



## What's Happening?

Page

### 2 Board members

- Message from the president
- Kudos
- SBA Headquarters
- Dog Days Pedal & Paddle

### 3 Events

- Joy of SBA Biking
- Ride Leaders/Guides
- Follow the trail
- Volunteer corner

### 4 SBA application

## Membership Benefits:

- Discounts on event registration fees
- Privileges to use SBA headquarters and equipment
- Membership in a dynamic, fun-loving group
- Opportunity to explore the Suwannee region on land and on the river with canoe and kayak adventures
- Newsletter
- SBA E-mail List Server for information and activity announcements
- SBA open house weekends and other weekend adventures
- SBA website:  
[www.suwanneebike.org](http://www.suwanneebike.org)

## SBA News Today

The Suwannee Bicycle association was started in 1989 by Lys Burden and a small group of cycling enthusiasts. Over the years, riders from all over the southeast have enjoyed the friendly cyclists, excellent on-road and off-road rides and the serenity of the Suwannee River. From novice riders to experts, rides are available for all skill levels and ages. We've recently reorganized with our goals to grow membership and run fun well-organized events. Learn about how you can become involved. Share this newsletter and our website with your cycling family and friends.

## SBA Internet Users

Did you receive an e-mail from Topica.com and delete it without opening the file because you did not recognize the e-mail address? If so you are missing important information about SBA events, activities, and updates of regional interest like festivals and other educational opportunities.

SBA maintains a free list server through [sba@topica.com](mailto:sba@topica.com) to inform subscribers of SBA events. An invitation to subscribe to Topica was sent to all members who had e-mail addresses listed on their membership forms. However, the membership to Topica cannot be completed unless you respond to the e-mail from Topica. If you would like to subscribe and receive SBA information, access [www.topica.com](http://www.topica.com) and follow the directions, or contact Mary at [mtb0925@hotmail.com](mailto:mtb0925@hotmail.com).

## Ranger Rudy

As SBA members paddle down the Suwannee River, walk or bicycle ride along its banks, we notice cypress trees, their knees and the Spanish Moss that hangs from their branches. Along the Suwannee River, the Baldcypress have flat leaves, 1/2 to 3/4 inches long and grow on both sides of horizontal branchlets. But the Baldcypress is not the only cypress tree in the area. While boating on a lake in Central Florida, I saw cypress leaves that looked

awl-shaped, poking straight up 2 to 3 inches from the branches. Research indicated that this is Pondcypress.

Pondcypress limits its growth to ponds with still or slow-moving water while Baldcypress grows along flowing water as well as stream banks, spring runs and lake shores. The Baldcypress is said to be the largest tree in North America east of the Rockies. Both varieties of cypress have cypress knees that point skyward above the soil and normal water line. Both also lose their leaves in the winter and are the most flood-tolerant tree species in Florida. The Baldcypress is the larger species and its bark is smooth as compared to the rough, shaggy bark of the Pondcypress.

I have, for years, tried to find a location which supported both kinds of cypress. Recently while mountain biking, I found what I was searching for in a small pond in the Baird Tract of the Withlacoochee State Forest near Tarrytown. I also discovered something puzzling. There was a distinct Baldcypress and a distinct Pondcypress right next to each other, but next to both of them was a cypress that defied description. It had the flat leaves but they grew all around the branch in every direction. I was mystified, so took a picture. My on-line research turned up this explanation. These two species of cypress can interbreed when they co-exist in the same location. This can cause varied characteristics to appear on the same tree or create a mutant tree that is different from, but similar to, the two species. I was so excited to have found all these variations growing in one small pond. People have asked me, "Rudy, how do you know so much about the wilderness?" I think the answer is my CORE philosophy. First, I am naturally very Curious. Second, the curiosity leads to Observation. This leads to Research to find the answers which in turn Enlightens me. You can do it too, and over time you will accumulate a wealth of information. *Rudy Miller, former SBA president and contributing writer and published author. Contact Rudy at [cayennebiker@hotmail.com](mailto:cayennebiker@hotmail.com)*

## 15th Annual Fat Tire Festival

Nov. 5-7, Stephen Foster State Park, White Springs. Nelly Bly's Kitchen is BACK! New activities and entertainment are planned! Volunteers are needed to make this the best fest ever. Fat Tire on line registration will soon be available. Contact Sam Veal at [saveal@bellsouth.net](mailto:saveal@bellsouth.net).

