



SUWANNEE BICYCLE  
ASSOCIATION, INC

## 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
- **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](http://www.suwanneebike.org)

**18<sup>th</sup> Fat Tire Festival — SPOOKY SPECTACULAR, October 26-28, White Springs.** School is back, summer is winding down, and the Fat Tire Festival is fast approaching. 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 2-3 mi. paddle, 5 mi. off road bike and 3 mi. trail run. For complete details, go to our Web site. You can also register online at [www.active.com](http://www.active.com) or complete the form in this newsletter. Contact **Sharon Shea** at 904.534.4417 or [sharonallen.shea@gmail.com](mailto:sharonallen.shea@gmail.com).

### Dauset, GA – Nov. 23-25

Dauset Preserve is just north of Macon, GA and offers wonderful mountain biking. Not too extreme for the newer riders, but challenging enough for the advanced riders. Miles of trails loop through pristine terrain, gentle climbs and fun down hills.

The only way you can camp at Dauset, a private preserve, is as part of an organized group. However, a new two mile trail is being built to link the Dauset trails to Indian Springs State Park campground. This is an alternative for our RV members who want the amenities of a full service campground during our reserved Dauset weekend.

Join SBA 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*

## Secret Santa Dec. 8-9

Sneak away from the holiday hassle and enjoy a laid back weekend at White Springs. This weekend offers both off road and on road rides. One highlight of the weekend is the Christmas parade in White Springs on Saturday. Friday night, help decorate our SBA float followed by our annual Christmas party and gift exchange (\$10 bike related gift limit). Saturday at **4 p.m.**, prior to the parade, there will be a **wine and cheese party** at Headquarters. Decorate your bikes and be part of the parade. Parade starts at **5:30 p.m.** followed by a potluck dinner at Headquarters. Another highlight of the weekend is when we give new bicycles and helmets to five deserving children in White Springs. Nothing says "Merry Christmas" like a brand new bicycle! To donate to the Christmas Bike fund or for more information, contact Santa's helpers, **Mari Towle** and **Jerry Willert**.

## Message from the President

I can't wait for summer to be over and for the chill to be in the air again! Of course, once winter gets here, I'll be longing for the type of heat that only a 50 mile, 95 degree on black top ride provides! I peruse the Bicycling.com calendar on a daily basis searching for rides in cooler locations and dream of riding my bicycle along a cool lake in Maine or Vermont. But here I am in Florida, and I'm going to make the best of it! Early morning rides in the country and along the beach pull me through these dog days. Most importantly, I'm on my bike (hot or cold) and that makes me happy! Once the cool air arrives, we have the **Fat Tire Festival, Secret Santa, Ididaride** and then the **Spring Bicycle Festival**. The Fat Tire Festival has some spooky things planned... you won't find anything more fun to do! Mari Towle and Jerry Willert are hosting the Secret Santa Cycling Weekend. It's a great opportunity to see White Springs at its best and experience the holiday spirit and a one of a kind parade. Our most popular event, **Ididaride**, fills up quickly. The **Spring Bicycle Festival** offers the most variety of rides and paddling fun (**coordinator needed**). So if you enjoy planning events, please let me know. It's fun and a great leadership opportunity. Get out there, share the road and share the passion! *Kim Frawley*

## Board members

**Kim Frawley**, president,  
904.797.7290  
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## Board members

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## Advisory board

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**Spring Hop Weekend —**

SBA members enjoyed perfect weather for the overnight paddle trip on the Middle Suwannee River. This part of the river is wider and known for its many beautiful springs. Mullet and sturgeon were jumping. We swam and snorkeled in many different springs on both Saturday and Sunday. The river was clear due to the low levels and influx of spring water. We enjoyed paddling many different mini rapids. The new river camps are awesome. Our group slept in three covered, screened, sleeping platforms that even included overhead fans. Tent sites are also available along with full restrooms, hot showers and grills. These new river camps are part of a series that are being built along the upper and middle river. We met Saturday morning at Lafayette Blue Springs State Park outside of Branford and arrived at Peacock Slough River Camp early that afternoon. After a leisurely paddle on Sunday, we arrived at Mearson Springs. Many thanks to **Edwin McCook** for transporting boats, reserving the river camp and hosting this wonderful weekend.

