



What's Happening?

Page

2 Board members

- Secret Santa Wrap Up
- IDIDARIDE Wrap Up
- Local Accommodations

3 Events

- Ride Leaders/Guides
- Volunteers Corner
- SBA Headquarters
- Membership Renewal
- Follow the Trail
- SBA Calendar
- Sweetheart Wrap Up

4 SBA membership application

Membership Benefits:

- **Discounts** on event registration fees
- **Privileges** to use SBA headquarters and equipment
- **SBA open house weekends** and other weekend adventures
- **Rivers** - explore the Suwannee region on land or by canoe and kayak
- **Newsletter**
- **SBA E-mail List Server** for information and activity announcements
- **Membership** in a dynamic, fun-loving group
- **SBA website:**
www.suwanneebike.org

Spring Bicycle Festival

May 4 – 7, White Springs Enjoy great off-road rides along the banks of the Suwannee River, scenic road rides along beautiful quiet roads lined with wildflowers, relaxing canoeing/kayaking, tubing adventures and more fun activities. Catered by the Country Caterers, meals will be served at Nelly Bly's Kitchen in Stephen Foster State Park. The entire campground has been reserved for our registered riders. Enjoy the *Used Blues Band* on Saturday evening during the Corn Social and dinner. For information or registration, visit SBA web site or call Kim Frawley at 904.797.7290.

Dauset, GA, March 30 – April 1

Only five hours from White Springs is a great biking and camping experience. SBA has reserved the Dauset Preserve for our members only. It's \$5 a night to camp at this lovely serene campground. Enjoy watching spring blossoms and star lit nights, big campfires, cook outs and challenging mountain biking. SBA has also reserved Dauset for Nov. 23-25, Thanksgiving weekend. To reserve your spot for our spring trip, e-mail Sharon Shea at sharonallen.shea@gmail.com or call 904.534.4417.

Welcome to our New SBA President - Kim Frawley

2007 is looking great for SBA. So far this year, we had a very successful IDIDARIDE and Suwannee Sweetheart thanks to **Bill Wills** and **Jeanne Hargrave**. **Jodi Chase**, our webmaster, has done a fantastic job of updating our website with a new look that represents SBA.

We are working towards going paperless in order to be more environmentally friendly and to save on printing and postage. You can renew your membership on active.com, and, if you haven't yet, please register for e-mail only newsletters and event brochures on our website. You will also start seeing recycle bins at Headquarters, so please make

sure you're disposing of your trash properly!

We have formed committees to help with club and event promotions, off-road trails and ride guide training, road marking and mapping, paddle trips, food and kitchen, educational programs, special activities, grants and SBA unplugged trips. Look over the committee lists and descriptions on our website. If you see one you'd like to be involved in, please let me know. We are moving forward and it's fun to be part of the move!

Headquarters has had some wonderful improvements. At the end of 2006, some of our crew rebuilt the showers and created what I like to call "the quarry" because of the river rock floor. This year, we installed new ceiling fans and better lighting. Our building is such an asset to our club and will always need improvements and repairs. If you'd like to volunteer to help with its upkeep or have ideas about improvements, please don't hesitate to let me know.

The **Suwannee Spring Bicycle Festival** is the beginning of May and offers many programs for cyclists as well as non-cyclists. A Bicycle Safety Class will be taught by Florida Bicycle Association's Lyndy Moore. Mike Kelly, a certified Mountain Biking Instructor, will be holding a Basic Mountain Biking clinic. Other activities include a photo-eco tour, fun rides and programs for children and great paddling on our rivers.

I see the future of SBA and cycling dependent on increasing the interest and involvement of young people. For this reason, I challenge each one of you to bring a child or teen cycling, whether it's to an open house or an event. For the Spring Festival, we have increased the discount. Children under six are free, and children under 16 are half price. We have also increased the SBA member event discount to \$10. There is much fun to be had on two wheels on the roads and in the woods of White Springs. **Share the road, share the trail and share the passion!** Kim Frawley

Help SBA go GREEN

We are trying to use less paper, Styrofoam and plastic at SBA. Help by bringing your own non-disposable place setting to events and covered dishes.

Board members

Kim Frawley, president,
904.797.7290

woodbike@bellsouth.net

Rick Shore

vice president,
shore228@aol.com
904.249.0045

Jerry Willert, treasurer,
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Board members

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Advisory board

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Gene Currin, volunteers

229.244.1955

gcurrin@automedical.com

Wade McGinty, water

program

904.247.9836

wademcinty@aol.com

Chandler Otis, road ride

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352.376.4963

chanbike@aol.com

David Pharr, liaison

386.364.4991

outpost1@lani.net

Mari Towle, membership

352.344.1004

met925@msn.com

Secret Santa Open House

Secret Santa Weekend was a great event and due to some very generous donations we were able to purchase 5 bicycles and helmets for local children. On Friday, we brought in the Christmas Spirit with a Christmas Cookie Party, decorated the tree and watched the Polar Express movie.

