



What's Happening?

Page

2 Board members

- Spring Festival
- Local Accommodations
- Campgrounds
- Canoe/Kayak Rentals

3 Events/Info

- Ride Leaders/Guides
- Follow the trail
- Volunteers corner
- SBA Headquarters
- SBA calendar
- Kudos

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

June Open House — Spring Hop June 24-25, White Springs.

This open house features full day easy canoe/kayak trips on the upper Suwannee on Saturday and Sunday leaving headquarters at 9 a.m. **For more information visit our Web-site and download the Registration Form for paddle trips.** Bring your lunch for the paddle trips.

Road rides start at 8 a.m. on Saturday and includes 25, 51 or 62 miles on the marked Sweetheart routes. Sunday includes Suwannee Springs, 30 or 55 miles. Bring your suit and take a dip.

Self-guided or impromptu **off road rides** will also be available. Most off road rides start at 9 a.m. from headquarters.

Our June Open House is a great opportunity to invite your family and friends to experience the culture, scenery and history of historic White Springs. Participate in our pot luck dinner at headquarters Saturday evening.

So pedal, paddle or just float the weekend away. A list of local hotels, campgrounds and canoe/kayak outfitters can be found on Page 2 of this newsletter.

August Dog Days

August 12 - 13, Suwannee River State Park. Enjoy great off-road rides, scenic road rides, canoeing/kayaking, tubing adventures and more fun activities.

Saturday's road ride is a 16 or 31 mile loop to Dowling Park with a stop at the Falmouth Grill for lunch and then a visit to Falmouth Springs, the shortest river in the world. Sunday is the 30 mile loop to Madison Blue Springs where you can jump in for a refreshing dip in the crystal clear waters before pedaling back to the Park.

New to mountain biking—our ride guides will help you learn some basic skills as you ride the beautiful trail that runs along the banks of the Suwannee River. Experienced riders will also enjoy the Anderson Springs trails. And everybody will enjoy a refreshing dip in

Anderson Springs before riding the few miles back to the State Park.

Join the fun Saturday afternoon as we tube down the Withlachooshee River back to the State Park. The Suwannee River is particularly spectacular when it is low. The limestone karst formations and wide sandy beaches set off the clear tannic waters of the Suwannee River which reflects the big beautiful oaks and cypress trees along its banks.

Hike parts of the Florida trail and also enjoy the two short hiking trails in the State Park. One of which takes you along an old stagecoach road past a cemetery dating back to the early 1800's. The other trail runs along the banks of the river past sinks holes. The Suwannee River State Park area is steeped in history and natural beauty.

SBA will provide a continental breakfast Saturday and Sunday in the Pavilion. Saturday night will be a pot luck dinner.

Campers will enjoy the sunny days and starry nights. Bring your tent fan as the park has electrical outlets. It does cool down in the evenings...so a light sheet is recommended. A list of local hotels can be found on Page 2 of this newsletter or make reservations at Suwannee River State Park.

This event is **free** for members. Non members can join SBA prior to the event or at the event. Recruit new SBA members by inviting them to this "free" for members' event. **RSVP by sending an e-mail to: BILLW@leoncountyfl.gov**

Memorial Day weekend — DuPont State Forest, NC and Bull Mountain, GA

A group of SBA mountain bikers headed for the *real* mountains of Western North Carolina. DuPont State Forest offers 80 miles of challenging single-track up hills and screaming down hills and some gentle forest roads. Riders included **David Groover, Sam Veal, Wil Vergel, Hans Guerrero, Mike, Erik Amsbury, Tim Putnam, Clinton Hodge, Carlos Hodge, John Smith and Steve Buskirk.**

Led by **Tony Beavor**, SBA riders **Scott Chase** and **Bill Willis** also enjoyed a perfect weekend riding at Bull Mountain, Georgia. They camped in a primitive area with mountain streams and waterfalls. Tony leads a "real" mountain bike trip every year over Memorial Day weekend. So mark your calendars for 2007.

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SBA Spring Festival

Our riders are now saying that the new White Springs venue for our annual spring event is absolutely wonderful. And I agree. Where else can you finish a long road ride or a challenging off road ride and soak in the refreshing Suwannee River? Our spring festival encompasses more than just riding. The pedal and paddle rides combined the best of road riding with wonderful canoeing/kayaking. These were very popular this year. The new bike and hike to Big Shoals was another hit for folks wanting to experience the Big Shoals (white water in Florida) while enjoying a shorter distance road ride. The new paved Woodpecker Trail was also enjoyed by the mountain bikers as a scenic way back to the trail head after strenuous rides through the trails of Big Shoals.