**Dog Days —** This year's Dog Days was moved to Oleno State Park because Suwannee River State Park is undergoing renovations. A small group of hardy SBA riders enjoyed the hiking trails, biking within the park and riding to Ichetucknee Springs along a paved trail with a great float in the spring's clear cold waters. **Edwin McCook** led a super paddle trip on the Sante Fe River. **Tony Beavor** outdid himself with pancake breakfasts and a low country boil Saturday evening. Many thanks to **Tony** for coordinating this doggedly great event.

**TRAIL VOLUNTEERS NEEDED**

Help is needed to groom our trails for the **Fat Tire Festival**. Bring your loppers and join the work group on any of these dates. After a refreshing swim, lunch and refreshments will be provided. **Sept. 15-16, Oct. 20-21** and other dates are possible. Please RSVP to **Dave Groover** at [david@flhydronics.com](mailto:david@flhydronics.com).

**KUDOS**

Big thanks to **Tony Beaver** and **Edwin McCook** for Dog Days and Suwannee Spring Hop. Congratulations to **Jodi** and **Scott Chase** on the birth of their son, **Jackson Daniel Chase**, born Aug. 21 – future ride guide!

**Camping / Cabins**

<b>Stephen Foster State Park</b> , White Springs, Reserve America at 800.326.3521 or <a href="http://www.reserveamerica.com">www.reserveamerica.com</a>
<b>Suwannee Valley Campground (cabins)</b> , White Springs, 386.397.1667 <a href="http://www.suwanneevalleycampground.com">www.suwanneevalleycampground.com</a>
<b>Kelly's Campground Cabins</b> , White Springs, 386.397.2616
<b>Ichetucknee Canoe &amp; Cabins</b> , 866.224.2064 <a href="http://www.ichetuckneecanoeandcabins.net">http://www.ichetuckneecanoeandcabins.net</a>
<b>Spirit of Suwannee Campground (cabins)</b> , 386.364.1683 (Suwannee Springs, 15 miles from White Springs)
<b>Suwannee River State Park</b> , Reserve America at 800.326.3521 or <a href="http://www.reserveamerica.com">www.reserveamerica.com</a>

**Bed and Breakfast**

<b>Adams House Bed and Breakfast</b> , White Springs, 386.397.1915
<b>Historic Telford Hotel</b> , White Springs, 386.397.2000
<b>White Springs Bed and Breakfast</b> , 386.397.4252; (discount for SBA) <a href="http://www.whitespringsbnb.com">http://www.whitespringsbnb.com</a>

**Motels**

<b>Suwannee River Motel</b> , White Springs, 386.397.2822
<b>U.S. Inn</b> , White Springs, 386.397.2155 (I-75 & CR 136)
<b>Best Western Suwannee River Inn</b> , Live Oak, 386.362.6000 (off I-10, 4 mi. from Suwannee River State Park)
<b>Live Oak Econo Lodge</b> , 386.362.7459 (13 miles from White Springs; 4 mi. from Suwannee River State Park)
<b>Holiday Inn Express Hotel</b> , Live Oak, 1.888.890.0242

**Holiday Inn**, Lake City, 386.752.3901 (14 miles from White Springs)

**Canoe/Kayak**

<b>American Canoe Adventures</b> , 386.397.1309 or <a href="http://www.aca1.com">www.aca1.com</a>
<b>Suwannee Canoe Outpost</b> , 386.364.4991 or <a href="http://www.canoeoutpost.com">www.canoeoutpost.com</a>
<b>Ichetucknee Canoe &amp; Cabins</b> , 866.224.2064 <a href="http://www.ichetuckneecanoeandcabins.net">http://www.ichetuckneecanoeandcabins.net</a>

*"The world is a friendly place from the saddle of a bicycle, and anything you can't actually see from that vantage point tends to recede into unimportance."* Neil Peart-*The Masked Rider*

## 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 members 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 reduced event registration. See event calendar for training weekends.

Ride Guides: Contact **Rick** at [shore228@aol.com](mailto:shore228@aol.com)

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

## Membership/SBA Internet Users

SBA maintains a free list server through [sba@topica.com](mailto:sba@topica.com) to inform subscribers of SBA events. Subscribe and receive SBA information: access [www.topica.com](http://www.topica.com) and follow the directions, or contact Mary at [vt0925@yahoo.com](mailto: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 *now* will automatically have their memberships 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!

