



What's Happening?

Page

2 Board members

- Message from the president
- Contacts
- SBA Headquarters
- Help Wanted
- SBA Internet Users

3 Events

- Joy of SBA Biking
- River Updates
- Ride Leaders/Guides
- Follow the trail
- Volunteer corner

4 SBA application

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

Secret Santa

Secret Santa Open House and Century Ride, Dec. 10 – 12, is scheduled to coincide with White Springs Festival of Lights and Christmas Parade. We will be entering our first ever SBA Christmas float. Instead of gifts, we will be taking a collection to purchase new bikes and helmets for needy kids from White Springs. Both on-road and off-road rides will be available each day.

Friday, 7 p.m., is the Christmas Cookie Exchange and Secret Santa Party at SBA headquarters. Bring a batch of your favorite Christmas cookies and a cycling-related wrapped gift valued at under \$10 to exchange. Beverages will be provided. Help trim the tree and decorate our Parade Float.

Saturday, Dec. 11, 8 a.m. enjoy a bagel breakfast at Headquarters. There will be off-road rides and road rides meeting at 9 a.m. and 1 p.m. Groups will decide which trail or route to ride in the White Springs area. Enough ride-guides and leaders should be on hand to lead several groups for a variety of lengths, pace and difficulty, from leisurely to fast paced riding. This is an excellent time of year for riding in the woods! Everyone will be responsible for his or her own lunch.

Sunday, Dec. 12, 7:30 a.m., enjoy a bagel breakfast at Headquarters. At 8 a.m., the **Secret Santa Century** will be held on the White Springs Triple Loop with many mileage options and special Christmas tree road arrows. The 23 and 55-mile options will begin at 10 a.m. Post ride lunch will be served at SBA headquarters until the last rider is in. This is a perfect event to invite your road and off road cycling friends who want to experience SBA and get away from Xmas rush. Contact Kim Frawley at woodbike@bellsouth.net.

IDIDARIDE 2005

IDIDARIDE, Saturday, Jan. 22, is a bicycle challenge ride; NOT a race. Approximately 50 miles of single track trails and woods roads running along the Suwannee River have been linked to form a continuous route with minimum of pavement. At several checkpoints along the route, SBA will monitor progress of riders. Food, beverage and mechanical support is available at these stations. Bail-out points are marked. Entry fee of \$45 with a \$5 discount for SBA members includes continental breakfast, mid-ride lunch and buffet dinner provided by Dixie Grill after the ride. Participation is limited (by land managers and trail carrying capacity) to the first 300 registrants. Registration fills well in advance of the event; **DO NOT WAIT**. A few good volunteers are needed to help organize this event, i.e. help with registration, mark the route, collect arrows afterwards, sag stops, food and clean-up. For more information visit our website at: www.suwanneebike.org or contact event directors at: sachase@bellsouth.net or 352.367.4512 (home).

Mark your calendars: Suwannee Sweetheart Cycling weekend, Feb. 12 – 13, White Springs. It includes the Suwannee Sweetheart Century Ride on Feb.13.

Found My Grin – Alafia Swamp Bike Festival

On my way to shed my stress
clear my head, fix a mess.
On my bike, I'm clippin in
rolling out to look for my grin.
Out to the field, into the wood
Man, this old bike sure feels good.
Zooming, climbing, sweating, heady
breathing hard, but strong and steady
To the pits, fast dip and roll
Slippery roots do take their toll
Fly down one side, shoot up the other
Heart in stomach, gotta do another
Zoom through flat trail, twist and lean
Face slapping branches, bleeding green
Tires on ledges that drop down deep
so rail thin, so damn steep
Out of the woods, 3 miles to just spin
Headin home, I found my grin.

Joy Taylor, Nov. 2004

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Message from President

Due to hurricanes, floods, family and work pressures SBA has had a less than successful year for events, open houses and training weekends. All things considered, we had some positive accomplishments in 2004:

- A very successful Ididaride in January. Thanks to Scott, Jodi and their team of volunteers.
- A fun Suwannee Sweetheart weekend and Century Road Ride in February. Thanks to Jeanne and her helpers.
- Published and distributed a quarterly SBA Newsletter in June and again in August. Thanks to Sharon and contributors.
- Held a canoe/kayak trip (a wet one) in July. Thanks to Edwin.
- Many improvements to our clubhouse thanks to Kim and her helpers.
- Secret Santa is Dec. 11 - 12 and will include a Century Ride.

