

2016 FTF Schedule — Welcome to the Suwannee Fat Tire Festival

Copy and bring this with you PLEASE

SBA is a non-profit organization. Your participation helps support headquarters, trail maintenance/equipment and more. Thank you.

MORE STUFF

- **Thursday early bird check in** 2 p.m. at SBA Headquarters (HQ).
- Check in at HQ before going to your campsite (official check in at state park is 3 p.m.)
- **HQ Parking:** Hamilton St. by HQ; former tourist Center catty-corner from HQ. Do **not** park cars in the field across the street or in front of the other merchants located next to HQ (Café & Antique store).
- **Restrooms** are located around the corner from HQ (follow the signs). Keep them clean and report any problems ASAP. The Town of White Springs is allowing us to use these facilities.
- **Thursday 6:30 - 7:30 p.m. Pot Luck!** Paper products provided; however, please feel free to bring your own.
- **SBA will be recycling.** Look for recycle bins that will be set up.
- **All meals will be at Auditorium in state park.**
- **All rides start from Auditorium.** Cross your name off the ride sheet when you finish.
- **Auditorium** has limited parking; if camping in the state park or staying in a cabin, please walk or ride your bike.
- **Use the sign up sheets to sign up for ALL activities and rides.**
- **ALWAYS observe the speed limit** when driving in the **State Park**
- Do **NOT** wear bike shoes into the Park museum or Auditorium.
- Do **NOT** ride your bikes on the side walk area in and around the gift shop area.
- **Yoga by Judy – 3:30 – 4:30 p.m. on Friday & Saturday (Auditorium)** If you have a mat, please bring it.
- **Paddle trips** - Bring your own boat. Or make arrangements to rent a kayak from **American Canoe Adventures (ACA)** 386.397.1309, in White Springs: \$35 kayak. Also sign up at event so that Edwin McCook can coordinate the paddle.
- **Big Shoals** charges a user fee. Please be prepared to help support this wonderful park. **Drive in: \$4 per car.** Bicycle in: **\$2.** SBA will pay for group rides (bicycle in only).
- **\$1 Raffles** — bike related items donated by Jacksonville bike shops: **Champion Cycling, Lake Shore Bicycle & Fitness** and **Fernandina Beach Cycling and Fitness Center**
- During events, please do **not** bring your furry dog friends into headquarters or Auditorium. They are welcome in the campground. Please curb any excess barking and always clean up after your dogs.
- **Minor bike repairs** will be provided by Auditorium by Stan from **Champion Cycling** on Friday afternoon, Saturday morning and Saturday afternoon. You can also check with Stan at campsite 5.

Contact numbers: Sharon Shea 904.534.4417

State Park 386.397.3521


Harlan Price – bike clinics: 717.253.3298

Edwin McCook - Paddling: 386.364.7597

Jeanne - road rides: 904.563.7724


Friday


<p>7:30 – 8:45 a.m.</p> <p>Breakfast Auditorium</p>	<p style="text-align: center;"><i>Oatmeal</i> <i>Fresh Cranberry salad</i> <i>With fresh orange, pear, apple, grapes, currants, dried cranberry, apple, walnuts and mint</i> <i>Breakfast Breads: Cranberry, Pumpkin, Poppy Seed</i> <i>Juice, coffee</i></p>
<p>9 – 10 a.m.</p>	<p>Intermediate & Advanced Skill Clinics (Harlan Price): Pressure Control</p>
<p>10:15 – 11 a.m.</p>	<p>Intermediate & Advanced Skill Clinics (Harlan Price): Riding Small Drops</p>
<p>11:45 – 1 p.m.</p> <p>Lunch</p>	<p style="text-align: center;"><i>Pressed Cuban sandwiches (Catered by Bridge Street Cafe)</i> <i>Vegetarian wraps (only for participants pre-registered as vegetarians)</i> <i>Chips</i> <i>Ice Tea</i></p>
<p>1 – 2 p.m.</p>	<p>Intermediate & Advanced Skill Clinics (Harlan Price): Pressure Control for Wheel Lifts</p>
<p>2:15 – 3:15 p.m.</p>	<p>Intermediate & Advanced Skill Clinics (Harlan Price): Advanced Braking Techniques</p>
<p>1 – 3 p.m.</p>	<p>Fri. Paddle the Suwannee River from the Bridge to State Park. Led by Edwin McCook <i>Meet at the entrance to the state park by the old Pavilion.</i></p>
<p>3:30 – 4:30 p.m.</p>	<p>Yoga by Judy <i>(Auditorium; if you have a mat, please bring it; some mats and blocks will be provided)</i></p>

<p>5 – 6 p.m.</p> 	<p>Meet & Greet – Wine & Cheese (<i>Auditorium</i>) <i>outside if weather is nice</i></p>
<p>6:30 – 8 p.m.</p>	<p>Dinner: Lasagna, Salad, Dessert (BYOB) <i>Vegetarian lasagna only for participants pre-registered as vegetarians.</i></p>
<p>7:30 p.m.</p>	<p>Night Ride – Mountain Biking – A & B riders only (must have bike lights and tail light reflectors) <i>meet Scott Chase at Auditorium</i></p>