Saturday was good day for both off road and road rides. Some of the road riders on their way to Wellborn met up with a couple, doing the Adventure Cycling Southern Tier which is a 3,159 mile route from San Diego to St. Augustine. They joined us for our weekend festivities. They decorated their bicycles and bob trailers with full Christmas regalia and road in the parade tossing candy to all the kids. They shared their trip with a slide show. They stayed at headquarters that night and took off early Sunday morning headed for St Augustine.

We had a great group for the Sunday ride with people from as far away as Illinois, Vermont, Michigan and Wisconsin. It definitely turned out to be wonderful Secret Santa Cycling Weekend! *Kim Frawley*

IDIDARIDE 2007

The IDIDARIDE event was, once again, long, arduous, challenging, cold and so much *FUN!* New trails in Gar Pond meant added mileage (closer to 60 than 50 ...that'll teach those of you who complained about it being too short last year!) 300 diehard riders and volunteers braved the early morning cold to challenge the elements and themselves. While the first sag stop was a "far piece" in, the cowgirls who manned it did a fine job of rustling up some home made grub and goodies which ranked as "well worth the wait". The crackling fire and hay bales made for a popular gathering place as Willie Nelson's serenaded until the gals had to crack their whips and send all the pesky varmints on their way. (Can you guess the theme of this year's first sag?) **Tony Beavor** once again out did himself by single-handedly preparing three hot and hearty choices for the riders at just over the midway point. Thanks Tony! **Jerry** and **Mari** hosted the popular wine and cheese stop at the 45 mile mark. The trails along the river were beautiful after the sun broke through.

IDIDARIDE survivors enjoyed barbecue and banana pudding back at SBA. The **Swamp Club's** annual bonfire at Suwannee Valley Campground was a great way to finish off a perfect day. A big yahoo

and thank you to the event coordinator, **Bill Wills**, **Tony Beavor** and all the countless volunteers who helped prepare, staff and put everything away after the event. And as this year's event shirt reminded, it wasn't a race, but speed and endurance helped! *Joy Taylor*

Camping / Cabins

Stephen Foster State Park, White Springs, Reserve America at 800.326.3521 or www.reserveamerica.com

Suwannee Valley Campground (cabins), White Springs, 386.397.1667

www.suwanneevalleycampground.com

Kelly's Campground Cabins, White Springs, 386.397.2616

Ichetucknee Canoe and Cabins, 866.224.2064

<http://www.ichetuckneecanoeandcabins.com>

Spirit of Suwannee Campground (cabins), 386.364.1683 (Suwannee Springs, 15 miles from White Springs)

Suwannee River State Park, Reserve America at 800.326.3521 or www.reserveamerica.com

Bed and Breakfast

Adams House Bed and Breakfast, White Springs, 386.397.1915

Historic Telford Hotel, White Springs, 386.397.2000

White Springs Bed and Breakfast, 386.397.4252; (discount for SBA) <http://www.whitespringsbnb.com>

Motels

Suwannee River Motel, White Springs, 386.397.2822

U.S. Inn, White Springs, 386.397.2155 (I-75 & CR 136)

Best Western Suwannee River Inn, Live Oak, 386.362.6000 (off I-10, 4 mi. from Suwannee River State Park)

Live Oak Econo Lodge, 386.362.7459 (13 miles from White Springs; 4 mi. from Suwannee River State Park)

Holiday Inn Express Hotel, Live Oak, 1.888.890.0242

Holiday Inn, Lake City, 386.752.3901 (14 miles from White Springs)

Canoe/Kayak Info

American Canoe Adventures, 386.397.1309 or www.aca1.com

Suwannee Canoe Outpost, 386.364.4991 or www.canoeoutpost.com

Ride Guides and Leaders

All ride-guides are required to attend SBA Ride Guide Training which is offered during our open houses. Log your hours on the trail or road under the direction of our qualified Ride Leaders (road) or Guides (off road) to accumulate hours toward ride leader/guide status. Ride guides must be a member in good standing who have completed the required pre-event trainings and agree to apply their leadership and riding skills to guide, sag or sweep rides at an event. This qualifies you for a free or reduced event registration. *See event calendar for training weekends.* Ride Guides: Contact Scott at sachase@bellsouth.net. Ride Leaders: Contact Jeanne at BiknJeanne@aol.com