## Board members

**Jerry Willert**,  
president,  
Cell: 352.344.1004  
727.452.5702  
[jwillert@msn.com](mailto:jwillert@msn.com)

**Sam Veal**,  
vice president,  
904.285.8392  
[saveal@bellsouth.net](mailto:saveal@bellsouth.net)

**Chuck Frierson**,  
treasurer,  
904.695.9791  
[cphome@bellsouth.net](mailto:cphome@bellsouth.net)

**Joy Taylor**,  
secretary,  
904.522.0437  
[taylorj5@stjohns.k12.fl.us](mailto:taylorj5@stjohns.k12.fl.us)

## Other board members

**Sharon Allen**  
904.249.1307  
[Sharon.h.allen@bankofamerica.com](mailto:Sharon.h.allen@bankofamerica.com)

**Tony Beavor**  
904.813.9612  
[tony@lumberunlimited.com](mailto:tony@lumberunlimited.com)

**Scott Chase**  
352.367.4512  
[sachase@bellsouth.net](mailto:sachase@bellsouth.net)

**Jeanne Hargrave**  
904.264.7168  
[biknjeanne@aol.com](mailto:biknjeanne@aol.com)

**Edwin McCook**  
386.362.6154  
[emccook@lani.net](mailto:emccook@lani.net)

**Tom Nevin**  
904.384.9218  
[tomnevin@wolftechinc.com](mailto:tomnevin@wolftechinc.com)

## Advisory board members

**Jodi Chase**  
352.367.4512  
[jodibean@bellsouth.net](mailto:jodibean@bellsouth.net)

**Kim Frawley**  
904.797.7290  
[woodbike@bellsouth.net](mailto:woodbike@bellsouth.net)

**Susanne Hall**  
904.772.7890  
[Su\\_be@msn.com](mailto:Su_be@msn.com)

**Mike Kelley**  
352.335.2534  
[mckelley@gru.net](mailto:mckelley@gru.net)

**Chandler Otis**  
352.376.4963  
[chanbike@aol.com](mailto:chanbike@aol.com)

**David Pharr**  
386.364.4991  
[outpost1@lani.net](mailto:outpost1@lani.net)

**Message from President**

My vision for SBA is to expand the membership and the members' involvement. We plan to offer events that are bigger and better, host fun-filled open house weekends and add new and improve existing trails. We plan to offer more road rides, a canoe/kayak event, an adventure race, and an endurance (12 or 24 hours) event. We will improve communication by having:

- Web site that is up to date.
- E-mail that announces open house weekends, events, work weekends and training schedules by using [sba@topica.com](mailto:sba@topica.com)
- Quarterly newsletter (that you now are reading)

I personally cannot make all this happen, and the Board of Directors cannot make this happen. We need a membership run organization. SO GET INVOLVED.

Does this sound familiar? We had this type of organization in the past. Let's have it again.

**Kudos**

Special thanks to Kim Frawley and Mike Kelley for installing the new hot water heater and hosting the May open house. Special thanks to Joy Taylor and Kim Frawley for hosting the Memorial Day open house.

<b>LAB Touring contact, Sweetheart and Secret Santa Century ride coordinator</b>	Jeanne Hargrave
<b>Agency/local liaison</b>	Edwin McCook
<b>Trail maintenance</b>	Tony Beavor
<b>Event director</b>	Scott Chase
<b>Newsletter editor</b>	Sharon Allen
<b>Webmaster</b>	Jodi Chase
<b>Co-ride guide coordinator</b>	Mike Kelley
<b>Road ride program</b>	Chandler Otis
<b>Building manager</b>	Kim Frawley
<b>SBAF liaison</b>	David Pharr
<b>Volunteer coordinator</b>	Gene Currin
<b>SBA publicist</b>	Rudy Miller
<b>Canoe coordinator</b>	Wade McGinty

**Your SBA Home — Sprucing Up Headquarters**

We're improving our SBA headquarters. The priority items are basic building maintenance including upgrading our electricity. We've already replaced our hot water heater for a larger more efficient model. We will be pouring a concrete slab out the back door, rebuilding the showers and extending a roof over the slab. This plan is contingent on approvals and building code restrictions. Other projects include restructuring the storage area, painting the kitchen walls and bathroom floors and paneling the restroom walls.

We have a wonderful building with a great history. With some TLC, we can create our own history for many years to come! However, all of these projects require volunteers. When plans are finalized, we will communicate what items and skills are needed. Let me know if there are any particular projects you would like to be involved with or if you have any suggestions. I'm excited about these projects and getting our headquarters in shape! Contact Kim Frawley at [woodbike@bellsouth.net](mailto:woodbike@bellsouth.net).

*Help wanted*

**Bike shop liaisons** for cities in Florida and the Southern Georgia  
**Ride leader coordinator**  
**Historian**

For more information, contact Jerry at [jwillert@msn.com](mailto:jwillert@msn.com)

**Dog Days Pedal and Paddle**

SBA Dog Days, **Aug. 14-15, Suwannee River State Park**. Saturday morning will start off with either a fun ride at Anderson Springs, Big Oak or along the scenic country roads. Saturday afternoon, we will float down the Suwannee/Withlachochee River in inner tubes. Bring a covered dish for the Saturday evening pot luck dinner. Make your hotel or camp site reservations today. This is a great event to introduce your friends to the SBA as it has no event fee. Contact Bill Wills at [billw@mail.co.leon.fl.us](mailto:billw@mail.co.leon.fl.us).

