

## 2023 FTF Schedule — Welcome to the Suwannee Fat Tire Festival

**PLEASE print your own copy.**

**SBA is a non-profit organization. Thanks for your support: headquarters, trail maintenance/equipment and more.**

- **Thursday early bird check-in: 2 p.m.** at Nelly Bly's, in state park. Check-in before going to your campsite (official check-in at state park is 3 p.m.)
- **Parking:** Do **not** park cars in the field across the street from Nelly Bly's; park in designated parking. **Restrooms** are located next to Nelly Bly's.
- **Thursday 6:30 - 7:30 p.m. Potluck at Nelly Bly's!** Paper products provided. **All meals will be at Nelly Bly's.**
- **Use the sign-up sheets to sign up for ALL activities and rides.** All rides start from **Nelly Bly's**. Cross your name off the ride sheet when you finish.
- **Nelly Bly's** has limited parking. If camping in the state park or staying in a cabin, please walk or ride your bike.
- Do **NOT** ride your bikes on the sidewalk area in and around the gift shop area and always ride in correct direction on park roads.
- **ALWAYS observe the speed limit** when driving in the **State Park** and slow down when entering park at ranger station so they can see your vehicle pass. Do **NOT** wear bike shoes in the park museum.
- **Yoga – Friday & Saturday (River Gazebo)** There will be some mats available, however, if you have a mat, bring it. If bad weather, yoga will be held inside Nelly Bly's.
- **Paddle trips** - Bring your own boat or rent a kayak from **American Canoe Adventures (ACA) 386.397.1309**, in White Springs (Icheetucknee & Suwannee rivers). There is a \$10 shuttle fee for the Saturday Suwannee river paddle. When you check in for the event, sign up for the paddle trip(s) and if applicable pay by check or cash the \$10 shuttle fee for the Suwannee River paddle.
- **Mountain bike skill clinics will be offered Friday, Saturday and Sunday. Limited to 10 participants per clinic.**
- **Big Shoals** charges a user fee. Please be prepared to help support this wonderful park. **Drive-in: \$4 per car.** Bicycle-in: **\$2.** SBA will pay for the Saturday group ride (bicycle-in only).
- **\$1 Raffles** — bike related items donated by Jacksonville bike shops: **Champion Cycling (Jacksonville)**, and **A1A Cycle Works (St. Augustine)**
- **Canned food drive for needy Suwannee Valley families – bring 5 cans and receive 1 free raffle ticket**
- During events, please do **not** bring your furry dog friends into headquarters, park cabins or Nelly Bly's. They are welcome in the campground. Please curb any excessive barking and always clean up after your dogs.
- **Minor bike repairs** will be provided by **Stan** from **Champion Cycling** at **Nelly Bly's** (AFTER OR BEFORE RIDES) on Thursday afternoon, Friday morning and afternoon, Saturday morning and afternoon. You can also check with Stan at **campsite 19.**

## Friday


7:30 – 8:45 a.m. <b>Breakfast</b>	<p style="text-align: center;"><i>Oatmeal, Hard Boiled Eggs</i> <i>Homemade Breakfast breads</i> <i>Fruit</i> <i>Juice, coffee, tea</i></p>
8:30 a.m.–4 p.m.	<p><b>Itchetucknee River paddle.</b> Meet at park entrance by the old Pavilion to consolidate boats to carpool/shuttle boats to put in point. Led by <b>Edwin McCook</b>. <b>NOTE: 7:30 - 8 a.m. - prepare your bag lunch in Nelly Bly's; Bring your own water/drink.</b></p>
Morning & Afternoon Rides	<p><i>See ride schedules for mountain bike rides, gravel and road rides (rides leave from Nelly Bly's)</i></p>
Mini-Mountain Bike Clinics	<p><b>See clinic schedule, Between the Trees, Catherine Longmire.</b></p>
11:45 – 1 p.m. <b>Lunch</b>	<p style="text-align: center;"><i>Hot dogs and hamburgers</i> <i>Chips</i> <i>Ice Tea</i></p> <p><b>Vegetarian option only for participants pre-registered as vegetarian.</b></p>
12:45 – 1:10 p.m.	<p style="color: red;"><b>Fun Skills Contest – meet with your bike &amp; helmet in the field across from Nelly Bly's for a competition. All ages and skill levels.</b></p>
1 - 2 p.m.	<p><b>Kids Mini FUNdamentals Clinic: Between the Trees, Catherine Longmire</b> Learn correct body position, balance, braking, shifting, trail scanning and trail awareness.</p>
3:30 – 4:30 p.m.	<p><b>Yoga with Judy River Gazebo; if you have a mat, please bring it; some mats and blocks will be available. If unable to have it outside, it will be inside Nelly Bly's.</b></p>
5 – 6 p.m.	<p><b>Meet &amp; Greet – Wine &amp; Cheese (Nelly Bly's)</b> <b>NOTE: If you are riding a night ride, do not drink any alcoholic beverages provided by SBA; nor should you drink alcohol before any ride.</b></p>



