Regional Coalition of Tampa Bay

Bike/Walk Tampa Bay is a regional coalition of citizens, advocates, professionals and allied organizations created to make walking and bicycling the preferred modes of transportation in the Tampa Bay region. The Coalition was formed by a partnership between the following:

- New North Transportation Alliance
- Tampa Downtown Partnership
- Westshore Alliance
- Tampa Bay Area Regional Transit Authority
- St. Petersburg Downtown Partnership
- Florida Department of Transportation
- Community Traffic Safety Teams of Tampa Bay
- Metropolitan Planning Organizations of Hillsborough and Pinellas Counties

To accomplish this goal, Forward Pinellas engages and empowers local communities and stakeholders to achieve the region’s vision for a better transportation future.

www.bikewalktampabay.org

SeeClickFix

is the online tool to easily report potholes, graffiti, illegal dumping, and more within your community. See a trail issue, simply report it to Pinellas County with SeeClickFix!

1) Access the Pinellas County SeeClickFix page at:
   https://seeclickfix.com/pinellas_county

2) Select the “New Request” icon below the Pinellas County Service Provider:

3) Submit a request by selecting the Category, providing the address for the report, and then providing a description of the issue. A photo is optional but not required.

4) Done!

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

where trails beckon to walkers, bicyclists, skaters, wheelchair users and wheelers of all types. The county’s main trail facility, the Fred Marquis Pinellas Trail, and the many community trail facilities that connect to it provide trail goers with access to numerous points of interest throughout the county. Residents use trails to get to school, work, and to local parks for picnics and recreational activity. In addition, an expansive network of bike lanes allow bicyclists to travel to and through areas where the county’s trail system don’t yet take them.

The Pinellas Trail Adopt-A-Mile Program

A Pinellas County program administered by Keep Pinellas Beautiful (KRB). For more information on how you can participate, visit our website at www.kpbcares.org/adoptions

Keep Pinellas Beautiful Inc.
5090 66th Street N
St. Petersburg, FL 33709
Office Phone: (727) 533-0402
Office Fax: (727) 533-0502
Litter Hotline: (727) 210-GONE (4663)

Fred Marquis Pinellas Trail

The Fred Marquis Pinellas Trail is a 54-mile linear park and urban trail corridor used by up to 250,000 individuals 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 the Pinellas County administrator for 21 years and was an ardent supporter of converting the former railroad corridor to a trail. The Pinellas Trail extends from St. Petersburg to Tarpon Springs and the East Lake Tarpon area, and is part of the Pinellas Trail Loop, which will be a 75-mile facility when the Duke Energy section is completed along the eastern portion of the county. The Pinellas Trail connects to several county parks, schools, coastal areas, major retail centers and downtown areas. The Pinellas Trail includes overpasses and underpasses for trail goers to avoid busy intersections and to ride over water bodies.

Basic Rules to help everyone enjoy the trail:
- The trail is only open during daylight hours.
- Alcoholic beverages are prohibited.
- Pedestrians and persons with a disability 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.
- Bicyclists under age 16 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

In case of an emergency, you can easily report your location on the Pinellas Trail thanks to numbered decals placed on its surface. These decals appear every 200 feet. Each decal has a unique number that allows users to report incidents or call for help by giving the decal number nearest their location.

Walk Up to Good Health

Walking, like bicycling, is not only fun and easy to do but also has a number of health benefits including the following:
- Low-impact exercise that can help lower low-density (bad) cholesterol while raising high-density (good) cholesterol.
- Lowers 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.
- Improves blood circulation and breathing.
- Prevents osteoporosis while helping to prevent and control diabetes.
- Helps bolster the immune system.

Walking Tips
- Wear comfortable shoes that have the proper arch support, a firm heal 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 by walking slowly and stretching.