Now that all the disasters are behind us, we are looking forward to a fun filled 2005. Our 2005 event schedule is complete and has been on our web site for several months. Plans are in the process to reinvigorate our club. I hope that you all had a "Great Year," and we are looking forward to seeing you at our many great rides and events in 2005. Renew your membership today by completing the form on page 4.

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

Your SBA Home — Headquarters

The untimely visit of storms has put SBA behind, in not only the fun department, but also the improvement of headquarters. Now I'm not saying that improvement isn't fun, mind you! In fact, we have lots of improvement fun scheduled, and we could use your help!

After the holidays and the Ididaride are over, we plan to start demolition! By demolition, I mean the removal of the existing showers and concrete slab. This involves some plumbing and minor electrical work along with some muscle and stamina. Next, we will begin prepping and pouring the new slab. Soon after, we will build the new showers!

Another item on the list of improvements includes a roof extension over the back door to prevent the rain from coming into the building. Anyone with engineering knowledge in this department would be welcome on the job!

There are more projects to be done that would be considered basic building maintenance such as painting and pressure washing.

Contact me if you would like to help with any of these fun improvement projects. Kim Frawley at 904.797.7290 or woodbike@bellsouth.net

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

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.

Joy of 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.

After a foul September, fall has been absolutely inspiring. The woods have been beautiful, and it seems at this time of year, mountain bike fever strikes, and those of us who ride both on and off road begin to hear the "call of the wild"!

Would you like to end the "road season" with one last phenomenal ride before stowing the road bike for the winter. Consider making the drive to St. Augustine to begin a perfect 50-mile trip. Park at Matanzas Inlet or Marineland (10 miles south of St. Augustine on A1A). Pedal south on A1A, and you'll pass through the Hammock, a natural beachside woodsy area where you can choose to ride the smooth, wide shoulder or along the sidewalk/bike path that meanders through the woods blocking most of the wind. Next, ride along the ocean for 10 miles to Flagler Beach and the pier. At the pier, Hwy.100 intersects to the west with A1A and challenges you with a high bridge and incredible ocean and intercoastal views, before dropping you on the opposite side down to John Anderson Road (immediately on the left after the bridge). John Anderson Road is fairly uneventful until it runs into the very scenic Highbridge Park Road. For MS 150 veterans, this is the road that is bordered by canals and Palm trees. Bear left off of John Anderson then once over the low Highbridge proceed straight (the right fork takes you to Daytona) back out to A1A, where you'll head north back to St. Augustine.

Whenever I do this ride with my sister, Kim, we usually stop for lunch at one of the Flagler Beach ocean side restaurants or sometimes we'll just grab a drink from the 7-11, sit by the pier and watch the surfers and seagulls before heading back home. This ride is usually complimented by the bonus of a headwind down and a free push home, not to mention water views on both sides for much of the entire ride. Time your ride with one of annual St. Augustine art festivals, visit the San Sebastian Winery or enjoy a swim at the beach. It's a great way to truly indulge in the joy of cycling. Contact Joy Taylor at trekjoyt@aol.com.

River Updates

The storm season has passed, and we've been getting many inquiries about conditions on local waterways. Sounds like everybody's itching to get out and do some paddling. So, in an effort to meet your primal need to get out and "do the wild thing," I've got information on two of our local rivers and their status. These conditions are constantly changing, so please be sure to double check for updates before you set out on any of these waters. The **Santa Fe River** is open and no permits are necessary to paddle any part of the river. In fact, the paddling is great right now, with a nice, manageable current. **Suwannee**

River's level is high so be extra cautious if you are planning a paddle trip this fall. Some parks were closed for a while and some have re-opened. If you go, be sure to call the parks to see if they have re-opened. *Lys Burden with special thanks to Lars Anderson, Adventure Outpost in High Springs and Wendell Hammond, American Canoe Adventures in White Springs.*

<http://www.adventureoutpost.net>

Ride Guides and Leaders

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

Follow the Trail

After the stormy summer, there is lots of trail work needed. If you enjoy trail work or would like to learn more about developing trails, e-mail Tony at btonybea@aol.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

Membership Renewal – Expires Dec. 31

All SBA memberships expire on Dec.31, 2004. Please renew for 2005 by using the form on Page 4. You're your check and renewal form to:

SBA
12585 E. Walton Drive
Floral City, FL 34436

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: _____ **\$20 Individual** _____ **\$30 Family**

Make your check payable to Suwannee Bicycle Association.

Suwannee Bicycle Association

P.O. Box 247

White Springs, FL 32096

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