's Hospital in St. Pete. There are others like her in nine surrounding counties, but NOT Sarasota. The experience renewed my faith in the youth of this community. Charlie Morris



Notice how the smiles get smaller and smaller from left to right: Community Educator **Lisa Indovino**, SMBCers **Tom Roberts**, **Chris Prokosch** and **Bud Gaunce**.

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## Quick Release Recall

Consumer Reports is reporting a recall on quick release front levers on bikes that have disc brakes. This affects 1.3 million bikes and includes brands like Cannondale, Specialized, and Diamondback. A web site has been designed for this in cooperation with the CPSC. It is [www.quickreleaserecall.com](http://www.quickreleaserecall.com).

Submitted by **Ralph Monti**

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## Disney & Dali Museum Ride

We will leave from the Sunshine Skyway Rest Area North. This is the first exit just north of the bridge hump and is about 35 from the intersection of I-75 and University Parkway, via I-75 and I-275.

We will ride 15 miles to the Dali Museum to visit the **Disney & Dali: Architects of the Imagination** exhibit, have an optional lunch (Dutch treat) nearby afterwards before returning to the start. **Charlie Morris** will lead a 15 mph maximum ride. There will be maps available for those wishing to ride faster or slower, and for those who only want to ride 9 miles each way starting at Maximo Park at the north end of the Sunshine Causeway.

Entry fee for the museum is \$24 for adults, \$22 for 65 and over. You may purchase tickets at the door, or in advance online. For more information about the exhibit and to buy tickets in advance go to: <http://thedali.org/exhibit/disney-dali-architects-imagination/>

Although there are no fees associated with the ride and registration is not required, we would appreciate it if you would register at [SMBC.US](http://SMBC.US) so we will have some idea how many will be going.

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## Some Links of Interest

*Top 10 Resolutions for Bicyclists – 2016.* submitted by **John Feavearyear**. [Top 10 Resolutions](#)

*8 Things Top Bike Cities Have Done to Promote Safer Cycling* by **Kaitlan Giddings**. [Kaitlan Giddings article](#)

*MIPS and Sliding Resistance of Bicycle Helmets:* MIPS has a patent on using a concept called the slip plane in a helmet. It may or may not help you avoid rotational injury in a crash. Lab tests demonstrate that you want the outside of your helmet to slide when you hit the pavement, not stick and jerk your neck. Rounder, slicker helmets are proven to do that better. Submitted by **Phil Lentzke** [MIPS article](#)

*The Obsession Continues* by **Jim Langley**. Jim has ridden over 8,000 days in a row! [Obsession](#)

*Road Rights* by **Bob Minoske**, bicycle accident attorney [BicycleLaw.com](#). Submitted by **Johanne Long**

Part 1. *What is Road Rage?* [Part 1](#)

Part 2. *How should You Respond to Road Rage?* [Part 2](#)

*9 Of Our Favorite Bike-Themed Beers.* by **Catlin Giddings**. [Bike-themed beers](#)

*How to Get and Use the New Bicycling Emoji* by **Elsbeth Huyett**. [Bike Emoji](#)

*The Road to Unstoppable, How Curiosity Killed the Cramp* by Dr. **Rod MacKinnon**, Nobel Prize winning neuroscientist. This follows on the latest theory that cramps are not caused by forgetting to drink your *Gatorade* or dehydration but befuddled nerves. Submitted by **Dave “Lance” Landsperger** [It's the nerve](#)

*This Funny Video Shows Why You Should Give 3 Feet When Passing* by **Samantha Zukergood**. “The Santa Rosa Street Smarts Program is helping people understand why it's polite to give space when passing.” [Give 3 feet](#)

*Pedal Power - the Unstoppable Growth of Cycling* by **Will Smale**, Business reporter, BBC News. Submitted by **Simon Oliver**. [Pedal Power](#)

*A Boom in Bicycle Tourism* by **Marsha Mercer**. *The Seattle Times*, December 7, 2015. “Wallets on wheels” — i.e., bicycle tourists — spend more time and more money than other tourists, and are now actively sought after by tourism officials.” Submitted by **Skip Collins**. [The Seattle Times](#)

*Cigarette Cards Offer a Window into Vintage Cycling* by **Molly Hurford**. You’ve heard of baseball cards—but these trading cards found in cigarette packs of yore were aimed at cyclists of the time period. [Vintage cycling cards](#)

# The Pinellas Experiment

by Donald Myers

This week we will abandon reading, writing and arithmetic, and instead transfer our attention to how to make a rabbit fly. To tell the story the way I want to tell the story, I want you to physically participate in two actions designated as PPs, or Please Participate.

PP 1: Raise your right hand as if you wanted to solemnly swear. Hold it! Hold it! Put your hand down, slowly. Did the surface of your hand sense the invisible air which supplies the air we breathe, supports wings in flight and bike tires?