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Support Your Bicycle and Pedestrian Community

- Florida Bicycle Association www.floridabicycle.org
- People for Bikes www.peopleforbikes.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
Bicyclists in Pinellas County can extend their commute by participating in the Pinellas Suncoast Transit Authority’s (PSTA) Bikes on Buses Program. The program allows bicyclists to mount their bikes on the front of the bus before boarding. Before you take your bike on the bus, here’s what you need to know:

- Loading and securing the bike onto the rack is the sole responsibility of the bicyclist. Bikes may not be locked to the rack.
- Up to two bikes can be loaded on the rack. Only single-seat, two-wheel bicycles are allowed.
- Folding bikes are allowed on the bus, as long as they are folded and stored out of the aisle. Motor-powered vehicles, bikes smaller than 16”, and bikes with covered spokes are not allowed. Theft, damage or, injury while loading and/or unloading are the sole responsibility of the passenger/bicyclist, not PSTA.
- Before you exit, remember to tell the driver that you have a bike on the bus.
- If the bike rack on your route is full on the last trip of the day, you may bring your bike inside the bus.

For more information or to view the video showing how to load and unload your bike on the bus, go to www.psta.net/on-board-amenities/bikes-on-buses.

Bikes on Buses

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 up to six free* taxi rides home in cases of:
- Unscheduled overtime
- Sickness
- Carpool/Vanpool partners have an emergency
- Personal or family emergency
*Anything in excess of a $100 fare will be billed to the participant.

Interested in the ERH program? Simply create an account at the Tampa Bay Area Regional Transit Authority (TBARTA) website located at: www.tbarta.com/en/commute-tampa-bay/emergency-ride-home. Once registered, you’ll receive information on how to use the program, along with your first ERH voucher. All you need for your emergency trip home is the completed voucher and a picture ID. And you can use the ERH Program up to six times per year! Emergency Ride Home is a state program administered by TBARTA at (800) 998-RIDE(7433).

Bikepool

New to cycling in traffic? Share a ride with a neighbor, coworker or other bicyclist, and learn what it takes to ride safely on the road. The more riders there are in a group, the safer the ride. Bikepool is a free service offered by the Tampa Bay Area Regional Transit Authority (TBARTA) that matches bicycle commuters with one another to form group trips. The goal of the Bikepool Program is to encourage more residents of the Tampa Bay region to commute by bike.

HOW DO I SIGN UP?

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 Bikepool program is a free service through TBARTA.

Respect the weather be aware of heat and humidity.

Biking in Florida Weather

Although the Tampa Bay area climate is conducive for bicycling year-round, bicyclists should always be prepared for extreme weather conditions with regard to heat and thunderstorms, particularly in the summer months. Bicyclists should always be prepared with suntan lotion and plenty of water.

Coast-to-Coast Trail Connector

The Florida Coast-to-Coast Trail is a planned 250-mile paved trail extending from St. Petersburg to Titusville. Most of the trail is in place. There are approximately 63 miles of the route awaiting construction. When completed, bicyclists and pedestrians will be able to travel from the Gulf to the Atlantic Coast.

The Coast-to-Coast Trail is part of the Florida Greenways and Trails System, which is supported by funding from the Florida SUN (Shared Use Non-motorized) Trails Program. The Florida Legislature provided $15 million for the Coast to Coast Trail through the SUN (Shared Use Non-motorized) Trails Program in 2014. More information on the Coast to Coast Trail is available at https://floridadep.gov/parks/ogt/content/florida-coast-coast-trail.

Bicyclists in the Tampa Bay region to commute by bike. Bikepool/walk

NEW TO CYCLING IN TRAFFIC? SHARE A RIDE WITH A NEIGHBOR, COLLEAGUE OR OTHER BICYCLIST, AND LEARN WHAT IT TAKES TO RIDE SAFELY ON THE ROAD. THE MORE RIDERS THERE ARE IN A GROUP, THE SAFER THE RIDE. BIKEPOOL IS A FREE SERVICE OFFERED BY THE TAMPA BAY AREA REGIONAL TRANSIT AUTHORITY (TBARTA) THAT MATCHES BICYCLE COMMUTERS WITH ONE ANOTHER TO FORM GROUP TRIPS. THE GOAL OF THE BIKEPOOL PROGRAM IS TO ENCOURAGE MORE RESIDENTS OF THE TAMPA BAY REGION TO COMMUTE BY BIKE.

WHERE DO I SIGN UP?

1. GO TO WWW.TBARTA.COM/EN/COMMUTE-TAMPA-BAY/BIKEPOOL-WALK
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 BIKEPOOL PROGRAM IS A FREE SERVICE THROUGH TBARTA.

