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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

Dog Days Pedal and Paddle

Aug. 14-15, Suwannee River State Park.

Dog Days is for every one — road riders, mountain bikers or just floaters. Saturday morning, we will start off with a fun off road ride at Anderson Springs. Saturday afternoon, we will float down the Suwannee/Withlachochee River in inner tubes. Jeanne Hargrave will be leading road rides both Saturday and Sunday morning along the scenic country roads. Bring a covered dish for the Saturday evening potluck dinner. Make your hotel or campsite reservation today. This is a great event to introduce your friends to the SBA as there is no event fee. Group camping is available for only \$4 a night or you can reserve a site online for Suwannee River State Park at

<http://www.reserveamerica.com>

Contact Bill Wills at

billw@mail.co.leon.fl.us.

15th Annual Fat Tire Festival

Nov. 5-7, Stephen Foster State Park, White Springs. Lots of new and exciting activities and events our planned for this year's Fat Tire Festival. We'll be riding some great new single track. Dixie Grill is ensuring that no one will be disappointed or hungry and will be dishing up the meals at Nelly Bly's Kitchen. Park management is excited about this event and invites our riders to come a few days early to enjoy learning about folk life activities at the "Folk Life Days," Wednesday - Friday. Jakson Badenhoop, who runs Performance multi-sports will head up our first **Fat Tire Adventure Race**. Volunteers are needed to make this the best fest ever. Fat Tire on-line registration is available at our SBA website. Contact Sam Veal at saveal@bellsouth.net.

Your SBA Home — Open House

Sept. 25-26, White Springs. Saturday and Sunday, we will have a SWAP SHOP YARD SALE. Bring bikes, bike parts, accessories or anything you'd like to get rid

of. We will also be cleaning headquarters and selling items from Headquarters. Notices will be sent out to bike shops. Saturday evening, SBA will grill hot dogs and hamburgers. Bring sides, salads, drinks and desserts! Enjoy unscheduled off and on road rides with the destination decided by each group. Any help and special talents will be appreciated this weekend as we make some improvements to Headquarters. Contact Kim Frawley at woodbike@bellsouth.net.

SBA News Today

Share this newsletter and our website with your cycling family and friends.

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 mtb0925@hotmail.com.

Ranger Rudy

You know how apes make tools to retrieve food? Can you imagine watching a reptile fashion and use a tool? After a long dry spell, it was a cloudy summer day, raining softly as I enjoyed a walk in the rain along an old firebreak. On the roadside of the property, the county had just finished installing a paved road for the first time. What caught my eye was a gopher tortoise who appeared to be out for a walk in the rain like me. I found his movement interesting as there was no grass to eat in the area after the work of the road building machinery. This tortoise actually had a different interest in mind. He stopped about three feet away from the road. He proceeded to start digging a trench parallel to the road, but only with his right, front foot. After making several digging maneuvers with this foot, he had a small trench, about six inches long and about an inch and a half deep. Then he just stopped and watched as the little trickles of water found their way down the dirt slope and ran into this reptile's trench. Soon, the trench was almost full of water and the tortoise sunk his head to the bottom and drank almost all of the water in it. Then he waited for the trench to fill again. I watch in wonder as he drank his trench dry five or six times. I wished I had a video camera with me. *Contact Rudy Miller at caynebiker@hotmail.com.*

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Message from President

Summer is usually a slow time for SBA, but this summer has been an active one. We published our first newsletter in years. Our first ever, canoe/kayak trip on Spring Hop Weekend was a great success. We are looking forward to a very fun filled weekend of biking (on and off-road), tubing, canoeing/kayaking during Dog Days Open House at Suwannee River State Park. We are ready to open registration for one of the biggest and best Fat Tire Festivals ever.

When I took over as president I requested help from all members, and guess what, SBA MEMBERS ARE THE BEST!!! They rally over and over again to make the club a success. THANK YOU!!

We can still use more volunteers to make more things happen. So, if you can spare a couple hours a month, please contact me. Even the smallest of things helps.

Kudos

Special thanks to **Sharon Allen** and all her helpers for the newsletters; **Edwin McCook** for coordinating the canoe/kayak trip, **Bills Wills** for coordinating Dogs Days and **Kim Frawley** for doing a wonderful job with Headquarters. Thanks to **Tony Beaver**, **Tom Nevin**, **Scott Chase** and **Bill Wills** for their trail work at Anderson Springs.