This week I turned to the web to find a new bike trail to ride. A Rails to Trails site suggested the Pinellas Trail. It starts in St. Petersburg and runs north to Tarpon Springs. When I told Roz I intended to ride in St. Petersburg, she wasn't keen. "It's too far to drive," she said. When my wife, tells me I can't, I want to do it, even if I didn't really want to do it before she objected. Roz said, "You're too old to tramp all over the state in this heat." I didn't leave until after lunch.

After lunch I began my preparation by picking up my bike, wishing it were blue, and putting it on the car rack. I filled the tires with air. As air is a key to the story, please follow the details. I removed the valve caps, up-screwed the nuts on the valves to release the stems and filled the tires with 120 pounds of air. At that moment Roz came into the garage and handed me my water bottle. Chalk the water bottle missing as a slip of my mind, a part of my usual inattentive blindness. We will now pause and learn how to slip a mind.

PP 2, Mind Slipping Demonstration: Raise both hands to the sides of your ears. Shake them vigorously for five seconds. One! Two! Three! Four! Five! Stop! The residual feelings, often referred to as tingling, indicates your invisible life force. Congratulations you are alive. Shaking is better than medicine. Shaking relaxes and eliminates anger. The next time someone reminds you of your failure to remember to take your water bottle, instead of seething, shake.

Shaking leads to the world of the never-mind. That was the problem in the garage. Roz interrupted a daydream. My dream mulled a question a lady in the class asked after I read, "I Like Blue Bikes Best". She asked, "Why do you want to ride a road bike?" I answered that a road bike allows me to go further and faster. However, the answer failed to articulate other stuff that really matters. One of the more meaningful reasons relates to a desire to ride to keep fit. It's part of my rabid rabbit fitness stew consisting of biking, walking, breathing, sleeping, eating sensibly, and multiple stretching routines packed together with seasonings: Yoga, Chi Kung, Tai Chi and Chow Mein. If you want the recipe, send me an e-mail. The whole razzle dazzle keeps me happy, healthy, and free from typical aches and pains related to old age.

PP 3, Old age is a condition, not a number. There is a test to help you find out if you are old or not. You place a chair twelve feet from a wall. You sit on the chair, stand up, walk to the wall, walk back to the chair, and then sit down. If you can make the round trip in fifteen seconds you are not old. When Roz tried, she stopped the clock at eight seconds. I did it in nine, not a bad time for someone eighty-five.

Old age isn't reversible. Prevention is paramount. Biking offers a stop gap solution. I read yesterday that all sorts of activities like art, music, and walking are activities that contribute to relaxation, and lead to prolonged life. Biking, and other relaxants, act like antioxidants to prevent chain reactions of bad things happening.

Unfortunately as I've aged, identities which once defined me, and helped to keep me alive, have disappeared. Tennis player, Skier, Flier, Sculptor are all in the dust pan. Writer was never worth the paper. Biking is the only one I have left. Buying a road bike changed my biking game. I went from biking to biking with a big boy B.

My goals became faster, further, and fitness. Occasionally, I bike to explore, or to engage with someone, or to take a group ride, but most of the time, like some bikers, I bike to practice. A bike practice includes technique and endurance. You pay attention to breath, cadence count, gearing to speed, technical details and conditioning. When you practice art, tennis or biking, working with the elements of the practice is called process. When you become deeply involved everything meshes together into a focused concentration. When this happens, time vanishes, and your maximum abilities emerge. You become transported. When you get into the flow, it's like you are out of your body



watching yourself.

If you weren't you, and you were Joe Louis, the Brown Bomber, at this point you would be able to counter any punch that comes in, and see opportunities you never imagined. And by now I'm imagining that you imagine it's time for me to tell you of my trip to the Pinellas Trail.

The drive route took me on to I-75, to I-275, and then west on 22<sup>nd</sup> Street North in St. Pete. I continued to drive until I crossed a section of the trail where I parked a few feet beyond. When I left the car to remove my bike, I realized I forgot my helmet.

The only sane solution was to abort the ride and go home. I know the value of a helmet: the rule is never, ever, ride without a helmet. However, foolishly I decided to ride. When I lifted my Giant off the rack and put it down, I experienced the sinking of the Titanic. Both tires were flat. I didn't have a pump with me. It was Sunday and the bike shops close by were closed.

The blame wasn't an iceberg, nor was it Roz's fault. The fault wasn't mindlessness, it was an innocent mind slip. You remember the drill: first I removed the valve caps, then up-screwed the nuts at the base of the valve stems to free them for use, and then pumped air into the tires before Roz interrupted. When she gave me my water bottle, my mind slipped, and then she said, "Have a good trip." My mind focused on having one. After the interruption, instead of screwing down the nuts to lock the stems, I skipped ahead and replaced the valve caps.