## SBA Calendar

Date	2007 - 2008 Events
Sept. 15-16	Trail Maintenance - <b>Dave Groover</b> <a href="mailto:david@flhydronics.com">david@flhydronics.com</a>
Oct. 20-21	<b>Octoberfest Open House</b> (Ride guide training and trail maintenance) hosted by <b>Joy Taylor</b>
Oct. 26-28	<b>Suwannee Fat Tire Festival</b> at Stephen Foster State Park (White Springs) Coordinator <b>Sharon Shea</b>
Nov. 23-25	<b>Dauset Off Road Unplugged, GA;</b> hosted by <b>Sam Veal</b>
Dec. 8-9	<b>Secret Santa Weekend and Century</b> , Coordinator <b>Mari Towle</b> and <b>Jerry Willert</b>
Jan. 19	<b>IDIDARIDE 2008</b> , Coordinator <b>Bill Wills</b>
Feb. 9-10	<b>Suwannee Sweetheart Ride and Century 2008</b> , Coordinator <b>Jeanne Hargrave</b>
March 15-16	<b>March Open House (Wild Azalea festival)</b>
April 12-13	<b>April Open House</b>
May 2-4	<b>Spring Bicycle Festival</b> <i>Coordinator needed</i>

## Joy of Biking

Try to imagine anything more "joyous" than rising each morning in the stunning Sawtooth Wilderness in Idaho to a hot cup of cowboy coffee, steaming hotcakes and fresh fruit followed by a 30-50 mile bike ride along the beautiful Boise River up challenging hills and down screaming descents. Now add a natural hot spring in which to soak your tired bones at every camp, a support vehicle to provide you with water and snacks along the way and deliver your camp gear to a different waterside locale each night. Round it out with awesome vistas and some of the nicest guides and cyclists you'll ever meet, and you've got yourself one fabulous vacation. A group of SBA cyclists including **Tony Beaver Frank Benedetto, Kim Frawley, Sue Pundt, Judy Richards** and **Joy Taylor**, recently took advantage of Western Spirit's Hot Springs Tour and enjoyed a week of "unplugged" cycling and camping. If you're looking for a way to bring back your joy of biking, this is a trip you'll definitely want to add to your list!  
*Joy Taylor*

**Fat Tire Festival Registration Form**

Limited to 250; SBA discount deadline Oct. 15

Name(s): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone Numbers: \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_ T-Shirt size: SM \_\_\_\_, M\_\_ L\_\_ XL\_\_ XXL\_\_  
 Prefer Vegetarian meals \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ **Tele:** \_\_\_\_\_  
 New member \_\_\_\_\_ Renewing Member \_\_\_\_\_ \$25 Individual \_\_\_\_\_ \$35 Family \_\_\_\_\_ (Membership good through 2008)  
 \_\_\_ Tent \_\_\_ PopUp \_\_\_ RV \_\_\_ No Site; Share a site with up to 8 people per site: \_\_\_\_\_  
 Check activities: \_\_\_ Beginners Mnt. Bike Clinic \_\_\_ Canoe/Kayak \_\_\_ Eco Photo Tour \_\_\_ Try the Triple Challenge (fee required)  
**\$100 includes meals, t-shirt and camping**  
 \_\_\_ \$50 Children under 12 (*under 6 free*)  
 \_\_\_ \$50 Part time volunteer  
 \_\_\_ \$25 Full time volunteer  
 \_\_\_ \$20 RV camp site/Private camp site  
 \_\_\_ **Try the Triple Challenge** (*\$10 solo or \$15 2-person team*)  
 \_\_\_ **Join or renew; Memberships are valid through 2008** (*\$25 Individual, \$35 Family*)  
 \_\_\_ **\$5 discount for SBA members** that register by Oct. 15  
 \_\_\_ \$10 donation for Headquarters fund  
 \_\_\_ **Total Enclosed**  
 Register at [Active.com](http://Active.com) or mail to Sharon Shea, 1309 Noe Court, Neptune Beach, FL 32266. Make checks payable to SBA.



**Suwannee Bicycle Association**  
**1309 Noe Court**  
**Neptune Beach, FL 32266**

**Register NOW for the Fat  
 Tire Festival, Oct. 26-28**  
**[www.suwanneebike.org](http://www.suwanneebike.org)**

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