

What's Happening?

Page

2 Board members

- Spring Hop
- Dog Days
- White Springs Cycling Connections

3 Events

- Ride Leaders/Guides
- SBA Headquarters
- Membership Renewal
- SBA Travels
- Dauset Preserve
- SBA Calendar
- Accommodations

4 SBA membership application and/or Fat Tire Registration form

Membership Benefits:

- **Discounts** on event registration fees
- **Privileges** to use SBA headquarters and equipment
- **SBA open house weekends** and other weekend adventures
- **IDIDARIDE** – preferred early registration
- **Rivers** - explore the Suwannee region on land or by canoe and kayak
- **Newsletter**
- **SBA E-mail List Server** for information
- **Membership** in a dynamic, fun-loving group
- **SBA website:**
www.suwanneebike.org

Check out the cool **Fat Tire Festival t-shirt** design at SBA website:
www.suwanneebike.org

Fat Tire Festival, Oct. 24-26

A **spooky spectacular** is waiting for you, your friends and family in White Springs. For the first time, SBA is offering an "ala carte" festival. A low event fee, with an optional meal plan and camping provide an inexpensive weekend for you and your family.

SBA is excited to introduce our "**Taste of Town**" optional meal plan. Three local restaurants will provide our meals at a special price for attendees. If you purchase the meal plan, you will receive vouchers for these meals:

- Friday dinner – Telford House
- Saturday & Sunday breakfast - Suwannee River Diner or Fat Bellies
- Saturday lunch – Suwannee River Diner or Telford House
- Saturday dinner – Suwannee River Diner (private; not open to public)

Organized rides will start Friday morning. Friday's **Meet & Greet** wine and cheese party is a great way to unwind after riding the trails or driving to White Springs.

Saturday morning, **Mike Kelly's Beginner Mountain Bike class** will teach the basics of off road riding followed by a ride. Mike's class is the perfect opportunity to introduce mountain biking to your friends and family. **Edwin McCook** has once again offered to lead a **Photo Eco Hike**. Saturday afternoon, **kids' fun** includes apple bobbing, face painting and more. Saturday night, join the **Trail of Fear** horror walk, followed by a bonfire and our campsite and costume contests along with the popular huffy toss. A **Saturday paddle trip** will also be offered. Night rides will be led both Friday and Saturday evening. And **Tony Beavor** will show a **scary movie** after dinner.

If you plan to camp Thursday, please let me know before you reserve your site so that I can assign you the same site for the weekend. If sharing a site, provide me the names of your group.

Only a limited number of **volunteers** are needed. We do need **qualified ride guides**. Volunteers do **not** pay an event fee or camping; however, **volunteers must be SBA members**.

Road riders are also welcome to join the festivities with self-guided rides. A registration form is on the back of this newsletter or print the form at the SBA Web site or use a credit card at www.active.com. **Sharon Shea**
904.534.4417

Secret Santa, Dec. 8-9

Mark your calendars for a laid back weekend at White Springs. Secret Santa offers both off road and on road rides. The White Springs Christmas parade is Saturday at 5:30. Stephen Foster State Park is decked out in millions of lights and is a sight to behold. The state park campground fills up fast for this weekend. Friday night is our tree decorating and wine and cheese party. Decorate your bikes and be part of the parade followed by a potluck dinner and annual Christmas party and gift exchange (\$10 bike related gift limit). We give new bicycles and helmets to deserving children in White Springs. To donate to the Christmas Bike fund or for more information, contact Santa's helpers, **Mari Towle** and **Jerry Willert**.

President Message - Kim Frawley

Recently my sister, Joy, and I were doing a 54 mile bike ride when I bonked big time about 10 miles from home. I knew the reason was that I had put myself on a carb restrictive diet, and I was paying the price. I wondered how much I truly needed to eat to prepare for longer rides without over doing it. Cyclists love to eat, but sometimes the amount we eat cancels out the benefit of cycling. I wanted to know exactly what I should eat without over doing it. I found a website, Fueling Cyclist, <http://www.nourishingathletes.com/Articles/Cycling.pdf> by the American Dietetic Association. It tells you how much protein, carbs, fat and fluids you actually need for cycling. It's a great site and I encourage anyone who has bonked or not to check it out. Another great site:

<http://www.fullyloadedtouring.com/>
If you haven't got the touring bug, after watching the slide show, you will. I went down to the local bike shop and bought myself a Surly Long Haul Trucker. So beware, watching this site may be costly. Now, I'm shopping for panniers!

