

What's Happening?

Page

2 Board members

- April Open House
- Ididaride Recap
- Sweetheart Recap
- Dauset AKA White Springs Recap
- SBA Headquarters

3 Events

- Ride Leaders/Guides
- Membership Renewal
- White Springs Trails
- Support Your Local Bike Shops
- SBA Calendar
- Accommodations (camping, B&Bs, motels)

4 SBA membership application and/or Spring Pedal and Paddle Registration form

Membership Benefits:

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

Spring Pedal & Paddle Festival, May 1 – 3

Imagine, you could be floating down a scenic river or pedaling along country roads lined with wildflowers or gracefully riding through the woodlands along the banks of the Suwannee River. Or would you rather be sitting in traffic, cleaning house or doing yard work? It is not too late to register for our annual Spring Pedal and Paddle event. This 3-day festival offers a mixture of road rides and off road rides beginning Friday morning. The wild flowers are in bloom and the scenery is beautiful. Check in starts Friday morning. Friday evening is the Meet and Greet and Saturday evening, you will enjoy the Chocolate Obsession. Night rides are offered Friday and Saturday evening.

Saturday events include the Triple Loop Century, Suwannee Paddle and Pedal, Eco-Tour led by Edwin McCook, Off Road Rides, Free Beginner Mountain Bike Clinic and the children's bike rodeo. Many other rides and events are planned.

Sunday includes a half day of off road and road rides. Choose a short spin or ride to Grace Manor in Live Oak for lunch. Enjoy the *optional Taste of the Town* meal plan where local restaurants provide wonderful meals for our participants. Our low event fee with the optional meal plan provides you, your family and friends with an affordable weekend of fun and enjoyment (special pricing for children.) If you plan to arrive Thursday evening and are camping, contact the Mari Towle at vt0925@yahoo.com to make sure that the site you reserve for Thursday is assigned to you for Friday and Saturday. **Event Details and registration form are on SBA Web site.** You can also use the back of this newsletter to register. For more information, contact **Dale & Mary Nanny**, event coordinators; 321.698.6004; dalenanny@aol.com

President's Message

Hi all. I'd like to take this opportunity to introduce myself. My name is Scott. I grew up in Tallahassee and live in Gainesville. I have been mountain biking for about 14 years. I was introduced to the sport by my wife Jodi and her family Dan and Lys Burden. Many of you know that Lys was one of the founders of the club. I've been hanging out at SBA since 1998. I graduated from the University of Florida,

and I currently work at the YMCA. I am excited about being the new president of SBA. A couple of goals I have for this year are to increase our membership and revamp our ride-guide training program. If you have any ideas or suggestions please let me know. You can reach me at sachase@cox.net. *Scott Chase*

SBA BOARD Welcomes:

Our new president, **Scott Chase**, with over 10 years of participating as a rider, ride guide, volunteer and board member, Scott is well qualified to lead SBA. Also, welcome to our new board members: **Dale Nanny, Mike West** and former president, **Kim Frawley**.

Spring Hop, June 6-7

Our annual paddle trip is going to be great. For the 2009 trip, we will paddle a section of the Middle Suwannee River. The Middle Suwannee is wider and known as spring country.

We will camp on Saturday evening at the Dowling Park River Camp in the sleeping platforms. If you prefer to tent camp, sites are available. The River Camp has restrooms with showers and sleeping platforms with overhead fans. All you need is a sleeping bag and pad or air mattress. Bring a brown bag lunch for Saturday. Our group will decide on the evening meal prior to the trip. An option is to paddle across the river and dine at the Village Café in the Advent Christian Village or have a pot luck cook out at the River Camp. Pack your own breakfast and lunch for Sunday. You are responsible for all food, snacks and water.

The cost is **\$10** per person. If needed, rent a canoe/kayak rentals at **American Canoe Adventures** 386-397-1309 or www.aca1.com or **Suwannee Canoe Outpost** 386-364-4991 www.canoeoutpost.com.

Register early as we are limited to 24 participants. It is members ONLY trip; however, new members are welcome to join. Edwin McCook: 386.362.6154; emccook@windstream.net

When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." -- Sherlock Holmes, author

Board members

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Jodi Chase, web master

352.367.4512

jodibean@cox.net

Brent and Allison Baris,

membership

352.375.4050

brent@barislaw.com

SBA newsletter – Send articles to Sharon Shea: sharonallen.shea@gmail.com

Be involved in SBA and recruit new members!!!

April 17-19 Open House

Enjoy a relaxing weekend of road or off road riding and SBA camaraderie. We will be doing light trail work and ride guide training. Camp or stay at one of the local B&Bs or just come up for the day on Saturday. Arrive by 8 a.m. to ensure you can enjoy riding with a group. Bring a dish for our Sat. evening potluck. There are no fees for open house weekends.

