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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
- **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

SBA Spring Hop Weekend Canoe/Kayak Trip — June 23 - 24, White Springs.

Join SBA for on an overnight trip on the Middle Suwannee River at the Peacock Slough River Camp. This part of the river is wider and known for its springs. Tent sites or covered screened sleeping platforms, restrooms and showers are available. Pack your meals and prepare something for the pot luck dinner on Saturday night. **This trip is limited to 24 SBA members.** The cost is **\$10** per person. You are also responsible for renting your own canoe/kayak. Meet Saturday morning at 9 a.m. at Lafayette Blue Springs State Park. We arrive at our campsite around 4 p.m. and leave Sunday around 9 a.m.; paddle to Mearson Springs boat ramp arriving around 1 p.m. Boats can be rented from American Canoe Adventures in White Springs or Suwannee Canoe Outpost. See next page for telephone numbers. You are responsible for your own provisioning and supplies. To reserve a spot for this overnight canoe adventure, download the registration form from our Web site and send it to **Edwin McCook** or e-mail emccook@alltel.net.

Dog Days — August 11-12, O'leno State Park. This year's Dog Days is moving because the Suwannee River State Park is undergoing renovations. **O'Leno** offers many miles of trails for hiking and biking within the park, and now you can pedal to Itchetucknee Springs State Park along a paved trail. Located along the banks of the scenic Santa Fe River, a tributary of the Suwannee River, the park features sinkholes, hardwood hammocks, river swamps and sand hills. As the river courses through the park, it disappears underground and reemerges over three miles away in the River Rise State Preserve. Canoes and bicycles are available for rent. The campground is shady, full-facility; the perfect place for a relaxing stay. O'leno is on U.S. 441, six miles north of High Springs (close to San Felasco mountain bike park). The Santa Fe River is home to numerous springs

including Poe, Blue and Ginnie – paddling the Santa Fe is an experience not to be missed! SBA will also provide a pancake breakfast Saturday morning. A pot luck dinner is Saturday. This event is for SBA members only. Non-members pay **\$25/\$35** which include a single/family SBA membership good through 2008. You are responsible for reserving your own campsite. Invite your family and friends. For information or to RSVP, contact **Tony Beavor** at btonybea@aol.com.

18th Fat Tire Festival — SPOOKY SPECTACULAR, October 26-28, White Springs. Register early for this year's Fat Tire Festival as it is limited to the first 250 registered participants. Registration includes five meals, camping, t-shirt and activities: **Wine & Cheese Meet & Greet**; scary movies, bonfires, huffy toss, costume and Halloween theme *Decorate Your Campsite* contest and trick or treating around campground. For the brave, walk or ride the **Trail of Fear** Saturday night (scary, but still suitable for families). Other activities are the **Hike the Florida Trail/Eco Photo Tour**; **Beginners Mountain Bike Clinic**, and a **Suwannee River paddle trip** (boats not provided). For an extra fee, you can also register for the **Try the Triple**, an endurance race which includes paddling, cycling and trail running. For complete details or to register, go to our web site. Or contact **Sharon Shea** at 904.534.4417 or sharonallen.shea@gmail.com.

Spring Festival

Where can you ride your bicycle for miles along wildflower lined country roads, ride your mountain bike along the banks of the mighty Suwannee River or enjoy a wonderful leisurely paddle down the river all in one weekend? Other great activities were also part of the fun like the **Poker Run** where one SBA member won \$60. The **GPS Scavenger Hunt** was a blast and our **Beginner's Mountain Bike Clinic** received rave reviews by over 20 cyclists who participated. The **Bicycle Bonanza** tested the skills of the young. The weather was a little more summer-like than spring, but sure beats the cold. The bonfire was cancelled due to the drought, Big Shoals was closed because of recent fires, and the family float turned into a spring hop because of low water conditions at the park. Nevertheless, it was a great festival with folks from all over the Southeast.

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Dauset Unplugged – March trip

It's hard to describe the perfect conditions that 19 SBA members found at Dauset Preserve just north of Macon, GA the last weekend in March. Spring was in full bloom with Dogwoods, Cherry Blossoms, Azaleas, Wisteria and many other flowering trees and shrubs. The new green foliage on the deciduous trees was another reminder that spring is here. This type of beauty is just not found in Florida, even North Florida, and is well worth a few extra hours to drive to mid Georgia. Everybody agreed that this trip will be repeated same time next year. The weather was mild with warm days and cool evenings. A full moon competed with our huge bonfire each night. The rangers even dropped off a large stack of firewood. We also had a huge Canadian goose visit our campsite begging for food. The campsite sits on a scenic little lake with turtles sunbathing and geese. You can use their canoes and kayaks.

