

240302 BRA BYC Bike your City Rally St Pete FL

Good morning; started out as it should with a great cappuccino breakfast. A lavender and orange cappuccino and a cold mocha with some homemade pastries.



Then we proceeded to the Pinellas Trail, which is the old railroad track that goes through St Petersburg. The line used to connect Demens Landing in town and that's where St. Petersburg used to export fish. It's a great ride.



The rally is located at the Child's Park recreational and fitness Center. It's at 4301 13th Ave. S. Who knew that this was here. The event was sponsored by Forward Pinellas.



Tampa n St Pete FL are #1 and #2 in the USA for cities with bike friendly businesses. Who knew.



Great facilities very clean and complete. It has tennis courts softball field playgrounds and a great indoor basketball court.



Did not have my camera, but when we got back from the bicycle rally, the gym was full of young men playing basketball. Good to see them out there.



We arrived just about at the start of the race. Lots of people were already joining in.

We're gonna put on our free T-shirts and get ready for the ride.



Free T-shirts first, come first serve. Can't beat that. Great price.



Registration was also easy and quick well organized. Looks like these people have done this before.



Great turnout. Lots of people. As the day went on it appears we have between 100 and 200 people so far.



Smartly outfitted in our new T-shirts we are ready to go. All we need now is the firing gun and we're off.



This is a great family outing. So far everybody's glad they came but that could change at any minute. No, that attitude held out. Lots of smiles everybody waving with friendly chatter between strangers.



Police escort. What? Cool! I told them

afterwards that there was no way we could've done this safely without them. The police did a tandem back-and-forth and while one unit was holding a street open behind us. The other one was racing ahead to block traffic. We only stopped to let stragglers catch up a couple of times, otherwise it was nonstop for 8 miles.



As advertised it was 8.1 miles for the entire course. The route took us through some areas of the Bayou in Gulfport that I did not know existed.



In fact, there are trails that branch off and are built through the mangroves. We had no idea these were here and they need some further exploration. We definitely plan to come back here and go down these.



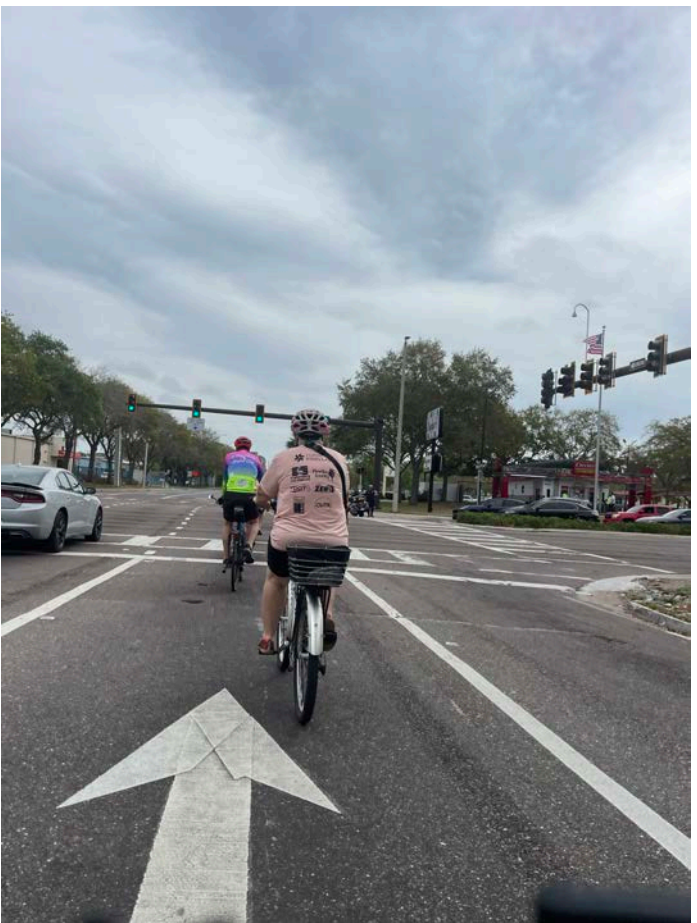
The rally wound its way through the streets of St. Petersburg. There were 200 bicyclist total at the end, and it was quite a sight from the road.



We were able to show off biking through the city. It was very effective. It's quite a spectacle to see this many people on bicycles.



Yes, this is 34th St. and 1st Ave., South. I would not attempt this without a police escort. No way. But with them it really worked and it was great.



The police escort would stop at certain points and allow everybody to catch up. All in all the group stayed together pretty well.



At the end what could be better than free Ben & Jerry's ice cream. So we got a free T-shirt and free ice cream.



A great day. We're glad we came. Overall from our house we ended up right at 20 miles total.

240402 BYC Rally

8:06 AM Saint Petersburg, FL

Mov. Time	Distance	Avg. Speed
3h 16m	20.4	6.3
	mi	mph
Calories	Ascent	Max Speed
1,214	319	6.3
kcal	ft	mph

Not a bad day to bike. It's not every day you can burn 1214 cal. That was a 20.4 mile total bike trip. I have not done that since I

was in Boy Scouts probably at the age of 10 or 12. I've never been on a bike this long. It was good.



Be happy!

END