IDIDARIDE Recap

As always, Ididaride 2009 sold out very quickly with 350 riders! The weather cooperated this year – it was nice and sunny by mid day. The **Telford House** hosted a great dinner on Saturday. Many thanks to **Jodi** and **Scott Chase**, event coordinators, as well as all the volunteers: registration, rest stops and the lunch stop. This event requires more volunteers both before and after the event to set up and take down signage. It is a fun event to ride or volunteer.

Sweet Heart Recap

Our Suwannee Sweetheart weekend event was plenty of fun for the adventuresome who didn't mind a little weather; it wasn't nearly as bad as predicted. Some people didn't show at all and some left on Saturday morning. Even more left on Sunday morning. They missed a good (though not a gorgeous) day. We had some new riders this year. One couple from California was in Florida on business, and spent the weekend with us. **Johanna** and **Chan** drove all the way from the D.C. area just for the ride. No way were they going home early.

Returning from a wonderful lunch at **Grace Manor** on Saturday was pretty wet. But most people didn't even get damp on Sunday. **Mary** and **Dale Nanny** outdid themselves fixing breakfast Sunday morning. I'm still enjoying those great pancakes that I took home and put in my freezer. **Peggy Ritz** set up her famous rest stop at Falling Creek Church and NFBC President, **Dennis Glasscock**, visited to help her out. **Betsy Thorpe** and **Carrie Stilwell** did a great job with the far out double rest stop and kept track of the century riders. **Kim Frawley** was brave enough to volunteer to fill Chandler's rather large shoes at the 22 mile rest stop. For such a small ride, we do have some of the best rest stops around. **Fat Bellies** restaurant provided a great catered meal for our riders. And thanks to all volunteers including **Mari Towle**, **Jerry Willert** and **Hanna Carol** for

their help. **Jeanne Hargrave**, event coordinator

Dauset AKA White Springs Recap

Sometimes you cannot depend on Mother Nature, and you have to go with plan B. That is what our Dauset group did the last weekend in March, first day of Spring. Instead of driving to Georgia where the weather conditions were forecasted to be horrendous, two groups headed out for a long weekend. Our Florida panhandle gang headed to Santos outside of Ocala and enjoyed a great time riding those trails.

The rest of us camped at Suwannee Valley campground and rode the White Springs area. While the Santos group stayed dry, we had some rather windy and rainy conditions. Luckily, most of the rain was while we slept peacefully in our tents. Riding Chessum in the rain backwards on Friday afternoon was a blast, and by the time we finished, the rain had stopped. Saturday was dry all day, and we rode Chessum again so we could see what we had done the day before during the rainstorm. Chessum is now a clear favorite with our SBA riders. All the other trails we rode were in great shape and lots of fun. Sunday morning, while riding Big Shoals, we were treated to a real nature show – three very large hogs crossed our path, followed shortly by several deer hopping across the trail. This was followed by a nice big black snake taking advantage of the sunny morning and some wild turkeys were also strutting around. We even saw alligators sunny themselves along the river bank on Saturday afternoon. With so much wildlife, birds singing and wild azaleas blooming, it was a perfect beginning of our Spring unplugged weekend. Another highlight of the trip was **Tony Beavor's** excellent Low Country Boil Saturday night. Not to mention breakfast each morning and movies at headquarters Sat. night. *Thanks Tony.*

Goods news – **Dauset Preserve** is using our deposit for 2010. So mark your calendars, **March 26 – 28, 2010** because we will get to Dauset!

SBA Headquarters

An SBA membership benefit is the opportunity to use headquarters when no events are scheduled. Always leave it in great shape and let Walter know if anything needs attention. Contact **Walter McKenzie** at **386.269.0056**; mckenzie@windstream.net.

Ride Guides and Leaders

Ride guides are needed for Spring Bicycle Festival!

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 reduced event registration.

See event calendar for training weekends.

Ride Guides: Contact Rick at shore228@aol.com

Ride Leaders: Contact Jeanne at BiknJeanne@aol.com

2009 SBA Calendar

Date	2009 Events
April 17 - 19	Open House
May 1-3	Suwannee Bicycle Festival – Mary & Dale Nanny
June 6-7	Spring Hop - Edwin McCook
Aug. 14 - 16	Dog Days – Tony Beaver
Oct. 10 - 11	Open House
Oct. 23 - 25	Fat Tire Festival – Sharon Shea
Dec. 12 - 13	Secret Santa – Mari Towle and Jerry Willert

