



## What's Happening?

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## Membership Benefits:

- **Discounts** on event registration fees
- **Privileges** to use SBA headquarters and equipment
- **SBA open house weekends** and other weekend adventures
- **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
- **Membership** in a dynamic, fun-loving group
- **SBA website:** [www.suwanneebike.org](http://www.suwanneebike.org)

## SBA Spring Hop Weekend

### July 23-24, Suwannee River State Park.

Enjoy canoeing/kayaking the Suwannee and Withlacoochee rivers. The group will car pool to canoe launch locations and the SBA will have the canoe trailers to haul boats. You can paddle one or two days. There is no registration fee; however, to help organize this event, please register with Edwin McCook. Contact Edwin McCook at 386.362-6154 or [emccook@lani.net](mailto:emccook@lani.net).

### Camping and Canoe/Kayak Info

**Suwannee River State Park:**  
Reserve America at 800.326.3521 or [www.reserveamerica.com](http://www.reserveamerica.com)

**American Canoe Adventures:**  
386.397.1309 or [www.aca1.com](http://www.aca1.com)

**Suwannee Canoe Outpost:**  
386.364.4991 or [www.canoeoutpost.com](http://www.canoeoutpost.com)

## Dog Days – Pedal and Paddle

### Aug. 13-14, Suwannee River State Park,

join our annual float and bike weekend. Saturday morning enjoy a lovely road ride or off road ride at Anderson Springs. Saturday afternoon free inner tubes are available for a leisurely float down the Withlacoochee River that ends at the state park on the Suwannee River. Saturday evening, bring a dish for the pot luck dinner as we all gather at the pavilion to recount our day's adventures.

To defray the expense of reserving the pavilion and other miscellaneous costs, this year we are charging a minimal fee of only \$15 a person or \$25 a family for this fun laidback weekend event. The money will be collected on Saturday.

Make new friends and see old friends. So pack your bikes, swimsuit, mask, fins and snorkel. Remember to make your reservations at the Suwannee River State Park or call one of the area motels. This is a popular event...so don't miss it. For more information, contact Bill Wills at [billw@leoncountyfl.gov](mailto:billw@leoncountyfl.gov) or 850.656.7987.

## July 16 -17 Open House, White Springs

We encourage our newer members to join the gang at our next open house. These informal "free" weekends are an important benefit of your club membership. Check out the White Springs trails and country roads, enjoy swimming in the springs and paddling on the rivers. Kayak/canoe rentals are available in White Springs and at the Spirit of the Suwannee campground. It's also a great time to volunteer with household chores around headquarters. Contact me if you would like to help improve our building facilities or with any other questions you may have about our next open house.

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

## Message from President

This summer, come join us for one of our casual weekend events! Kick back and enjoy summer with a full SBA program of cycling activities and water-oriented fun! The Suwannee River State Park is a shady and scenic park with great hiking trails and a beautiful panorama where the Withlacoochee River merges into the Suwannee River. Numerous blue-water springs bubble from the banks of both rivers within several miles of this park.

Within easy reach of the park are many quiet, scenic rural roads for excellent on road loops, shady woodland trails for off-road rides and several springs suitable for sunning and swimming.

Summer is a great time to introduce the whole family and your friends to good times with the SBA. Most of our summer events have no registration fees, so it's easy and affordable for everyone. *Bill Wills*

## Membership/SBA Internet Users

SBA maintains a free list server through [sba@topica.com](mailto:sba@topica.com) to inform subscribers of SBA events. 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).

If you move and/or change email addresses, please let us know your new addresses.

## Board members

**Bill Wills**, president,  
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## Board members

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## Advisory board

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352.344.1004  
[mth0925@hotmail.com](mailto:mth0925@hotmail.com)

**Spring Bicycle Festival**

Our May, 2005, festival was quite an event. If your idea of a good time is riding your bike along country roads lined with wildflowers, canopied by big oak trees, paddling scenic rivers or listening and observing nature in and around the Suwannee River region, then you had a great time this year. This was the first year that the event was held in White Springs, a departure from Live Oak fairgrounds, and from all accounts, riders and volunteers loved the new venue.