Riding the trails was so much fun with gentle climbs, short more technical climbs, wonderful down hills and stream crossings. **Mick Shea** was an excellent ride guide as each day we rode at least 20 miles stopping for lunch back at the campsite before continuing on another loop.

Two groups split off Saturday; one group, led by **Tony Beavor**, drove to Bull Mountain in North Georgia for some extreme biking. Another group, led by **Hans Guerrero**, went to Conyers, home of the Olympic trails. Everybody had a great weekend riding, camping and relaxing around the campfire.

The only way you can camp at Dauset, a private preserve, is as part of an organized group. However, a new 2 mile trail is being built to link the Dauset trails to Indian Springs State Park campground. So if you can't make one of our unplugged SBA trips to Dauset, you definitely should make plans to stay at Indian Springs. This is an alternative for our RV members who want the amenities of a full service campground during our reserved Dauset weekends.

The next opportunity is over **Thanksgiving weekend**. **Sam Veal**, for the third year, has reserved Dauset for SBA members only. So mark your calendars, **Nov. 23-25**, so you can experience fall colors and great trail riding. *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 & Cabins, 866.224.2064
<http://www.ichetuckneecanoeandcabins.net>

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

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>

Share the road, share the trail and share the passion! Kim Frawley

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 Rick at shore228@aol.com
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: gcurrin@automedical.com. Type "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

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/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 vt0925@yahoo.com. **If you move and/or change e-mail addresses, let us know your new addresses.**

Recruit New Members

Please **recruit** new members by sharing this newsletter with your family and friends. Any new or renewing members who join *this summer* will automatically have their memberships good through **2008**. Remember, you must be a member to participate in some of our events such as Dauset trips and our Suwannee Spring Hop. Members also receive **discounts** for our festivals (Fat Tire Festival is coming soon). An SBA membership pays for itself when members participate!

Follow the Trail

Because of recent fires the Big Shoals region will need new trail work. If you enjoy trail work or would like to learn more about developing trails, e-mail Tony at btoneybea@aol.com.

SBA Calendar

Date	2005 - 2006 Events
June 23-24 (members only)	Suwannee Spring Hop — Overnight Paddle trip: no training or trail maintenance, just paddle a canoe or kayak. Weekend hosted by Edwin McCook
Aug. 11-12	Dog Days at Olena State Park outside of Gainesville, Coordinator Tony Beavor
Oct. 20-21	Octoberfest Open House (Training Weekend) hosted by Joy Taylor
Oct. 26-28	Suwannee Fat Tire Festival at Stephen Foster State Park (White Springs) Coordinator Sharon Shea
Nov. 23-25 (members only)	Dauset Off Road Unplugged, GA; hosted by Sam Veal
Dec. 8-9	Secret Santa Weekend and Century , Coordinator Mari Towle and Jerry Willert
Jan. 19	IDIDARIDE 2008 , Coordinator Bill Wills
Feb. 9-10	Suwannee Sweetheart Ride and Century 2008 , Coordinator Jeanne Hargrave

KUDOs

Thanks to all **Kim's** volunteers and helpers at the Spring Festival including **Joshua Allen, Eric Amsbury, Joy Balance, Tony Beaver, Frank Bennedetto, Robin Councilor, Gene Currin, Jim Ganderup, Dave Groover, Laura Hallam, Jeanne Hargrave, Tina Hart, Wade McGinty, Mari Towle, Krin Cosner, Cecelia Hennig, Bruce Kaczmarek, Nancy Kelly, Mike Kelly, Melinda Koken, Dutch Kuyppy, Maia McGuire, Edwin McCook, Wayne Mihlebach, Tom Ogle, Ginger Reed, Mick Shea, Sharon Shea, Rick Shore, Leigh Stork, Glen Stuart, Abby Taylor, Joy Taylor, Jerry Willert.**

Special thanks to new member, **Joe Brackett**, for repairing the exterior of headquarters at our April Open House and to **Kim Frawley** for coordinating the Spring Festival.

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 EARLY for the
Fat Tire Festival, Oct. 26-
28

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