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

Team Newsletter. Send articles to: Sharon Allen, editor; sharon.h.allen@bankofamerica.com.

SBA Unplugged — Memorial Day Weekend

This past Memorial Day weekend about 19 SBA riders spent the weekend at Bull Mountain, North George. Daily temperatures reached near 80 with a dry breeze and nights were cool. We had no rain except for a squall that came through early Sunday. Later that day, it became very dry again, and with temperatures in the 40s, I was barely warm enough Sunday night inside a sleeping bag with my warm dog next to me

Bull Mountain is wonderful with lots of single track and lots of climbs. It has four loops that all come back to the campground. The shortest loop is 8 miles and takes about an hour and a half. The favorite short loop is about 10 miles taking about 2 hours. There is a 12 mile loop and one that is about 17 miles. We rode them all at one time or another. Then there is Turner Creek, a 2 mile drop on a smooth, fast, winding trail along the creek. The track is narrow with beautiful, lush growth all along it including lots of ferns. It may be short, but it is my favorite ride in the area. It is truly a beautiful path with amazing scenery. One day we rode 19 miles which included Turner Creek, Black Prong, No Tell Trail, Jones Creek Ridge and back to camp around the bottom of Bull Mountain. I arrived in camp psyched and ready to ride some more, but my fellow bikers had already had enough for one day.

Evenings consisted of cooking, eating and cleaning up together. We also ate breakfast together. Tony Beaver's new toy was a portable shower that provided warm water. Another "unplugged" SBA weekend was enjoyed by all. *Submitted by Rudy Miller.*

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

EVENTS

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 report 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.

Few can argue that the soggy, steamy weather we've been plagued with the last few months inspires much desire to even think about riding beyond checking out OLN to monitor the latest stage in the Tour de France. (Go, Lance!) However, we all know it's never too hot to ride in the woods :).....particularly in places like White Springs and Live Oak, where the Suwannee's cold springs and rope sack swings provide welcome relief from the heat after a ride on the trails. Or, like San Felasco Hammock Preserve Park in Alachua (near Gainesville) where I recently rode with my kids early one evening in the middle of July while camped at O'Leno State Park. If you've never ridden there, check out their website at www.sanfelasco.net/ to learn more about the twenty plus miles of singletrack and night ride opportunities during the summer. This is one of my favorite mountain bike parks in Northeast Florida. The topography is very diverse, and the ride is probably more challenging aerobically than technically. The many trail options provide great rides for all skill and fitness levels. The hills there are reminiscent of riding North Georgia, and there are log jam obstacles throughout with options to ride around when you're just too tired to negotiate them. There were lots of deer feeding along the trails the night we rode. We also enjoyed Ginnie Springs the following day, all within about a 20 mile range of Oleno State Park.

Don't miss SBA Dog Days, Aug.14 – 15. There are no registration fees associated with this weekend, and it boasts a laidback, informal atmosphere of riding, tubing or just lazing around. Those of us who are "veteran Dog Dayers" agree that this is one of the most fun events SBA sponsors (and it comes at a time when not much else is usually going on). Don't forget your bathing suit and covered dish, and we'll see you there! Contact Joy Taylor at trekjoyt@aol.com.

The Southwest Association of Mountain Bike Pedalers (SWAMP)

Sept. 5 they are having an event. For more information about their club and events, check their website at www.swampclub.org.

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

Ride Guides: Contact Mike at mckelley@bellsouth.net

Ride Leaders: Contact Jeanne at BiknJeanne@aol.com

Ride Guide Training: Saturday, Aug. 14 (Dog Days) current guides and newcomers – meet at the Suwannee River State Park parking lot at 8:30 a.m.

Other ride guide training dates

Sept 25-26, White Springs

Oct 9-10, Suwannee River State Park

Oct 23-24, White Springs

Follow the Trail

SBA finished a new section at Anderson Springs that is challenging with elevation changes. Anderson Springs has been extended from the old loop that stopped at the entrance road, and it now goes out to I-10 into the new area and comes back under I-10 to finish at the parking area. If you enjoy trail work or would like to learn more about developing trails, e-mail 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. If you are interested in volunteering, e-mail Gene Curran at 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

Fat Tire volunteers needed

We need some good volunteers to be part of the "team" this year: campsite coordinator, registration, sag stop, ride guides, fire builder, sponsor liaison and more. For more information, contact Sam Veal at saveal@bellsouth.net.

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**