

WALK THE WISE WAY

SOME TIPS TO WALK BY:

Use sidewalks whenever possible. If there are no sidewalks, walk on the left side of the road facing the traffic so you can see vehicles coming and step off the road in a hurry if need be.

- Look both ways before crossing a street or intersection.
- Use the pedestrian crossing signals at busy intersections.
- Never step into the road suddenly or from behind a parked car or other obstacle.
- Wear bright-colored or reflective clothing when out after dark.
- Carry a small flashlight.
- Carry a cell phone for use in an emergency.
- Never accept a ride from a stranger.
- Choose a walking route frequented by other walkers, joggers and bikers.
- Be aware of your surroundings. If you see someone or something suspicious, be prepared to alter your course or go to a store, public building or someplace well lit.

WWW.WALKWISETAMPABAY.COM

Adolescents who bicycle are 48% less likely to be overweight as adults.

Biking it's just A GOOD THING TO DO

Not only is bicycling fun and easy to do, there are many health benefits that come with cycling as well. Regular cycling improves general muscle functions gradually, with little risk of strain or injury. It strengthens and tones leg muscles and helps with the mobility of hip and knee joints. Cycling helps build stamina and improves cardiovascular fitness. Cycling helps reduce weight as studies have shown cycling burns approximately 300 calories per hour. Cycling is also good for improving heart health and reducing stress.

PINELLAS COUNTY TRAILS & BICYCLE LANES GUIDE

Discover PINELLAS TRAILS & BICYCLE LANES GUIDE



Bike to Work?

BUT WHAT IF IT RAINS?

Leave your worries behind when you register for the Emergency Ride Home (ERH) Program. If you carpool, vanpool, ride the bus, bike or walk to work at least two days a week, you may be eligible for a taxi ride home. The first \$100 of the fare is paid for in cases of:

- Unscheduled overtime
- Sickness
- Carpool/Vanpool partners have an emergency
- Personal or family emergency

Participants will have the first \$100 of their taxi fare paid. Anything in excess of \$100 will be billed to the participant.

Once registered, you'll receive information on how to use the program, along with your first ERH voucher. All you need

Traffic congestion wastes nearly 3.9 billion gallons of gas per year in the U.S. and for every 1 mile that you replace driving with pedaling, you save nearly 1 pound of CO₂.

Be A Bike Buddy

The Bike Buddy program matches bicycle commuters with one another. The goal is to encourage more residents of the Tampa Bay region to try bicycle commuting and to ultimately increase the number of trips made by bicycle.

New to cycling in traffic? Share a ride with a neighbor, coworker or other bicyclist, and learn what it takes to ride on urban and suburban streets safely. The more riders there are in a group, the safer the ride.

Have you been commuting by bicycle for years? Share your experiences on the ins and outs of riding safely on urban and suburban streets, and enjoy your ride with others.

Are you an expert recreational cyclist? Why not add commuting to your repertoire, and find the best route to your place of work.

HOW DO I SIGN UP?

- 1 Go to www.tbarta.com/en/commuter-services/bike-buddy
 - 2 Once you've received your list, contact the other cyclists and arrange a meeting time to discuss your route.
 - 3 Begin your bike commute!
- The Bike Buddy program is a free service through Tampa Bay Area Regional Transportation Authority (TBARTA).

Biking IN FLORIDA WEATHER

The Tampa Bay area has four seasons but comfortable for biking year-round. But this is Florida so be prepared with food and water, suntan lotion, a wide brimmed hat and insect repellent.

- Summers are hot and humid, and generally have afternoon thunderstorms.
- Winters are usually the dry season. There can be a few cold days with sub-freezing temperature, but biking is comfortable most days.
- Spring and autumn with moderate temperatures and rainfall are the most pleasant seasons for biking and outdoor recreational activities.

RESPECT THE WEATHER BE AWARE OF HEAT AND HUMIDITY.

for your emergency trip home is the completed voucher and a picture ID. That's all you have to do. And you can use the Emergency Ride Home Program up to four times a year! Don't forget to register again each year.

Emergency Ride Home is a state program administered locally by TBARTA Commuter Services.

For more information; call Tampa Bay Area Regional Transportation Authority (TBARTA) at (800) 998-RIDE (7433) or visit www.tbarta.com/erh/commuter/emergency-ride-home.