<p><b>6:30 – 8 p.m.</b>  <b>Friday Dinner</b>  <i>(BYOB)</i></p>	<p style="text-align: center;"><b><i>Lasagna</i></b>  <b><i>Garlic bread &amp; Salad</i></b>  <b><i>Dessert</i></b></p> <p><i>Vegetarian lasagna only for participants pre-registered as vegetarians.</i></p>
<p><b>Night Rides</b></p> <ul style="list-style-type: none"> <li>• <b>7:30 p.m.</b></li> <li>• <b>7:30 p.m.</b></li> </ul>	<p>Meet at Nelly Bly's. Must have good bike light and taillight.</p> <ul style="list-style-type: none"> <li>• <b>A &amp; B Mountain Ride (Bridge to Bridge (B2B) (4 mi) and Beavor Loop (2 mi) 2 miles to trail head from Nelly Blyes.</b></li> <li>• <b>Gravel Night Ride – Fosters Loop Gravel Route inside the state park (6 miles)</b></li> </ul>

## Saturday

7:30 – 8:45 a.m. Breakfast	<p style="text-align: center;"><i>Pancakes</i> <i>Oatmeal</i> <i>Scrambled eggs and sausage</i> <i>Juice, coffee, tea</i></p>
8:30 a.m. - noon	<p><b>Suwannee River Paddle</b> — 5 or 7 miles; approx. 2 – 3 hours paddle based on the river level. Led by <b>Edwin McCook</b>. <b>\$10 shuttle fee for all boats, including rental boats.</b> To expedite getting on/off the river, we'll use ACA to help shuttle the boats. Pay with cash/check when you check-in at Nelly Bly's.</p> <p><b><i>NOTE: Meet at 8:30 at the Suwannee River Wayside Park, before US 41 bridge, White Springs. Lunch will be at Nelly Bly's when you return.</i></b></p>
Morning & Afternoon Rides	See ride schedules for mountain bike rides, gravel and road rides. Rides leave from Nelly Bly's.
Mini-Mountain Bike Clinics	<b><i>See clinic schedule, Between the Trees, Catherine Longmire.</i></b>
11:45 – 1 p.m. Sat. Lunch	<p style="text-align: center;"><b>Subway (Panini) sandwiches</b> <b>Chips, Fruit</b> <i>Vegetarian option only for guests that selected vegetarian meals.</i></p>
1:15 – 3:15 p.m.	
3:30 – 4:30 p.m.	<b>Yoga with Judy</b> at River Gazebo; if you have a mat, please bring it; some mats and blocks will be available); If unable to have it outside, it will be inside Nelly Bly's.
4:30 – 5 p.m. Fun Skills Contest	<b>Fun Skills Contest</b> – meet with your bike & helmet in the field across from Nelly Bly's for a competition. All ages and skill levels.
5 - 6 p.m.	<b>Halpatter October Brew Fest</b> - (Nelly Bly's) Enjoy trying out one of Halpatter's favorite fall beers.

<p><b>6 – 7:15 p.m.</b> <b>Sat. Dinner</b> <b>(BYOB)</b></p>	<p><i>Pork slices, Smoked chicken (Catered by Fat Bellies)</i> <i>Potato Salad &amp; Baked Beans</i> <i>Dessert</i></p> <p><i>Vegetarian option only for guests that selected vegetarian meals.</i></p>
<p><b>7:30 – 10 p.m.</b></p>  <p><i>Nelly Bly's</i></p>	<p><b>Campfire Camaraderie:</b> <b>Prizes: Huffy Toss, Costume Contest &amp; Campsite Halloween decorations</b> <b>Raffle Drawings</b> <i>(Bring your camp chairs and sit around the fire)</i></p> <p><i>Many thanks to Champion Cycling (Jacksonville) and A1A Cycle Works (St. Augustine) for donating SWAG prizes.</i></p>
<b>Sunday</b>	
<p><b>7:30 – 8:45 a.m. Sun.</b> <b>Breakfast</b></p>	<p><i>Oatmeal, Hard Boiled Eggs</i> <i>Homemade Breakfast breads</i> <i>Fruit, Juice, coffee, tea</i></p>
<p><b>9 a.m.</b></p>	<p><b>See ride schedules for mountain bike rides, gravel and road rides (all rides leave from Nelly Bly's)</b></p>

**Sharon Shea – event coordinator: 904.534.4417**

**State Park 386.397.3521**

**Edwin McCook - Paddling: 386.364.7597**

**Road and Gravel rides SAG: 386.243.0115**

## ***Get Ready and Mountain Bike Ride:***

**RIDE SCHEDULE:** For information about scheduled rides, ride guides will answer questions and help you select the best ride for your ability. Ride schedule is subject to change based on trail conditions and number of riders who sign up. Remember, it's OK to get off and walk over tricky terrain.