Volunteers Corner

SBA volunteers make up the foundation of this club. Help plan and coordinate events, work a few hours at an event, lead rides. Consider donating your time or special skills to help your club grow. Age is no limit; make this a family volunteer event. When and where you volunteer depends on the nature of the services you want to provide. You may volunteer during certain hours at events, open houses or other weekends. E-mail Gene Currin at gcurrin@automedical.com with "Volunteer" in the subject line. Provide the following information:

- The type of position you want to fill
- Personal experience that will help with this position
- What days/hours you can volunteer
- Your e-mail address
- Acknowledgement that this is not a paid job

SBA Headquarters

Our Headquarters needs some masonry work. We cleaned the back brick wall, and during the cleaning process, some of the bricks lost their mortar. It needs to be mortared before we seal it. Anyone that has masonry experience and would like to put in some volunteer hours, contact **Walter McKenzie**. If you would like to use headquarters when there are no events planned or help improve our headquarters, Walter can answer your questions. **386-397-2420** mckenzie@alltel.net.

Membership Renewal

All SBA memberships expired Dec.31, 2006. Please **recruit** new members and **renew** your membership for 2007 by using the form on Page 4.

Membership/SBA Internet Users

SBA maintains a free list server through sba@topica.com to inform subscribers of SBA events. Subscribe and receive SBA information: access www.topica.com and follow the directions, or contact Mary at met925@msn.com. If you move and/or change e-mail addresses, let us know your new addresses.

Follow the Trail

This year new trails will be added to the Big Shoals region. If you enjoy trail work or would like to learn more about developing trails, e-mail Tony at btonybea@aol.com.

SBA Calendar

Date	2005 - 2006 Events
March 17-18	Spring Equinox Open House (Training and Trail building Weekend) hosted by <u>Jerry Willert & Mari Towle</u> Wild Azalea Festival & Suwannee River Valley Birding Festival
April 14-15	Open House (Training and Trail building Weekend) hosted by <u>Mick & Sharon Shea</u>
May 3-6	Suwannee Bicycle Festival at Stephen Foster State Park - Coordinator <u>Kim Frawley</u>
June 23-24	Open House - no training or trail maintenance, just ride or paddle! Canoe/Kayaking Weekend hosted by <u>Edwin McCook</u>
Aug. 11-12	Dog Days Adventure Event at Suwannee River State Park in Live Oak, Coordinator <u>Bill Wills</u>
Oct. 20-21	Octoberfest Open House (Training Weekend) hosted by <u>Joy Taylor</u>
Oct. 26-28	Florida Fat Tire Festival at Stephen Foster State Park
Dec. 8-9	Secret Santa Weekend

Suwannee Sweetheart Ride and Century

Suwannee Sweetheart did quite well this year with 130 riders. I was expecting even more, but a low of 29° on Sunday morning kept some home. Almost 20% of the riders were from up north and didn't think the weather was that cold. Besides Florida, our riders came from Georgia, Illinois, Indiana, Iowa, Maryland, Massachusetts, Michigan, Minnesota, New York and Ontario. With blue sunny skies, temperatures warmed up nicely and it became a great day for a bike ride. At our rest stops, riders enjoyed homemade Valentine cupcakes, brownies, oatmeal cookies and lemonade along with the normal fare. Thanks to **Harold Clayton**, The Bike Detail, and **Glen Morey**, massage therapist, and our great crew of volunteers including **Tony Beavor**, **Hanna Carroll**, **Gene Currin**, **Kim Frawley**, **Tina Hart**, **Jerry Havlena**, **Cecilia Hennig**, **Chandler Otis**, **Peggy Ritz** and **Joy Taylor**. Thanks also to riders **Jeff Huesman**, **Lena Crabtree** and **Carrie Stilwell** for helping out with cleanup. *Jeanne Hargrave*

2007 SBA Membership Application

Name(s): _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Phone Numbers: _____
 E-mail Address: _____
 Newsletter preference: hard copy of the newsletter online via e-mail
 Subscribe to Topica List Server:
 I am interested in the following opportunities: Volunteer Ride guide (off road) Ride lead (on road) Trail maintenance
 Bike shop liaison for _____ city/ies
 Other _____
 Membership Type: New member Renewing Member \$25 Individual \$35 Family
Make your check payable to Suwannee Bicycle Association; mail to 12585 East Walton Drive, Floral City, FL 34436

Read and sign below: In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind the Suwannee Bicycle Assoc, its officers, members and volunteers. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk, further recognize that safety is my personal responsibility and I agree to participate in keeping all Suwannee Bicycle Assoc. rides safe. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others. I also understand that helmets are required on all club rides and events.
 Signature: _____ Date: _____

Suwannee Bicycle Association
12585 E. Walton Drive
Floral City, FL 34436

Register for the Spring
Festival, May 4-7
www.suwanneebike.org

SBA News Today: Share this newsletter and our Web site with your family and friends.