BUS YOUR BIKE

The PSTA Bikes on Buses program lets you take your bicycle anywhere PSTA travels. No permits are required. The program is also available on both HART and Pasco County Public Transportation buses so you can continue your travels through Hillsborough and Pasco counties with your bike.

For more information or to view the video showing how to load and unload your bike on the bus, go to www.psta.net/bikesonbuses.php

Taking a 20 to 30 minute stroll can burn 70 to 100 calories. If you step it up a notch and walk briskly for 20 to 30 minutes you can burn 130 to 200 calories.

P.I.C.H. PARTNERSHIPS TO IMPROVE COMMUNITY HEALTH

Did you know that more than half of American adults have at least one chronic disease, and 7 out of 10 deaths are caused by chronic disease? Did you know that care and treatment of chronic diseases account for more than 86% of our nation's total \$2.7 trillion annual health care costs?

The Centers for Disease Control and Prevention (CDC) is committed to improving the health and wellness of Americans. Its most recent program, Partnerships to Improve Community Health (PICH), is a 3-year initiative that supports implementation of evidence-based strategies to improve the health of communities and reduce the prevalence of chronic disease. PICH builds on a body of knowledge developed through previously funded CDC programs and encourages collaborations and partnerships with multi-agency coalitions to make healthy living easier and more affordable in communities where people live, learn, work, and play.

Pinellas County residents have higher prevalence of overweight and obesity, stroke, heart disease, and diabetes than the general population in the United States or Florida. The goal of PICH is to mitigate the risk factors for chronic diseases resulting from limited access to physical activity opportunities. In Pinellas County, the partnership is working to improve the accessibility of the Pinellas Trail and County parks by making improvements that support walking and biking.

Be A



Want to help with the trails or parks? You can volunteer as an Auxiliary Ranger, lend a hand at one of the parks or even join the Pinellas Trail Adopt-a-Mile program. For more information on how you can take part in the trails' enjoyment, call Pinellas County Volunteer Services at (727) 549-6136 or visit www.pinellascounty.org/park/volunteer. You can expect to make a difference as a VIP - that's Volunteers in Pinellas.

If you see a volunteer in a shirt like this, say "Hi!" They are friendly and helpful!



310 Court Street
Clearwater, FL 33756
Phone: (727) 464-8250
<http://forwardpinellas.org>

Find the trail guide on the Web. Go to www.pinellascounty.org/trailgd.



Pinellas County complies with the Americans with Disabilities Act. To obtain accessible formats of this document, please call (727) 464-4062 (V/TDD). Funding for this brochure was provided by Pinellas County Department of Health and Human Services.



FLORIDA BICYCLE LAWS & SAFETY TIPS

BICYCLISTS

Wear a bicycle helmet.

Check your bike – air pressure, brakes, chain, seat and handlebars.

Ride on the right in the same direction as traffic.

Obey all traffic control and signals.

Wear light or brightly colored clothes to be most visible.

Yield to pedestrians.

Never wear headphones while riding – it is illegal and impairs your ability to hear traffic.

Avoid bicycling at night – many trails are closed at night, such as the Fred Marquis Pinellas Trail, Duke Energy Trail. If you must ride in the dark:

- Wear reflective clothing or accents – not just white or florescent – especially on ankles, wrists, back and helmet.
- Use reflectors. Use bright lights on the front and back of the bike. Ride on brightly lit streets.
- Always assume you are not seen by a driver.
- Young children should never ride at night.

Stay alert – be aware of traffic around you, and always keep a lookout for obstacles in your path.

Look both ways for traffic before you enter any street or intersection. More than 70% of bicycle crashes occur at driveways or intersections.

One seat = one rider.

Give bicyclists 3-feet (minimum) when passing!

Pedestrians have the right of way in a crosswalk – take note of pedestrian or school crosswalk signs indicating a crosswalk is ahead.

Take extra precautions before backing up.

Never drink and drive! – designate a non-drinking driver before getting into a vehicle.

****Remember, no texting while walking, biking or driving****

MOTORISTS

Be alert – watch for pedestrians and bicycles. Be extra careful at intersections.

Obey all traffic laws – including speed limit and other road signs.