**Off Road Rides:** *All rides are led by ride guides.*

**A Rides** — Advanced mountain bike skills, fast and technical skills required

**B Rides** — Intermediate mountain bike skills, technical skills required

**C Rides** — Beginner or intermediate mountain bike riders that like a slower pace

### **Rider Reminders**

- Ride at your comfort level leaving room between you and rider in front. If stopping, move off the trail and let those behind you know that you are slowing and/or stopping.
- Please let the ride guides know before starting a ride if you have any medical issues such as allergies to bee stings, heart or diabetes issues.
- This is nature so watch out for snakes in the palmettos, sandy areas and narrow trails along the riverbank.
- Use bug repellent and check for ticks.
- Keep your hands on the handlebars!
- Check your name off the list at end of the ride.
- Bring water bottles and/or camelbacks. Bring spare bike tubes.
- **All rides require helmets. Night rides are for experienced riders and require front and rear lights.**
- **No drinking alcoholic beverages before riding**

**If you want maps, please print your own:** [Strava maps.](#)

[Off road Maps](#)

**Links to Road maps** are provided in the ride descriptions listed below.

## Off Road Bike Rides *(Rides meet at Nelly Bly's)*

**Note:** Trailheads are approximately 1 or 2 miles from Nellie Bly's, except for Fosters Hammock. See **SBA White Springs Off-Road trailhead brochure** for more information.

<b>Friday</b>	
<b>9 a.m.</b>	<b>Gar Pond (A-C) (11 mi.)</b>
<b>1:30 p.m.</b>	<b>Beast of Burden (7 mi.)</b> and <b>Bridge to Bridge</b> backwards (4 mi.) <i>(optional)</i>
<b>7:30 p.m.</b>	Meet at Nelly Bly's. Must have good bike light and taillight. <ul style="list-style-type: none"> <li>• <b>A &amp; B Mountain Bike Night Ride: Bridge to Bridge (4 mi); Beavor Loop (2 mi)</b></li> <li>• <b>Gravel Night Ride – Fosters Loop Gravel Route (6 miles);</b> this easy loop is suitable for all ride levels, including mountain bike riders.</li> </ul>

<b>Saturday</b>	
<b>9 a.m.</b>	<b>Fosters Hammock (A &amp; B) (7 mi)</b> <i>inside of Stephen Foster SP</i>
<b>9 a.m.</b>	<b>Big Shoals (A-C) (19 miles)</b>
<b>1:30 p.m.</b>	<b>Gar Pond (11 mi) (A-C)</b>
<b>Sunday <i>It's all backwards!</i></b>	
<b>9 a.m.</b>	<b>Beast of Burden (A-B) (opt. backwards - 7 mi)</b>
<b>9 a.m.</b>	<b>Fosters Hammock (A &amp; B) opt. backwards (7 mi)</b> <i>inside of Stephen Foster SP</i>

## Gravel Rides

Please print your own [maps and cue sheets](#) (Strava or Ride with GPS). All rides leave from Nelly Bly's. Ride leaders will be provided. SAG support: 386.243.0115.

### Friday

**9 a.m. Cemetery Tour (17.5 mi)**

**1:15 p.m. Tour de Ponds (10.25 mi)**

**7:30 p.m. Gravel Night Ride – Fosters Loop Gravel Route (6 miles)**

### Saturday

**9 a.m. SBA Gravel (24 – 34 mi)**

**8:30 a.m. – self guided longer ride: Chamois Hagar (Can't Ride) 55 gravel mix; SBA Metric Century (62 mi);**

**1:15 p.m. Over the Muna (20 mi)**

### Sunday

**9 a.m. Woodpecker Gravel Loop (11 mi) optional hike or bike along the single track river trail to Big Shoals overlook (approx. 3 mi roundtrip - self-guided)**



## ROAD RIDES (Self-Supported)

Print your PDF maps and cue sheets from the links below. GPS routes are available. Rides start from Nelly Bly's.