If you get the touring bug, go to <http://www.adventurecycling.org/>. It has everything about touring and including the history of Adventure Cycling. Click on the time line to read about our very own **Lys Burden** who started SBA. She was one of the original Adventure cyclists!

So go out there fully fueled and *share the road, share the trail and share the passion.*

Board members

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SBA newsletter –

Send articles to Sharon
Shea:

sharonallen.shea@gmail.com

Spring Hop Weekend Recap

Our weekend paddle trip on the Middle Suwannee River was absolutely wonderful. We paddled an easy 13 mi. on Saturday, 10 mi. on Sunday, stopping to snorkel at the many beautiful springs along the way. The high bluffs of the river made for some exciting rope swings for a few of our group. The River Camp provided shelter with screen enclosures and more. The evening was lit up with fireflies and the natural sounds of the woods. The Suwannee River Camps have been built along the upper and middle river.

Edwin McCook was a wonderful host and river guide for this SBA weekend. SBA spring hop and paddle is June or July. Edwin selects a different section to paddle and reserves a River Camp for SBA.

Dog Days Recap

This year's Dog Days at Suwannee River State Park was a fun and relaxing weekend of road and off road riding. Of course, the highlight of the weekend was three hours of floating in tubes down the Suwannee River from Suwannee River State Park to Anderson Springs. The river was running nicely with a few fun rapids to ride. Blue sunny skies and perfect temperatures made all the riding great. August is a beautiful time in the Suwannee Valley with verdant greens and wild flowers, and the tannic clear cool waters of the Suwannee attracted plenty of birds and jumping sturgeon. Perfect weather and a great group of SBA members made for a memorable weekend. Saturday's potluck dinner night was enjoyed by all. Tony treated us all to great pancakes and oatmeal for breakfast. **Tony Beavor's** coordination and hard work made a fun and easy weekend for all participants. Many thanks to **Jeanne Hargrave** for leading the beautiful road rides.

White Springs Cycling Connections – Past and Present

Cycling has quite a history in White Springs, most of it fairly recent compared to the history of cycling in other areas of the USA. More than likely, bicycles were a rare sight in White Springs in the heyday of cycling because of our sandy soil and lack of hard or paved roads, not exactly conducive to the high wheel bikes of the 1880's or the first hard tired "safety" bikes that followed. Cycling's local limitations are now a thing of the past, as those of you in SBA know, but you may not be familiar with the origins of cycling in the White Springs area.

It all started with an idea; the idea that bicycle tours could have a beneficial connection to small towns and to their preservation. In the late 1970s, **Herb Hiller**, a well known and respected author, traveler, cyclist and philosopher, wrote an open letter to registrants at the annual folk life conference at Stephen Foster Center in White Springs. The letter argued that bicycle touring introduces tourism in a very appropriate way to rural communities. Small towns can provide food, lodging and insights into traditional culture for cyclists out for a few days or weeks, thereby, generating income and helping sustain rural life.

Some of the folks who read and were influenced by that letter included **Linda Crider, Dan and Lys Burden. Linda Crider**, Project Director for the Traffic and Bicycle Safety Education Program, was and is involved in bicycle safety and pedestrian safety issues. She serves as president of Bike Florida, Inc. which hosts the annual bicycle ride across Florida. **Dan Burden**, who focused on cycling for transportation and was Florida's first bicycle coordinator, was instrumental in developing bicycle accommodations for Florida's roads and highways. And finally, **Lys Burden**, who was the backbone of SBA's growth and development. Immediately after graduating from FSU, my sister and brother-in-law, **Dena and David Bearl**, put aside more traditional career paths and worked closely with **Herb Hiller** and local folks to build Suwannee Bicycle Tours into a nationally known and respected touring company. White Springs and its surrounding area became a preferred bike touring region during the cooler months. In the late 80's, SBA purchased their headquarters in White Springs from Suwannee Bicycle Tours

There are many connections between cycling in White Springs and the growth of cycling in small communities throughout Florida. Today, many cyclists, paddlers and eco conscious people come to SBA events in White Springs to enjoy the scenic roads, great off road riding, hiking and paddling. The town is grateful and appreciative of its place in Florida's cycling scene. Touring by bicycle provides an excellent alternative to traditional tourism in Florida, especially when every day conversation has finally started to include topics such as environmental responsibility, green energy alternatives to expensive gas and diesel fuels, and consequently, affordable vacation destinations. **Walter McKenzie**

Ride Guides and Leaders

Ride guides are needed for Fat Tire Festival!