Scan your surroundings – anticipate upcoming traffic situations.

Signal your intentions before changing lanes or making a turn.

Bike & Skate Shops

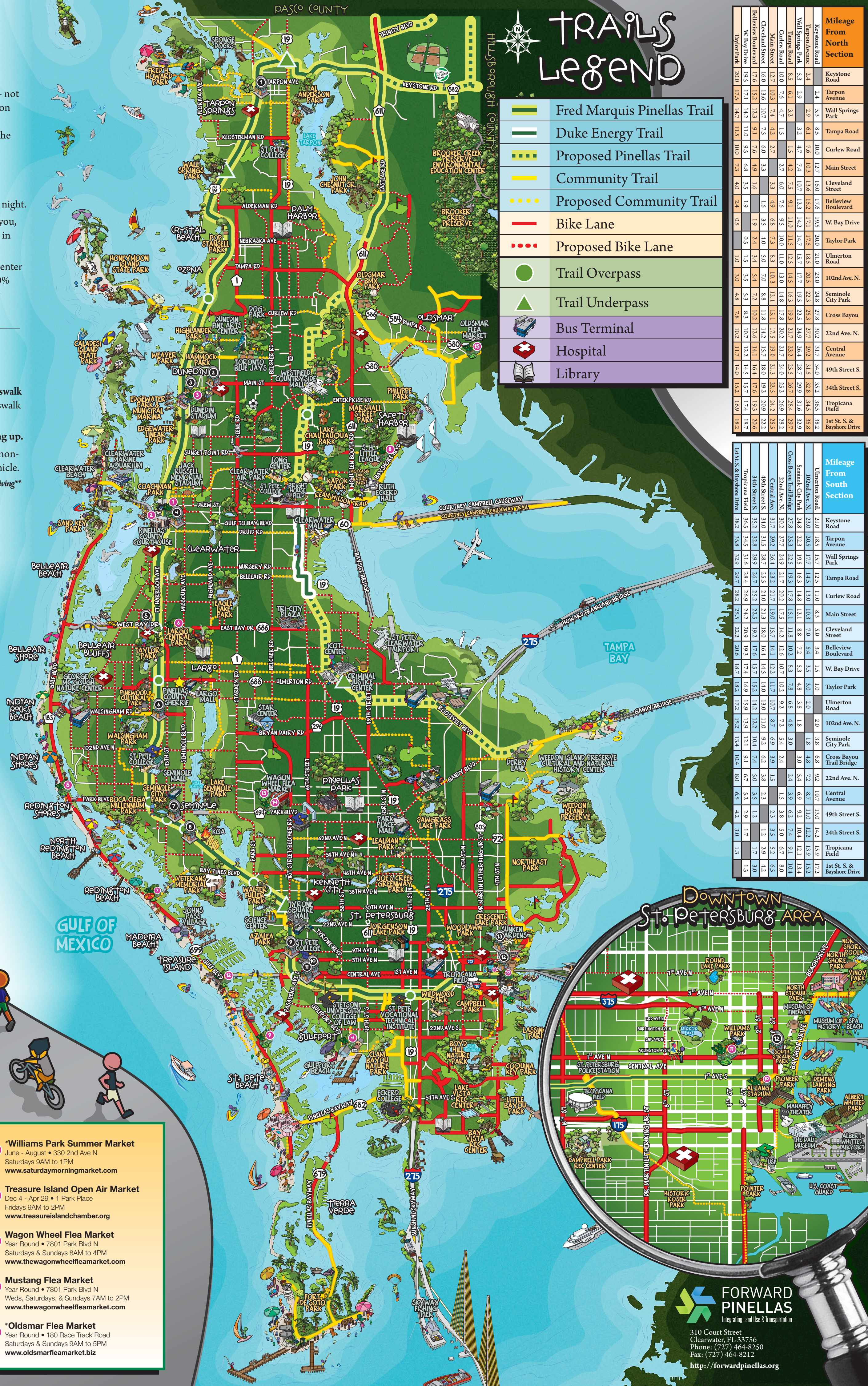
The following is a list of bike and skate rental shops in close proximity to the Pinellas Trail.