Kids and adults alike enjoyed the fun Bicycle Rodeo organized by **Joy Taylor**. It was great watching 13 year old **Sara Schaet** ride some of the events faster than some of our hot shot ride guides.

Kim Frawley experienced a close up encounter with a doe and her fawn as she rode the Bridge to Bridge Trail.

Everybody enjoyed the great food provided by Dixie Grill including the corn social and music by Terraplane Blues Band. Families and kids enjoyed the movies that were shown at headquarters Friday and Saturday evening.

Other reasons why we like this location include the historic town of White Springs, ability to use our headquarters and miles of scenic "no traffic" country roads. Stephen Foster Campground also offers beautiful wooded camp sites with wonderful restroom facilities and no helicopters landing in the middle of night. Miles of mountain bike trails are in White Springs and night riding is a lot easier when you don't have miles to drive. Nelly Blys Kitchen offers plenty of inside and outside seating. Best of all is the river. We can offer many paddle opportunities, short free tubing trips and hikes.

Great weather was the theme except for one brief downpour Saturday afternoon which caught a few of us tenters by surprise when we left the fly off our tents to enjoy the starlight and full moon. The good news is that the State Park also offers washers and DRYERS! A few tubers were rescued when the lightening forced them to land at Suwannee Valley Park across the river. Once again, another great reason for relocating our

event to White Springs. Our volunteers are ready to SAG riders or help as needed.

SBA board members feel that this event will continue to grow in popularity and any glitches experienced this year are lessons learned. Your support and participation is critical to ensuring our success. Recruit new members and join us for our open houses.
Sharon Shea

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 Inn , White Springs, 386.397.2000
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 1-10, 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
Suwannee Canoe Outpost , 386.364.4991 or www.canoeoutpost.com
American Canoe Adventures , 386.397.1309 or www.aca1.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

Follow the Trail

Trail work is an ongoing club effort. Extensive flooding in 2005 limited our trail building and maintenance on our existing trails. If you enjoy trail work or would like to learn more about developing trails, e-mail Tony at 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 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

Contact **Walter McKenzie** if you would like to use headquarters when there are no events planned. Do you want to help improve our headquarters? Walter can also answer your questions about ways to help spruce up headquarters. **386.397.2420** mckenziw@alltel.net.

Membership/SBA Internet Users

SBA maintains a free list server through sba@topica.com to inform subscribers of SBA events. If you would like to 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.

SBA Calendar

Date	2005 - 2006 Events
June 24 –25	Canoe/Kayak Open House — Host: Edwin McCook
Aug. 12 –13	Dog Days at Suwannee River State Park ; Host: Bill Wills
Sept. 23 –24	Open House (ride guide training and trail work)
Oct. 21 – 22	Oktoberfest Open House (ride guide training and trail work); Host: Joy Taylor
Nov. 3 – 5	Florida Fat Tire Festival at Stephen Foster State Park in White Springs
Nov. 24-26	Dauset, Georgia , mountain biking and camping at a private preserve; Host: Sam Veal
Dec. 9 – 10	Secret Santa Open House and Century Ride ; Host: Kim Frawley and Joy Taylor

Spring Festival KUDOS

Kim Frawley deserves a big thanks for all the hard work of organizing and running our Spring Festival. **Jerry Willert** and **Mari Toole** for their hard work for handling registration and camping logistics. **Tony Beavor** for getting the trails in good shape. **Jeanne Hargrave** for organizing the road rides and **Chandler Otis** for marking the roads so well. **Joy Taylor** and **Frank Benedetto** for putting on the Bicycle Rodeo. **David Groover** for the group campfires and photography. **Edwin McCook** for coordinating the paddle trips and **Gene Currin** for organizing the many volunteers.

A special big thanks to our new volunteers and all our returning volunteers, ride guides and ride leaders. You make it all possible.

Links to photos taken by **Mick Shea** and **David Groover** are at our SBA Web-site.

2006 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: 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

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

**Dog Days — Aug. 12-13
Suwannee River State Park
www.suwanneebike.org**

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