"Judge, it wasn't my fault. The caps caused the problem. They pressed the valve stems down. They let out the air. They masked the sound of the invisible gases escaping."

The moral of the story: never try to teach a stupid, stewed rabbit to fly. I missed the trip because I missed the sound of the air leaking out of the valves. I missed the trip because I refused to hear Roz telling me over, and over, and over, "Why don't you listen? You need hearing aids."

## A Bicycling Book Review by Ralph Monti

*The Lost Cyclist: The Epic Tale of an American Adventurer and His Mysterious Disappearance*

By David V. Herlihy

326 pp \$10.66 paperback on Amazon

Mariner Books

Man innately is a curious species, so when bicycles first burst onto the scene in the late 1800s, a transportation marriage was made in heaven between the restless nature of man and the easy accessibility of the new-fangled, two-wheeled wonder capturing everyone's imagination.

While many cyclists of this era explored their immediate geographical area or perhaps stretched their comfort zone a bit by pedaling to some unknown parts nearby, a few thrill-seekers took their bicycle-exploring many spins farther, using this new invention to explore the world and other cultures. What's extraordinary is these early two-wheeled pioneers rode bikes usually weighing close to 40 to 50 lbs, and that weight was before not accounting for travel packs and other luggage loads. Using steamships to traverse the oceans, and locomotive tracks and telegraph lines to navigate the most rugged, undeveloped lands, these long-distance tourists often traveled under the most extreme conditions and through international lands that posed grave dangers.

In his book, *The Lost Cyclist: The Epic Tale of an American Adventurer and His Mysterious Disappearance*, David Herlihy weaves a fascinating but ultimately tragic, true account of Frank Lenz, one of the first and certainly the boldest of these cycling explorers. Lenz had already made a name for himself as a renowned high-wheeled racer. But he was fascinated by the travel exploits of earlier round-the-world cyclists like Thomas Stevens, and the duo of William Sachtleben and Thomas Allen. Lenz was determined to make his own mark by undertaking a global bike trek himself.

So in the spring of 1892, after quitting his accounting job, Lenz set out from his native Pittsburgh, PA home. Traveling first through New York and then moving up to Buffalo and going west to California, Lenz's ambition was to cover twenty thousand miles over three continents. He struck a deal with *Outing* magazine, an outdoor enthusiast periodical, to pay his way as he wrote stories and took photographs of the world he was to discover. Almost two years later, having survived countless travails along the way, Lenz approached Europe as he pedaled through eastern Turkey for his final leg. But alas, Lenz mysteriously disappeared, and what began as an exciting cycling adventure morphed into a deadly, murderous and heartbreaking disaster.

Herlihy does a terrific and extremely meticulous job tracing Lenz's travels, and recounts in great detail the practical and diplomatic challenges that ensued in searching for the lost cyclist. One irony is that William Sachtleben was finally chosen and dispatched to locate Lenz a year after Lenz has gone missing, and Herlihy does a masterful job recounting the obstacles the local Turkish officials and US diplomats used to hinder his efforts.

While *The Lost Cyclist* is a tragic tale of one man's lost life, it's also a captivating adventure travelogue that details late nineteenth century world cultures, spurious diplomatic maneuvering and the saga of bicycle travel before carbon fiber frames, GPSs, clipless pedals, paved roads and even automobiles. And lest we forget, it was also a heady and exciting time when bicycles were leading the way into the world's industrial and transportation revolutions.



# The Obsession Continues

By Jim Langley

**Introductory note:** As my ride-every-day streak neared 8,000 days (as of today, December 8, 2015, it's at 8,006), *The Ride Journal* and my old employer, *Bicycling Magazine*, asked me to write about streaking.

## The Obsession

33.8 miles of sweet Santa Cruz blacktop kissed my skinny tires today, Sunday, May 31, 2015 – my 7,818th consecutive daily ride. That's 21 years and 5 months. Or, based on an average male's life expectancy, about 25% of mine should I live to be 80.

My everyday riding began in 1990, as a *Bicycling Magazine* editor. My boss, Ed Pavelka, was setting cross-state records, preparing for the Race Across America.

I knew I wasn't of Ed's caliber, yet I wanted to make my mark. I remembered that in high-school cross-country, we revered British marathoner Ron Hill, who ran twice a day for 20 years, and even once hopped his runs one-legged because of a sprained ankle!

Hill's habit was called "streak" running. It inspired us to log a few weeks of consecutive runs. I didn't keep it up, but the idea stuck and came back to me.

Copying Hill, but on 2 wheels, seemed doable. Plus, after a few days of not riding, my 37-year-old legs had started feeling stiff on the bike. I hated that and hoped another benefit of streaking would be always feeling good.

So, near Christmas of 1990, I made a personal pact to streak cycle for an hour a day for 10 years. I told my fellow editors about it. I didn't record rides, track miles or hours. I just made riding every day my highest priority.