2009 Membership – Renew Today!!

SBA membership benefits include members only events such as Princess Preserve (road rides and paddling), Spring Hop (paddling), Dauset Trails (mountain biking) and Dog Days (paddling, off road and road riding). All SBA memberships expired Dec.31, 2008. Renew your membership for 2009 by using the form on Page 4 or though www.active.com. Subscribe and receive SBA information: access www.topica.com and follow the directions. **If you move and/or change e-mail addresses, let us know your new addresses.**

White Springs Trails

Can you name all the trails just within the White Springs area? Our trails include: Bridge to Bridge, Gar Pond, Chessum, Beast of Burden, Long Branch, Big Shoals, Barnett tract. Many of our trails are now linked and provide many mileage options. We also plan to develop some new trails in Stephen Foster State Park this year! With over 75 miles of trails, we are a great destination for beginners and experienced riders. We are also within an hour drive to other favorites, like San Felasco and Anderson Springs. If you enjoy trail maintenance, check out our open house weekends as we usually also work on our trails.

Support Your Local Bike Shops

Having a bike shop in your neighborhood is a wonderful thing! The minute you enter, new bike aroma can send you into shopping frenzy. The shiny metal, bright colors, sleek designs, gadgets, newest jerseys and rasta handle bar tape is just plain hard to resist!

I read once that Robin Williams had 60 plus bikes. I believe that he is sent into the same frenzy that I am when I enter through the doors of a bike shop. My penchant is gloves, they are less pricey and easier to store. Whatever your weakness, please support your local bike shop!

We also need bike shop coordinators who will keep their local bike shops in loop with SBA. This is a fun and easy way to support your bike shop and SBA. **Kim Frawley**

LOCAL Accommodations

Camping / Cabins
Stephen Foster State Park, White Springs, Suwannee River State Park Reserve America www.reserveamerica.com
Suwannee Valley Campground (cabins) KOA, White Springs, 386.397.1667 (SBA discount) www.suwanneevalleycampground.com
Kelly's Campground Cabins, White Springs, 386.397.2616
Ichetucknee Canoe & Cabins, 866.224.2064 http://www.ichetuckneecanoeandcabins.net
Spirit of Suwannee Campground (cabins), 386.364.1683 (15 miles from White Springs)
White Springs Bed and Breakfast
Adams House Bed & Breakfast, 386.397.1915
Historic Telford Hotel, 386.397.2000
White Springs Bed and Breakfast, 386.397.4252; (SBA discount) http://www.whitespringsbnb.com
Motels
U.S. Inn, White Springs, 386.397.2155
Best Western Suwannee River Inn, Live Oak, 386.362.6000 (off 1-10)
Live Oak Econo Lodge, 386.362.7459
Holiday Inn Express Hotel, Live Oak, 1.888.890.0242
Holiday Inn, Lake City, 386.752.3901
Canoe/Kayak
American Canoe Adventures, 386.397.1309 or www.aca1.com
Suwannee Canoe Outpost, 386.364.4991 or www.canoeoutpost.com
Ichetucknee Canoe & Cabins, 866.224.2064 http://www.ichetuckneecanoeandcabins.net

Bike Florida is offering more tours! May 8-11, Three-Day Tour: Women's "Mother's Day" weekend. Seven-day tour: River to Sea Loop. <http://bikeflorida.org>

2009 SBA Membership Application and/or Spring Festival May 1- 3

Name(s): _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone Numbers: _____

E-mail Address: _____

New members: Subscribe to Topica List Server: ___ Newsletter preference: ___ hard copy of the newsletter ___ online via e-mail

Emergency Contact: _____ Tele: _____

New member ___ Renewing Member ___ \$25 Individual ___ \$35 Family ___ (Membership good through 2009)

Volunteer Interests: _____ Bike Shop and/or Club Liaison _____

Membership Only: Mail to Brent Baris: P.O. Box 141653, Gainesville, FL 32614-1653

Spring Pedal & Paddle Registration: Mail to: Dale Nanny, 188 Nicaragua Street, Beaufort, SC 29902

___ \$50 Adult Event Fee; \$10 Child Event Fee (includes shared campsite, Fri -Sun.)

T-shirt Size: ___S___MD___L___XL___XXL

___ \$50 Full Adult Meal Plan ___ \$40 Partial Meal Plan (4 meals; no Sat lunch)

___ \$27 Child Meal Plan ___ \$21 Partial Meal Plan (4 meals; no Sat lunch)

___ \$25 private campsite (extra fee – paid by only one in your party)

___ \$30 One day only Adult Event Fee

___ Join or renew; Memberships are valid through 2009 (\$25 Individual, \$35 Family)

___ Total Enclosed (Make checks payable to SBA.)

You can also use a credit card and register at www.active.com

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
1309 Noe Court
Neptune Beach, FL 32266



RENEW your Membership and Register for
Spring Pedal and Paddle Weekend
www.suwanneebike.org

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