**Team Newsletter.** Send articles to: Sharon Allen, editor; [sharon.h.allen@bankofamerica.com](mailto:sharon.h.allen@bankofamerica.com).

## EVENTS

**July 17-18, Spring Hop**, 2 day kayak or canoe on the Suwannee, Edwin McCook, coordinator

**Aug. 14-15, Dog Days Pedal and Paddle**, Suwannee River State Park, Bill Wills, coordinator

**Sept. 25-26, SBA Open House and swap shop**

**Nov. 5-7, Fat Tire Festival**, Sam Veal, coordinator

**Dec. 10-12, Secret Santa**, Joy Taylor and Kim Frawley, coordinators

**Joy of SBA Biking**

As secretary of SBA, I will be reporting regularly on interesting ride experiences in and outside of SBA. So if you've discovered a great new trail, found a new twist on an old trail or are planning a cycling excursion you'd like to invite others to attend, let me know, and I'll plug you into the column.

At the May 1-2 Open House, the trails were in excellent condition, very fast with very little sand. Big Shoals, Anderson Springs and All Town trails were the order of the weekend. My daughter and I opted for a 35-mile road ride to Anderson Springs while the rest of the group headed for Anderson Springs. We left headquarters about 15 minutes before the motorcade of off-road riders left, and pedalled our tandem up and down 17 rolling hills, past the llama farm and ended up at Anderson Springs about 30 seconds ahead of the first group to come off the trail. The wild flowers normally associated with our Spring Festival were abundant and beautiful. After a refreshing swim in the springs and french fries at Falmouth Springs Store, we hitched a ride back with the others. A few riders continued the off-road adventure at Big Oak. Sunday a loop through All Town helped us to sweat off the potluck supper from the night before. Our newly installed hot water heater back at headquarters meant comfortable showers were available before having to head back to our respective towns with big smiles lingering from a great laid back weekend.

Our Memorial Day weekend Open House piggy backs with the Florida Folk Festival, giving everybody an opportunity to take advantage of good folk music and impromptu trail and road riding out of the White Springs.

**Open house weekends** — Anywhere you see an open house scheduled on the calendar, headquarters should be open intermittently during the day with members and guests looking for folks to ride with. These dates are very informal with little or no structure beyond an opportunity to ride the roads or woods, soak in a spring, sit by a campfire with others who like doing the same and enjoy our pot luck dinners. SBA open houses are a great way to introduce your friends to the joys of SBA. Contact Joy Taylor at [trekjoyt@aol.com](mailto:trekjoyt@aol.com).

**Ride Leaders and Guides needed**

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. Remember that 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 can apply for free or reduced event registration.

Ride Leaders: Contact Jeanne at [BiknJeanne@aol.com](mailto:BiknJeanne@aol.com)

Ride Guides: Contact Mike at [mckelley@gru.net](mailto:mckelley@gru.net)

**Follow the Trail**

Under Tony Beavor, our goal is to add 10 miles of new trail by Fat Tire 2004. Improvements include:

**Gar Pond** — new entrance, re-establish old trail at end, add more miles

**Bridge to Bridge** — add new section

If you enjoy trail work or would like to learn more about developing trails, e-mail [tony@lumberunlimited.com](mailto:tony@lumberunlimited.com).

**Volunteers Corner**

SBA volunteering offers a wonderful opportunity for members to be together while contributing to the local community and to the club. Volunteering is an essential part of the club. Club members are expected to volunteer for at least one event or ride a year for at least a few hours. 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. Here are some ways you can volunteer:

- Prepare or serve food at a bike event
- Registration at events
- Announce rides at events
- Clean up at events
- Man rest stops for road rides
- SAG drivers
- Headquarters maintenance
- Trail maintenance or building new trails
- Help with membership drives
- Newsletter contributor
- Public relations in your local city
- Keep track of club mileage
- Repair or paint bikes (Xmas bike giveaway)

If you are interested in volunteering, e-mail Gene Curran at [gcurrin@automedical.com](mailto:gcurrin@automedical.com) with "Volunteer" in the subject line. Provide the following information:

- What 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 membership application**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Newsletter preference:  
\_\_\_\_ hard copy of the newsletter    \_\_\_\_ online via e-mail    \_\_\_\_ Check to 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:    \_\_\_\_ \$20 Individual    \_\_\_\_ \$30 Family

Make your check payable to Suwannee Bicycle Association and mail to:

**Suwannee Bicycle Association**  
P.O. Box 247  
White Springs, FL 32096