With running you simply head out the door. Cycling requires a bike and riding clothing, plus preparation time and possibly breakdowns or crashes. For trips requiring flying I got a Bike Friday that folds into a suitcase.

As weeks became months, and months years, the fixed anxiety of having to ride became routine, no different from doing the dishes or brushing your teeth. I might have to rise at 4 AM to ride without messing up the day's plans, or do it when the family was in bed, but there was always a way to fit it in. Everyone wastes an hour a day or could give up some sleep.

## Near-Misses, Feeling Like an Obligation

There were several nerve-racking near-misses caused by flight delays. The closest, a trip to Maui that had me duct taping on flashlights and riding from 10:30 to 11:30 PM – barely within my 24-hour window. My wife called me crazy. It taught me to always ride before leaving home and to never fly too far. I also never go where it's not safe to ride.

When I hit the first big milepost, 1,000 days, my officemates jinxed me (keep reading) with a funny certificate for "extreme stubbornness." Stubbornness is one thing to call streaking. Selfishness fits, too, because it becomes all about you and getting your ride in. It's your first thought waking up. After every ride, you start planning the next. If your streak continues, this never stops. You have a business trip, you get the stomach flu, you want to go on vacation, you have hernia surgery, and you worry, "How will I ride?"

I like to think that the streak makes me more alive and complete, or at the very least, healthy and happy (in fact, I rarely get sick, but I did suffer that hernia – and rode through it). I prefer being positive to thinking I've wasted 15,000-plus hours, though I do sometimes wonder if I could have instead learned Italian or been Steve Jobs?

Five months after the certificate jinx, a crash broke my hip and my first streak. It was infuriating, but it only steeled me to try again. I started my current streak December 30, 1993. I was 40 years old. Now, I'm about to hit 62 and I still haven't taken a day off. That's a long time to be doing the same thing every day. My streak has been written about by others and even appeared on a television show, so lots of people know about it today.

While it's still an obsession and a commitment to me, it's starting to feel like an obligation, like people are counting on me to keep it going. It's often the first thing friends ask about. The other day a riding buddy quipped, "When your streak ends, Jim, the earth will fall off its axis."

An enormous exaggeration, sure, but my earth might fall off its axis, right? I'm haunted by a *Twilight Zone* episode where a kindly older man is obsessed with keeping a grandfather clock running because if its pendulum stops, he

believes his heart will stop, too.

Could this streak be like that clock? Could stopping the streak mean I stop in some way? Or, like that TV character says when his clock finally dies, maybe I'll "be born again."

To find out, all I need is the courage to stop.

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**Jim Langley** has been a pro mechanic and cycling writer for more than 40 years. He's the author of [\*\*Your Home Bicycle Workshop\*\*](#) in the RBR eBookstore. Check out his "cycling aficionado" website at [\*\*http://www.jimlangley.net\*\*](http://www.jimlangley.net), his [\*\*Q&A blog\*\*](#) and updates at [\*\*Twitter\*\*](#). Jim's streak of consecutive cycling days has reached more than 8,000. Click to read [\*\*Jim's full bio\*\*](#).



## Florida Counties by District Court of Appeals

1 <sup>st</sup> District	2 <sup>nd</sup> District	3 <sup>rd</sup> District	4 <sup>th</sup> District	5 <sup>th</sup> District
Is a violation	No violation	Is a violation	No Decision	Is a violation
<b>Alachua</b>	<b>Charlotte</b>	<b>Dade</b>		<b>Brevard</b>
<b>Baker</b>	<b>Collier</b>	<b>Monroe</b>		<b>Citrus</b>
<b>Bay</b>	<b>DeSoto</b>			<b>Flagler</b>
<b>Bradford</b>	<b>Glades</b>			<b>Hernando</b>
<b>Calhoun</b>	<b>Hardy</b>			<b>Lake</b>
<b>Clay</b>	<b>Hendry</b>			<b>Marion</b>
<b>Columbia</b>	<b>Highlands</b>			<b>Orange</b>
Dixie	<b>Hillsborough</b>			<b>Osceola</b>
<b>Duvall</b>	<b>Lee</b>			<b>Putnam</b>
Escambia	<b>Manatee</b>			<b>Seminole</b>
<b>Franklin</b>	<b>Pasco</b>			<b>St. Johns</b>
<b>Gadsden</b>	<b>Pinellas</b>			<b>Sumter</b>
<b>Gilchrist</b>	<b>Polk</b>			<b>Volusia</b>
Gulf	<b>Sarasota</b>			
Hamilton				
Holmes				
Jackson				
Jefferson				
Lafayette				
Leon				
Levy				
Liberty				
Madison				
Nassau				
Okaloosa				
Santa Rosa				
Suwannee				
Taylor				
Union				
Wakulla				
Walton				
Washington				