

**7**he Tampa Bay Freewheelers (TBF) are cycling enthusiasts who are committed to promoting safe cycling in the Tampa Bay area. We warmly welcome riders of all abilities to experience the thrill of riding while receiving the health benefits associated with our sport.

Founded in 1982, TBF encourages safe cycling through weekly planned rides on low traffic routes in and around the bay area. We also sponsor bike repair clinics, effective cycling classes, and communication and cooperation with local and statewide agencies that promote bicycle awareness and advocacy.

## Stanley Breakfast Ride

**Every Saturday 7:45 a.m.**

TBF cyclists have been enjoying this Saturday morning ride to Buddy Freddy's Family Restaurant in Plant City since 1982. The ride is named after its founder, Stanley C. Jackowski, who rode his final century (100 miles) at the age of 79! This short, flat route is a great ride for first timers or experienced cyclists. Ride 23 miles round trip, with breakfast at the halfway point. The ride starts in the Seffner Elementary School parking lot (109 Cactus Road, Seffner, FL 33584).

## Gaither Workout Every Saturday

**7:45 a.m. Oct. to April**  
**7:15 a.m. May to Sept.**

This ride is for more experienced cyclists. Riders meet in the parking lot behind Lifestyle Family Fitness (15798 N. Dale Mabry Highway, Tampa, FL 33618), near Mapledale Boulevard, north of Ehrlich Road, across from Home Depot. Ride along smooth country roads at speeds of 17 mph and above. Shortest route is 32 miles round trip; regular route is 42 miles round trip; several add on loops available for more miles.

## Want to learn more?

Visit the TBF web site for ride schedules, directions, and more information on these and other rides!

**[www.TBFreewheelers.com](http://www.TBFreewheelers.com)**

## SPECIAL CLUB EVENTS

### Strawberry Century (spring)

For more than 20 years hundreds of riders have come to Plant City to pedal routes of 20, 38, 62, or 100 miles and enjoy the local strawberries. This is **the** spring event for cyclists.

### Hilly Hundred (fall)

The name says it all. This fall ride includes routes of 18, 34, 63, and 100 miles through the rolling hills in and around Brooksville, San Antonio, and Dade City.

### Annual Meeting and Banquet (January)

Dinner, election of officers, and awards.

### Picnic and Semi-Annual Meeting (June)

Good food, socializing, and bike riding.

## RIDING WITH A GROUP

Communication and trust are the basics of group riding. Fellow riders can offer camaraderie, encouragement, and advice. TBF ride leaders teach the basics of good group riding. Our weekly rides offer you the opportunity to practice group riding techniques. Did you know that club riders have the fewest cycling accidents?

## ARRIVE READY TO RIDE

Get yourself and your bike in shape.

You don't need a fancy bike to join in the fun; you just need to get your bike ready for safe riding.

- Inflate tires the night before.
- Bring (and wear) a helmet – this is a requirement!
- Install a water bottle on your bike.
- Put a spare tube in your bike bag.
- Get a quick-stik at your local bike shop to help remove your tire if you get a flat.
- Adjust your saddle to the right height. With the pedal in the 6 o'clock position, your leg should be nearly straight with your knee slightly bent.
- Get a tune-up if your bike's been unused for awhile. Bike tires rot; brake pads wear out; spokes, chains, and gear cables loosen. Don't let poor maintenance spoil your ride!
- Accidents can happen, so always have these in your bike bag too:
  - Medical insurance card
  - Identification with your name, address, and emergency contact name and phone number
  - Any MEDICAL ALERT information



## Tampa Bay Freewheelers, Inc.

P.O. Box 1371  
Tampa, FL 33601-1371



**R**isks and rewards, thrills and spills are part of every sport, including cycling. Our focus is safe riding techniques, but accidents can still happen. Riders assume all responsibility for what happens on a ride. Our membership registration asks you to agree to accept this responsibility.

You must be alert for, and avoid, unsafe conditions or techniques that are too advanced for your current level of ability.

Over time you will decide when you are ready for the thrills (and possible spills) of learning an advanced technique or riding with faster-paced cyclists.



**Come join the fun!**  
**We welcome new members!**

## Why join the Tampa Bay Freewheelers?

- Discounts at dozens of local bike shops
- Discounts at selected club events
- Like-minded cycling buddies
- Weekly club rides
- Group cycling trips outside Tampa Bay
- Bicycling advocacy activities
- Opportunity to learn cycling:
  - Skills
  - Safety
  - Courtesy
- Eligibility to purchase club identity items:
  - Jerseys
  - Polo shirts
- Opportunity to work on cycling-related charity events

### Join the easy way – online!

1. Go to [www.TBFreewheelers.com](http://www.TBFreewheelers.com).
2. Click Join the Tampa Bay Freewheelers.

The membership registration page appears and you can join online!

Joining online costs the same as joining through the U.S. Mail.

### Prefer to mail your membership registration?

Contact Ruben Watson: 813-404-5721  
[rubenwatson@hotmail.com](mailto:rubenwatson@hotmail.com) for a mail-in registration form.

## A Bicycle Club for Cyclists of All Abilities

**Touring**  
**Commuting**  
**Riding for Fun**

# Tampa Bay



# Freewheelers

**Join Online!**  
**[www.TBFreewheelers.com](http://www.TBFreewheelers.com)**