1 Neptune Cyclery 13 Safford Ave. S., Tarpon Springs (727) 943-5805 www.neptunecyclery.com	8 Trail Sports 6201 Seminole Blvd., Seminole (727) 395-0509
2 Energy Conservatory Bike Shop 745 Main St., Dunedin (727) 736-4432	9 Beach & Trail Bike Shop 7100 9th Ave. N., St. Petersburg (727) 384-6608
3 Dunedin Cyclery 998 Douglas Ave., Dunedin (727) 466-1245 dunedincyclery.biz	10 ABC Bicycles 6633 Central Ave., St. Petersburg (727) 345-5391 www.abcbicycles.com information@abcbicycles.com
4 Path Bicycle & Ride Shop 647 Cleveland Street, Clearwater (727) 216-6726 www.rideunique.com	11 St Pete Bicycle West 6648 Central Ave, St Petersburg (727) 345-0400 www.stpetebicycles.com
5 Ride N' Roll 1260 East Bay Drive, Largo (727) 518-2453	12 The Bicycle Store of St Petersburg 124 2nd Ave NE, St Petersburg (727) 823-4610 www.stpetebicycles.com
6 D & S Bike Shop 11561 Walsingham Road, Largo (727) 586-6437	13 St Pete Bicycle and Fitness 1205 4th St N, St Petersburg 727-822-BIKE www.stpetebicycles.com

PINELLAS COUNTY FARMERS MARKETS

1 *Downtown Clearwater Farmers Market Oct 14 - April 27 • 500 Cleveland St Wednesdays 9AM to 2PM www.clearwaterfarmersmarketplace.com	4 *Largo Downtown Market October 3 - May 21 • 301 West Bay Drive Every 1st & 3rd Saturday 10AM to 2PM www.jens-market.com	11 *Williams Park Summer Market June - August • 330 2nd Ave N Saturdays 9AM to 1PM www.saturdaymorningmarket.com
2 Pierce Street Market Oct 10-May 14 • 2 Drew St (under bridge) Every 2nd & 4th Saturday 10AM to 4PM www.piercestreetmarket.com	7 Mid-Week Madeira Beach Market Oct 7 - July 27 • Madeira Way and Gulf Blvd Wednesdays 10AM to 3PM www.thebeachmarkets.com	12 Treasure Island Open Air Market Dec 4 - Apr 29 • 1 Park Place Fridays 9AM to 2PM www.treasureislandchamber.org
3 Dunedin Downtown Market Nov 1 - Jun 25 • Pioneer Park, 420 Main St Fridays & Saturdays 9AM to 2PM www.tampabaymarkets.com	8 Safety Harbor Farmers Market Oct 15 - May 26 • 401 Main St Saturdays 9AM to 1:30PM www.cityofsafetyharbor.com	13 Wagon Wheel Flea Market Year Round • 7801 Park Blvd N Saturdays & Sundays 8AM to 4PM www.thewagonwheelmarket.com
4 Gulfport Tuesday Fresh Market Year Round • 2900 Beach Blvd S Tuesdays 9AM to 3PM www.gulfportma.com/freshmarket.html	9 Corey Avenue Sunday Market Oct 4 - May 29 • 300 Corey Ave Sundays 10AM to 2PM www.tampabaymarkets.com	14 Mustang Flea Market Year Round • 7801 Park Blvd N Wed, Saturdays, & Sundays 7AM to 2PM www.thewagonwheelmarket.com
5 Indian Shores Sunday Market October 4 - May 29 • 19305 Gulf Blvd Sundays 9AM to 1PM www.thebeachmarkets.com	10 *St. Pete. Saturday Morning Market Oct 3 - May 28 • 230 1st St SE Saturdays 9AM to 2PM www.saturdaymorningmarket.com	15 *Oldsmar Flea Market Year Round • 180 Race Track Road Saturdays & Sundays 9AM to 5PM www.oldsmarflea.com

*At least one produce vendor accepts SNAP/EBT



TRAILS LEGEND

- Fred Marquis Pinellas Trail
- Duke Energy Trail
- Proposed Pinellas Trail
- Community Trail
- Proposed Community Trail
- Bike Lane
- Proposed Bike Lane
- Trail Overpass
- ▲ Trail Underpass
- Bus Terminal
- Hospital
- Library