We had perfect weather Thursday through Saturday afternoon. Unfortunately, liquid sunshine prevailed Saturday evening through Sunday. No lightening or strong winds, but it was plenty wet. Still we loved being out there hunkered under our tarps, tents or more up scale accommodations. Food was plentiful and yummy; especially Dixie Grill's lasagna Saturday evening.

Watching Mike Harper ride guide the "See" riders at San Felasco was a real experience as he had his 7 year old son riding on the tandem trailer attached to his bike. They had a blast and his son no longer thinks the Baldwin Trail is exciting.

There were so many wonderful volunteers and new faces at this year's event. Thanks to everybody who participated and their family and friends who volunteered. *Sharon Shea*

**Spring Bicycle Festival - Pedal & Paddle Ride**

Friday morning was beautiful when our large group started pedalling 17 miles along scenic country roads to the Canoe outpost at the Spirit of the Suwannee campground. As I rode through the Spirit of the Suwannee River Campground, four deer passed in front of my bike. This was just the start of a great day.

We all rejoined at the Canoe outpost, made our lunches, selected kayaks or canoes and set off to paddle for a couple of hours on the still swollen Suwannee River. But first, we all got a chuckle, when Bob demonstrated how **not** to get in a sit on top kayak as he promptly tipped over in view of the whole gang. Luckily that was the only dumpage reported. Bruce was kind enough to carry our food and beverage in his canoe.

The river reflected more greens and blue tints than its normal tannic color. Our swift passage allowed for an easy paddle as we made our way past tree tops and interesting fallen tree formations left behind by the recent flood stage. Even with the high level of the

river, there were plenty of white sandy beaches. We chose one for a leisurely lunch.

The Canoe Outpost van was waiting for us when we arrived at the Boys Ranch pick up point. After a short drive back to our bikes at the Canoe Outpost, we finished the loop by pedalling another 17 miles along even more quiet roads lined with wildflowers. It was a perfect pedal and paddle day. This type of ride combined with paddling is a great way to meet and get to know your fellow SBA members. Pedal and Paddles were also scheduled in the afternoon throughout the festival weekend. *Sharon Shea*

**KUDOS**

**Wade McGinty** for organizing and providing great support for the paddle activities. **Lys Burden** for her leadership and hard work on coordinating and organizing the Spring festival. **Jodie Chase** for helping with registration. **Jeanne Hargrave** and **Dutch** for organizing the road rides. **Mark Nelson** for bringing tons of firewood. **Matt Uhrig** for coordinating the off road riding, **Tony Beavor** and the crew for cutting new trail at the Chesson Tract. **Joy Taylor** and **Kim Frawley** and all the staff for all the work in the dining hall. **Chandler Otis** for all the road painting. **Jerry Willert** and **Mari Towle** for coordinating campground registration.

**Elderberries in the Suwannee Region**

In May and June, many of our Suwannee back roads are lined with tall, leafy shrubs with large clumps of small white flowers called elderberries, *Sambucus Canadensis*; the very same plants that grow throughout North America. In Germany the flowers are picked and processed for a lemonade-type drink.

By the end of June or July, large clumps of purple berries are usually ripe. My Mom's family picked the berries in summer months during Depression years for elderberry pies, shortcakes and turnovers. They are a bit "seedy," but very tasty.

Berry clumps can be easily harvested, but it is a bit tedious to "stem" all the tiny black-looking berries. Fingers turn purple, but the berries can be easily dried and pulverised for tea. Elderberry tea fetches a good price and also is well known as a powerful anti-viral. Elderberries can also be used for jelly, wine and tea, and elderberry extract is sold in health food stores as a cold remedy. So next time you pedal along the Suwannee byways and see all those tall, white-flowering shrubs or clumps of berries, take a second look at this plentiful and powerful herb. *Lys Burden*

### Joy of Biking

While the trails in White Springs were out of commission and sorely missed at this year's spring festival due to record rainfall and the Suwannee flowing above flood level, there was a bright spot in the weekend's agenda for those who were chomping to venture off road. On Saturday, a caravan of mountain bikers traveled to the tiny town of Alachua to take advantage of the diverse terrain and well manicured trails located at the San Felasco Hammock Preserve.