SAG support: 386.243.0115

Friday	
8:30 a.m.	<p>45 mile ride. <b>Wellborn, Falling Creek and Milton's</b></p> <p>Follow the tree marks -&gt;&gt;&gt; to Wellborn. (Don't miss the left turn on CR 250 in Wellborn.) At mile 17.4, at Parnell Rd. Start following the Ws to Falling Creek. At mile 26.4, Lassie Black Rd., you can start following trees again ...to Milton's and all the way back to White Springs. OR... Follow the hearts back for a 33 mile ride.</p> <p><a href="#">Wellborn, Falling Creek and Milton's - 45 miles</a></p>
9 a.m.	<p>24 miles. <b>Wellborn Orchid Ride</b> map</p> <p>Follow the tree marks -&gt;&gt;&gt; There is another ride marked with trees. Be sure to turn right on FL 136 at the flashing light after leaving the park. Don't miss the left turn on CR 250 at 10.1mi. north of Wellborn. See cue sheet.</p> <p><a href="#">Tour of Wellborn/Orchid Ride - 24 miles</a></p>
1:30 p.m.	<p>22 mile ride. <b>Falling Creek</b> <a href="#">Winfield and Falling Creek Ride - 22 miles</a></p> <p>Follow the hearts 25 marks until the left turn on NW Queen Rd. at 5.3 miles. Then follow 'W' until 10.5 miles, CR 131/Falling Creek Rd. ***CAUTION: This is a left turn across US 41. Marks are a little faded but visible. 10/9/18*** Once on CR 131, you can follow the hearts back to White Springs.</p>

<b>Saturday – Road Rides</b>	
<b>8:30 a.m.</b>	55 miles. <b>Suwannee Springs and Boys Ranch Loop</b> <a href="#">Suwannee Springs + Boys Ranch - 55 miles</a> This ride is marked with an S. At 14.6 miles there is an S+ at the turn into the Boys Ranch Loop. There are no stores out there. You may want to continue straight 0.4 mile to the only store, before entering the loop. The Suwannee Springs ride continues straight.
<b>9 a.m.</b>	30 miles. <b>Suwannee Springs loop</b> <a href="#">Suwannee Springs Loop - 29 miles</a> Loop is marked with S.
<b>1:30 p.m.</b>	25 miles. <b>Milton Loop.</b> <a href="#">The Milton Loop - 25 miles</a> Follow the tree marks ->>> There is another ride marked with trees. Turn right leaving the park and continue straight on US 41 at the flashing light. Don't miss the left turn at 3.3 miles on CR 246. Marks may be fade
<b>Sunday – Road Rides</b>	
<b>8 a.m.</b>	32 miles. <b>Sunday Morning Ride</b> <a href="#">Sunday Morning Ride - 32 miles</a> This ride follows the hearts for the 25 mile Sweetheart loop until 5.7 miles, then O- to 15.6, then back to hearts with a left turn on CR 131.
<b>8:30 a.m.</b>	25 miles. <b>Suwannee Sweetheart</b> <a href="#">Suwannee Sweetheart 25 miles</a>  Follow the hearts for the 25-mile Sweetheart loop.

*Please print your own maps and cue sheets using the links above.*

## Self-guided Options

<p><b>Hikes</b></p>	<ul style="list-style-type: none"> <li>• <b>Hike the Florida Trail</b> section inside of Stephen Foster Culture Center State Park – Access trailhead from the boat ramp.</li> <li>• <b>Bell Springs / Florida Trail to Big Shoals</b> – This beautiful hike is 4.6 mi round-trip and includes the Bell Springs run and Robinson Branch waterfall. Turn around at Big Shoals. Approximately 6-mile drive to trailhead, off of Lassie Black Rd. Link to Alltrails: <a href="#">Bell Springs to Big Shoals</a></li> </ul>
<p><b>Bike &amp; Hike: Big Shoals</b> Perfect for families, new cyclists or if you just want a relaxing ride to see the shoals.</p>	<p>Ride from HQ and then ride the paved <a href="#">Woodpecker Trail</a>. (12 mile round trip) OR Drive to the Big Shoals trail head to ride the paved Woodpecker Trail (approx. 6 mi. roundtrip ride bike ride on the paved Woodpecker trail through the woods.</p> <p>Hike to see the shoals (white water rapids) (2 mi. round trip hike). Bring bike lock to lock your bike during the hike.</p> <p><b>Note:</b> Entrance fees to Big Shoals State Park: <b>(\$2 per person park fee or \$4 per car)</b></p> <p><i>Bring a bike lock to secure your bike during the hike.</i></p>
<p><b>On Your Own Paddles</b></p>	<p>Visit ACA and work out a paddle with <b>American Canoe Adventures (ACA)</b> <b>386.397.1309</b> located in White Springs</p>
<p><b>Sightseeing / walking tour</b></p>	<p>Inside park: Quilt show and Art in the Park and Museum. Just outside the park entrance: visit the historic Spring House, Suwannee Hardware &amp; Feedstore and then stroll down River Street to view historic old homes and walk across the bridge and back. For more information: <a href="http://www.historicwhitesprings.com">www.historicwhitesprings.com</a></p>

# ***Thanks to our friends***

**Champion Cycling, Jacksonville**  
**A1A Cycle Works, St. Augustine**

**Fat Bellies Restaurant, White Springs**

**Halpatter Brewing Company, Lake City**

**Tried and True Yummies, Live Oak**