Mileage From North Section	Keynote Road
0.0	Tarpon Avenue
0.1	Wall Springs Park
0.2	Tampa Road
0.3	Curlew Road
0.4	Main Street
0.5	Cleveland Street
0.6	Bellevue Boulevard
0.7	W. Bay Drive
0.8	Taylor Park
0.9	Ulmeron Road
1.0	102nd Ave. N.
1.1	Seminole City Park
1.2	Cross Bayou
1.3	22nd Ave. N.
1.4	Central Avenue
1.5	49th Street S.
1.6	34th Street S.
1.7	Tropicana Field
1.8	1st St. S. & Bayshore Drive

Mileage From South Section	Keynote Road
0.0	Ulmeron Road
0.1	102nd Ave. N.
0.2	Seminole City Park
0.3	Cross Bayou
0.4	22nd Ave. N.
0.5	Central Avenue
0.6	49th Street S.
0.7	34th Street S.
0.8	Tropicana Field
0.9	1st St. S. & Bayshore Drive

Downtown St. Petersburg Area

FORWARD PINELLAS
Integrating Land Use & Transportation

310 Court Street
Clearwater, FL 33756
Phone: (727) 464-8250
Fax: (727) 464-8212
<http://forwardpinellas.org>

CYCLING Tips

ON-STREET BIKING

Make Eye Contact
Confirm that you are seen. Establish eye contact with motorists to insure that they know you are on the road. Look over your shoulder regularly or use a mirror to scan the road behind. Although bicycles have equal rights to the road, be prepared to maneuver for safety.

Be Careful at Intersections
Most accidents happen at intersections. Proceed with care. Avoid being in a turn-only lane if you want to go straight through an intersection. In narrow lanes or slow traffic, it may be safer to take the whole lane.

Use Hand Signals
Signal all turns and stops ahead of time. Look over your shoulder for any traffic, then make your intended move only when it is safe to do so.

Use Lights at Night and When Visibility is Poor

SHARE THE ROAD

Turning Left – 2 Options
AS A CYCLIST: Signal your intentions in advance. Move to the left turning lane, and complete the turn when it is safe.
AS A PEDESTRIAN: Always use the crosswalks.

Beware of Car Doors
Be wary of parked cars. Motorists can unexpectedly open doors. Be particularly careful if you see a motorist in the car. Ride in a straight line at least three feet away from parked cars.

Lock Your Bike
Lock the frame and rear wheel of your bike to a fixed object. If you have a quick release, lock the front wheel also. Do not lock your bike to trees.

Avoid Road Hazards
Watch out for parallel-slat sewer grates, slippery manhole covers, oily pavement, potholes and construction plates. Cross railroad tracks carefully.

MULTI-USE PATHS

Signal to Others
Cyclists: sound your bell or call out a warning when approaching others, then pass safely on the left. Skaters: Follow the same travel rules as bicyclists. Do not perform trick-skating maneuvers on heavily used paths.

Use Pedestrian Push Buttons

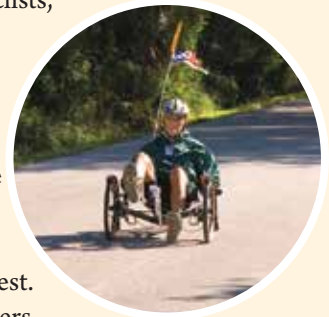
Keep to the Right
All path users must keep to the right, except when passing or turning left. Pedestrians: move to the right when someone is passing. Move off the path when stopping. Never block the path.

Use Designated Path
Where designated, cyclists and skaters must ride on the specified path. Don't ride on a pedestrian path. Look both ways at crossings. Cyclists: yield to through traffic at intersections; pedestrians have the right of way. Pedestrians: exercise caution.

Right-of-Way
Cyclists and skaters must yield to pedestrians. Pedestrians always have the right of way.

Welcome to PINELLAS COUNTY

where trails beckon to walkers, bicyclists, skaters, riders of wheelchairs and unmotorized wheelers of all types. The county's main trail facility, the Fred Marquis Pinellas Trail and its planned extension, loops around the peninsula of Pinellas County and networks with municipal trails that connect to numerous points of interest. The county's trail system protects users from traffic as it brings them over busy intersections, across tranquil waterways, through neighborhoods and to shopping centers. Residents use local trails to get to school and work, to recreational activities and to parks for picnics and playtime.