The park features nearly twenty miles of singletrack which winds through limestone outcroppings, deep woods and fields which offer sweeping views of the surrounding prairie. Extreme elevation changes make for some highly aerobic and mildly technical riding. I especially enjoy the enhanced log jumps (with options to ride around when you're just too tired!), steep switchbacks and hills that feel a lot more like Georgia or North Carolina than Florida!

For \$2 a car admission, this park offers a whole lot of bang for the buck and is well worth a day trip from almost anywhere. To get there, take I-75 NW of Gainesville to US 441 (exit 399). Drive 2.8 miles south and turn right onto Progress Blvd. Another .7 miles will put you at the entrance to the park. The trails are so well marked that maps are not necessary. Just bring plenty of water and fuel as the facilities are pretty primitive with the exception of a restroom at the entrance. A day at San Felasco is guaranteed to put a smile on your face! For more info on San Felasco: [www.sanfelasco.net](http://www.sanfelasco.net).  
Contact Joy Taylor at [trekjoyt@aol.com](mailto:trekjoyt@aol.com).

### Ride Guides and Leaders

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. This qualifies them for a free or reduced event registration.

*See event calendar for training weekends.*

Ride Guides: Contact Tom at [tomsturf@earthlink.net](mailto:tomsturf@earthlink.net).  
Ride Leaders: Contact Jeanne at [BiknJeanne@aol.com](mailto:BiknJeanne@aol.com)

### Follow the Trail

Tony Beavor and others cut 1.2 miles of new trail at the Chesson Tract, across the highway from Gar Pond during the Spring Festival.

Trail work is an ongoing club effort. With the new initiatives planned, this year will be a year of expanding and connecting trails, marking and mapping trails. If you enjoy trail work or would like to learn more about developing trails, e-mail Tony at [btonybea@aol.com](mailto:btonybea@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 Curran at [gcurrin@automedical.com](mailto: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 Calendar

Date	2005 Events
July 16-17	Mid Summer Open House
July 23-24	Spring Hop - Canoe/Kayak Trip
<b>Aug 13-14</b>	<b>Dog Days Festival</b>
Sept 24-25	Open House (ride guide training)
Oct 22-23	October fest Open House (ride guide training)
<b>Nov 4-6</b>	<b>Fat Tire Festival</b>
<b>Dec 10-11</b>	<b>Secret Santa Open House and Century Ride</b>

**Tour of Sebring – West Palm Beach Bicycle Club, Sept. 3-5.** For more information, contact Linda Leeds, 561.683.2851 or [lindamarie7@juno.com](mailto:lindamarie7@juno.com).  
[www.kenilworthlodge.com](http://www.kenilworthlodge.com)

#### *Help wanted*

**Bike shop liaisons** for cities in Florida and the Southern Georgia  
**Historian**  
For more information, contact Gene at [gcurrin@automedical.com](mailto:gcurrin@automedical.com)

**Team Newsletter.** Send articles to: Sharon Shea, editor; [sharonallen.shea@gmail.com](mailto:sharonallen.shea@gmail.com)

### 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  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: \_\_\_\_\_ \$25 Individual \_\_\_\_\_ \$35 Family

*Make your check payable to Suwannee Bicycle Association; mail to 12585 East Walton Drive, Floral City, FL 34436*

Suwannee Bicycle Association  
12585 E. Walton Drive  
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## SUWANNEE DOG DAYS



## PEDAL & PADDLE

Aug. 13-14

*SBA News Today: Share this newsletter and our website with your cycling family and friends.*