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 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

SBA Headquarters

Contact **Walter McKenzie** 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 membership benefits include members only events such as Princess Preserve (road rides and paddling), Spring Hop (paddling), Dauset Trails (mountain biking) and Dog Days (Paddling, off road and road riding). All SBA memberships expire Dec.31, 2008. Renew your membership for 2009 by using the form on Page 4 or though www.active.com. Subscribe and receive SBA information: access www.topica.com and follow the directions. If you move and/or change e-mail addresses, let us know your new addresses.

SBA Summer Travels

This summer, many of our members traveled far and wide to experience different cycling regions. **Hanna Carroll, Melinda Koken, Tootie Richey** and **Suzanne Hall** toured 250 miles of the Mur River trail in Austria staying in hostels along the way. **Bill Harmon** spent two weeks touring Latvia, Estonia and Lithuania (Eastern Europe). **Frank Benedetto, Anglique Goodwin, Mari Toole** and **Jerry Willert** had a great time on a bike and barge trip in the French Loire River valley. Other SBA members rode the mountain bike trails in North Carolina and northern Georgia this summer including **Joy** and **Abby Taylor, Kim Frawley, Tony Beavor, Judy Richards, Steve Buskirk, Sam Veal, Rick Shore** and **Dave Groover**. **Dutch Kupy** is currently riding the northern route across the United States. I am sure there are other great cycling trips our members experienced this summer. Please let me know, and we will include your adventure in our Dec. newsletter.

Dauset Preserve, GA, Nov. 28 - 30

Sam Veal has again organized an SBA members only Thanksgiving weekend trip. It's a real deal especially since it only costs you \$5 per night to camp. The trails are awesome. Reserve now: **Sam Veal** at saveal@bellsouth.net or **904.285.8392**.

SBA Calendar 2008 – 2009

Date	2008 – 2009 Events
Oct. 11 - 12	Open House – Trail Maintenance, Ride Guide Training
Oct. 24 - 26	Fat Tire Festival – Sharon Shea
Nov. 28 - 30	Dauset Preserve – Sam Veal
Dec. 12 - 14	Secret Santa , Mari Towle and Jerry Willert
Jan. 31	IDIDARIDE
Feb. 13 - 15	Suwannee Sweetheart , Jeanie Hargrave
March 20 - 22	Open House
March 27 - 29	Dauset Preserve – Sharon Shea
April 17 - 19	Open House
May 1-3	Suwannee Bicycle Festival

Camping / Cabins
Stephen Foster State Park, White Springs, Suwannee River State Park 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 (15 miles from White Springs)
White Springs Bed and Breakfast
Adams House Bed & Breakfast, 386.397.1915
Historic Telford Hotel, 386.397.2000
White Springs Bed and Breakfast, 386.397.4252; (SBA discount) http://www.whitespringsbnb.com
Motels
U.S. Inn, White Springs, 386.397.2155
Best Western Suwannee River Inn, Live Oak, 386.362.6000 (off 1-10)
Live Oak Econo Lodge, 386.362.7459
Holiday Inn Express Hotel, Live Oak, 1.888.890.0242
Holiday Inn, Lake City, 386.752.3901
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

2008-09 SBA Membership Application and/or Fat Tire Festival

Name(s): _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone Numbers: _____

E-mail Address: _____

New members: Subscribe to Topica List Server: _____ Newsletter preference: _____ hard copy of the newsletter _____ online via e-mail

Emergency Contact: _____ Tele: _____

New member _____ Renewing Member _____ \$25 Individual _____ \$35 Family _____ (Membership good through 2009)

Volunteer Interests: _____ Bike Shop and/or Club Liaison _____

Membership Only: Mail to Brent Baris: P.O. Box 141653, Gainesville, FL 32614-1653

Fat Tire Registration: Mail to Sharon Shea, 1309 Noe Court, Neptune Beach, FL 32266.

- _____ \$40 Adult Event Fee
- _____ \$10 Child event Fee (6 – 12; under 6 free)
- _____ Volunteer (no event fee or camping fee; must be a SBA member)
- _____ \$45 Adult Meal Plan
- _____ \$25 Child Meal Plan (6 – 12; under 6 free)
- _____ \$20 Campsite (per adult) Tent _____ RV _____ Pop-Up _____ Arriving: _____
- _____ \$25 additional fee for a private camp site
- _____ Join or renew; Memberships are valid through 2009 (\$25 Individual, \$35 Family)
- _____ \$5 discount for SBA members that register by Oct. 10
- _____ \$10 donation for Headquarters fund
- _____ Total Enclosed (Make checks payable to SBA.)

You can also use a credit card and register at www.active.com

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
1309 Noe Court
Neptune Beach, FL 32266



Register for Fat Tire Festival
Oct 24 - 26
www.suwanneebike.org

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