In addition, bike lanes have been incorporated into the Pinellas County transportation system to allow bicyclists to share roads with vehicles.



The Pinellas County Health Department's living well initiatives advocate healthy activities for people, including bicycling and walking. In addition, plenty of opportunities are provided for physical fun and fitness and to put Pinellas County on the map as the Capitol of Fun.

The Pinellas County Health Department, Pinellas County government, Forward Pinellas, municipalities, private business and non-profit organizations have teamed up to spread the message, "Follow the fun for fitness and health." Residents and visitors are invited to help create, educate and extol the many benefits of recreation.

COME AND DISCOVER PINELLAS COUNTY AND HAPPY TRAILS TO YOU!

FRED MARQUIS PINELLAS TRAIL

The Fred Marquis Pinellas Trail is a linear park and urban trail used by thousands of people each month for walking, jogging, bicycling and skating. The trail was created along an abandoned railroad corridor and named in honor of Fred Marquis, who served as Pinellas County administrator during the trail's creation.

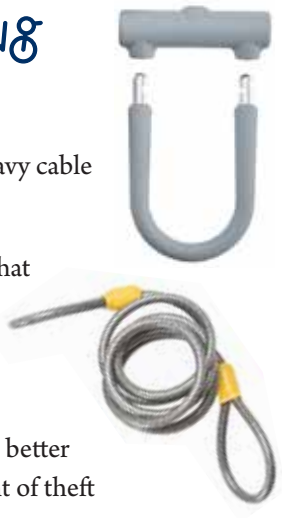
The Trail runs from St. Petersburg to Tarpon Springs and is planned to expand through the eastern part of the county. It connects several county parks, coastal areas and points of interest through multiple access points along the way. There are overpasses and underpasses along the trail designed so trail goers can avoid traffic and busy intersections as well as bridges over bodies of water.

BASIC RULES to help everyone enjoy the trail:

- The trail is only open during daylight hours.
- Alcoholic beverages are prohibited.
- Pedestrians and handicapped have the right of way, wheelchairs should use the pedestrian lanes and electric handicap wheelchairs are always permitted.
- Bicyclists are required to obey all traffic controls and signals.
- Bicyclists are not permitted to wear headphones at any time.
- Under age 16, they must wear a helmet.
- Bicyclists and skaters should obey the posted speed limits. No racing, race training or pace lines. Skaters should use the bicycle lanes, and both skaters and cyclists should give an audible warning when passing.
- Motorized vehicles (except electric handicap wheelchairs, electric-assist bicycles, maintenance, law enforcement and emergency vehicles) are prohibited.
- Horses are prohibited.
- Pets must be kept on a 6-foot leash and under control.

TIPS FOR LOCKING YOUR BIKE

- Lock your bike with a U-lock or heavy cable
- Lock your wheels to your frame
- Avoid locking to trees and objects that are not secure
- Lock your bike in a well-lit area or where people are present
- Register your bike – you will have a better chance of getting it back in the event of theft



Use the TRAIL MARKERS

You can easily report your location on the Pinellas Trail thanks to numbered decals placed along the trail. Emergency response system decals appear every 200 feet. Each decal has a unique number that allows users to report incidents or call for help by giving the nearest decal number as their location. The lowest number is at Demens Landing in downtown St. Petersburg and the highest number is on Keystone Road in Tarpon Springs.



WALK UP TO GOOD HEALTH

Walking, like bicycling, is not only fun and easy to do but also has a number of health benefits as well. Walking is an easy, low-impact exercise that can help lower low-density lipoprotein cholesterol (*bad cholesterol*) while raising high-density lipoprotein cholesterol (*good cholesterol*). It can help to lower blood pressure and is good for managing weight. An average person walking for one hour at a moderate pace can burn up to 263 calories. Walking helps improve blood circulation and breathing. Walking can help prevent osteoporosis while helping to prevent and control diabetes. Walking also helps bolster the immune system.