Bicycling is just a good thing to do.

Not only is bicycling fun and easy to do, it provides many health benefits. Regular bicycling 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. Bicycling helps build stamina and improves cardiovascular fitness. Bicycling helps reduce weight as studies have shown it burns approximately 300 calories per hour. Bicycling is also good for improving heart health and reducing stress.

Want to help people enjoy the Pinellas Trail? You can do that by volunteering as an Auxiliary Ranger, assist in the maintenance of the county park system or join the Pinellas Trail Adopt-a-Mile Program. For more information on these types of volunteer opportunities, call Pinellas County Volunteer Services at (727)-464-8477 or go to www.pinellascounty.org/volserv/default.htm.

Bicycles on Buses

The Florida Coast-to-Coast Trail is a planned 250-mile paved trail extending from St. Petersburg to Titusville. Most of the trail is in place. There are approximately 63 miles of the route awaiting construction. When completed, bicyclists and pedestrians will be able to travel from the Gulf to the Atlantic Coast.

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## Pinellas Trail Timeline

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1888</td>
<td>First trail on Orange Belt Railway arrives in St. Petersburg.</td>
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<tr>
<td>1889</td>
<td>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.</td>
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<tr>
<td>1984</td>
<td>Pinellas Bicycle Advisory Committee proposes using railroad right-of-way as bike route.</td>
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<td>1988</td>
<td>Pinellas Trails Inc. formed to promote public support for linear park concept.</td>
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<tr>
<td>1989</td>
<td>Trail section from Taylor Park to Ozona opens. West Bay Drive overpass in Largo completed.</td>
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<tr>
<td>1990</td>
<td>First five-mile section of the Pinellas Trail opens from Taylor Park to Seminole City Park.</td>
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<tr>
<td>1991</td>
<td>First trail overpass opens over Ulmerton Road in Largo.</td>
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<tr>
<td>1992</td>
<td>Trail section from Taylor Park to Ozona opens. West Bay Drive overpass in Largo completed.</td>
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<tr>
<td>1996</td>
<td>Park Boulevard overpass opens in Seminole.</td>
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<tr>
<td>1997</td>
<td>Seminole Boulevard and 113th Street overpasses open. Downtown Clearwater section opens.</td>
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<tr>
<td>2000</td>
<td>Pinellas Trail designated a Millennium Trail by the White House. Pinellas Trail’s Cross Bayou Bridge opens.</td>
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<td>2001</td>
<td>Trail connection to Wall Springs Park completed. Park Street overpass completed.</td>
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<td>2004</td>
<td>Art on the Trail railroad sculpture additions mark cities along the trail.</td>
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<td>2006</td>
<td>Jasmine section under U.S. Highway 19 to Keystone Road opens.</td>
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<td>2008</td>
<td>Three-mile Downtown Trail Extension opens to St. Petersburg waterfront. Fred Marquis Pinellas Trail inducted into Rail Trail Hall of Fame.</td>
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<td>2009</td>
<td>Enterprise overpass for the Progress Energy Extension of the Pinellas Trail completed.</td>
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<td>2011</td>
<td>Trail through downtown Clearwater completed.</td>
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<td>2012</td>
<td>North Bay Trail from downtown St. Petersburg to 78th Ave North completed.</td>
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<tr>
<td>2013</td>
<td>Pinellas County &amp; Duke Energy sign agreement for development of Duke Energy Florida Trail</td>
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<tr>
<td>2014</td>
<td>Keystone section connection to John Chesnut Park opened to public.</td>
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<tr>
<td>2015</td>
<td>Pinellas Trail from Belleair Road to Haines Bayshore Blvd completed.</td>
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<tr>
<td>2017</td>
<td>A 5-mile segment of the Coast-to-Coast Trail Connector opens along Keystone Road, from East Lake Road to Hillsborough County, then north to Pasco County.</td>
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<tr>
<td>2018</td>
<td>A 1.4 mile segment of the Duke Energy Trail opens from Sunset Point Road to the trail overpass near Enterprise Road and U.S. Highway 19.</td>
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<td>2019</td>
<td>Dunedin designated First Florida Trail Town.</td>
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<tr>
<td>2020</td>
<td>Pinellas Trail 30-Year Anniversary.</td>
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