A person just starting a walking regimen should only walk as far or as fast as he or she finds comfortable. Be sure to wear comfortable shoes that have the proper arch support, a firm heel and thick flexible soles to cushion feet and absorb shock. Wear loose fitting, comfortable clothing that's appropriate for the weather. Spend about five

minutes walking slowly to warm up the muscles and be sure to stretch the muscles. To help reduce stress on the heart and muscles, cool down with a few more minutes walking slowly and stretching.

Help MAKE FLORIDA A BICYCLE-FRIENDLY STATE with the purchase of a "Share the Road" license plate go to Bike Florida and the Florida Bicycle Association. Visit www.bikeflorida.org or www.floridabicycle.org for more information.

DIFFERENT SPOKES FOR DIFFERENT FOLKS

- Florida Bicycle Association www.floridabicycle.org
- Bikes Belong Coalition www.bikesbelong.org
- Association of Pedestrian & Bicycle Professionals www.apbp.org
- League of American Bicyclists www.bikeleague.org
- National Center for Bicycling & Walking www.bikewalk.org
- Rails-to-Trails Conservancy www.railtrails.org

PINELLAS TRAIL TIMELINE

Studies have shown that homes closer to bike paths are more valuable.

1888 First train on Orange Belt Railway arrives in St. Petersburg.	1888 - 1984
1883 Railroad right-of-way land purchased by Florida Department of Transportation.	
1884 Pinellas Bicycle Advisory Committee proposes using railroad right-of-way as bike route.	
1888 Pinellas Trails Inc. formed to promote public support for linear park concept.	1888 - 1990
1889 Pinellas Trail project approved by Pinellas Board of County Commissioners with \$1.5 million allocated to build a 15-mile segment. Penny for Pinellas funding designated for 35 miles of Pinellas Trail.	
1990 First five-mile stretch of Pinellas Trail opens from Taylor Park to Seminole City Park. Two trail preview sites built at Seminole City Park and along Alt. U.S. Highway 19 near Curlew Road.	
1991 First trail overpass opens over Ulmertown Road in Largo.	1991 - 1993
1992 Trail from Taylor Park to Ozona opens. West Bay Drive overpass in Largo completed.	
1993 Nine-mile segment from Seminole City Park to St. Petersburg opens. Trail overpass at Orange Street and Alt. U.S. Highway 19 opens.	
1994 St. Petersburg and Tarpon Springs sections open.	1994 - 1997
1996 Park Boulevard overpass opens in Seminole.	
1997 Seminole Boulevard and 113th Street overpasses open. Downtown Clearwater section opens.	
1999 Pinellas Trail 10th Anniversary, Pinellas Trail designated a Millennium Trail by the White House. Pinellas Trail's Cross Bayou Bridge opens.	1998 - 1999
2000 Access to Wall Springs Park completed. Park Street overpass completed.	2000 - 2003
2001 Access to Wall Springs Park completed. Park Street overpass completed.	
2003 Pinellas Trail designated a National Recreation Trail by U.S. Department of Interior, National Park Service, National Trails System.	
2004 Art on the Trail railroad sculpture additions mark cities along the trail. Elfer's Spur over Anclote River in Tarpon Springs opens to North Anclote River Nature Park. 38th Avenue overpass opens.	2004 - 2006
2005 Pinellas Trail 15th Anniversary	
2006 Jasmine section under U.S. Highway 19 to Keystone Road opens.	
2007 St. Petersburg begins construction of Downtown Trail Extension. Groundbreaking for first section of the Progress Energy Extension of the Pinellas Trail.	2007 - 2009
2008 Three-mile Downtown Trail Extension opens to St. Petersburg waterfront. Fred Marquis Pinellas Trail inducted into Rail-Trail Hall of Fame.	
2009 Enterprise overpass for the Progress Energy Extension of the Pinellas Trail completed.	
2010 Pinellas Trail 20th Anniversary, 34th Street overpass opens. Keystone Road groundbreaking for Northeast Trail Extension.	2010 - 2012
2011 Trail through downtown Clearwater completed.	
2012 North Bay Trail from downtown St. Petersburg to 78th Ave North completed.	
2013 Pinellas County & Duke Energy sign agreement for Duke Energy Florida Trail Pinellas Trail Adopt-A-Mile Program	2013 - 2015
2014 Keystone section connection to John Chesnut Park opened to public.	
2015 Pinellas Trail from Belleair Road to Haines Bayshore Blvd completed	