Saturday

<p>7:30 – 8:45 a.m. Breakfast</p>	<p style="text-align: center;">Pancakes by Tony <i>Fresh Cranberry Salad</i> <i>With fresh orange, pear, apple, grapes, currants, dried cranberry, apple, walnuts and mint</i> <i>Breakfast Breads: Cranberry, Pumpkin, Poppy Seed</i> <i>Oatmeal</i> <i>Juice, coffee</i></p>
<p>8:30 a.m. - noon</p>	<p>Suwannee River Paddle — 5 miles; approx. 2.5 hours paddle. Led by Edwin McCook <i>Meet at boat ramp parking area in the park</i></p>
<p>9 – 11 a.m.</p>	<p>Beginner Mountain Bike Clinic and Post Clinic Ride (Mike Kelley) <i>Ages 13 - 16 must be accompanied by an adult. Meet at the Multi-use trail head to Fosters Hammock (by entrance to campground)</i></p>
<p>9 – 10 a.m.</p>	<p>Intermediate & Advanced Skill Clinics (Harlan Price): Logs and Obstacles/ Getting Your Wheels off the Ground</p>

<p>11:45 – 1 p.m. Sat. Lunch</p>	<p><i>Chicken Salad (Catered by Gregory Pauls)</i> <i>Sliced Ham Platter & Assorted Rolls: With Swiss cheese, whole grain mustard, lettuce, tomato</i> <i>Chick Pea Salad: In a cumin lemon vinaigrette with cucumber and sundried tomato</i> <i>Broccoli Salad: In a honey mayo dressing with radish, carrot, bacon, currants, red onion</i> <i>Cookies: Cranberry Oatmeal Cookies, peanut butter chocolate oatmeal cookies</i></p>
<p>1 – 2 p.m.</p>	<p>Intermediate & Advanced Clinics – taught by Harlan Price: Cornering With Speed</p>
<p>2:15 – 4:15 p.m.</p>	<p>Advanced Clinic – taught by Harlan Price: A Level Skills Ride</p>
<p>3 – 4 p.m.</p>	<p>Kids Mountain Bike Clinic taught by Mike Kelley - <i>Children under 13 (an adult must accompany the child) Meet at Multi-trail head parking.</i></p>
<p>3:30 – 4:30 p.m.</p>	<p>Yoga by Judy (<i>Auditorium; if you have a mat, please bring it; some mats and blocks will be provided</i>)</p>
<p>4:30 – 6 p.m.</p> 	<p>OktoberFest - Halpatter Brewing Company Outside of Auditorium</p> <p>PICK UP YOUR EVENT T-SHIRT</p>
<p>6 – 7:15 p.m. Sat. Dinner</p>	<p><i>Pork slices, Smoked chicken (Catered by Fat Bellies)</i> <i>Potato Salad & Baked Beans</i> <i>Green Beans</i> <i>Banana Pudding</i> BYOB</p>

<p>7:30 – 10 p.m.</p>  <p><i>Next to Auditorium</i></p>	<p>Campfire Camaraderie: Prizes for Huffy Toss, Costume Contest, Raffle Drawings <i>(Bring your camp chairs and sit around the fire)</i></p>
Sunday	
<p>7:30 – 8:45 a.m. Sun. Breakfast</p>	<p style="text-align: center;"><i>Oatmeal</i> <i>Fresh Cranberry salad: With fresh orange, pear, apple, grapes, currants, dried cranberry, apple, walnuts and mint</i> Breakfast Breads <i>Cranberry, Pumpkin, Poppy Seed</i> <i>Juice, coffee</i></p>
<p>9 – 10 a.m.</p>	<p>Intermediate & Advanced Clinics (Harlan Price): Technical Cornering and Switchbacks</p>
<p>10:15 – 11:15 a.m.</p>	<p>Intermediate & Advanced Clinics (Harlan Price): Riding Logs and Obstacles</p>

Get Ready and Mountain Bike Ride:

RIDE SCHEDULE: For information about scheduled rides, ride guides will answer questions and help you select the best ride for your ability. Ride schedule is subject to change based on trail conditions and number of riders who sign up. Remember, it is OK to get off and walk over tricky terrain.

Off Road Rides: *All rides are led by ride guides.*

A Rides — Advanced mountain bike skills, fast and technical skills required

B Rides — Intermediate mountain bike skills, technical skills required

C Rides — Beginner mountain bike riders or intermediate that like a slower pace

Rider Reminders

- Ride at your comfort level leaving room between you and rider in front. If stopping, move off the trail and let those behind you know that you are slowing and/or stopping.
- Please let the ride guides know before starting a ride if you have any medical issues such as allergies to bee stings, diabetes and so on.
- This is nature so watch out for snakes in the palmettos, sandy areas and along the riverbanks.
- Use bug repellent and check for ticks.
- Keep your hands on the handlebars!
- Check your name off the list at end of the ride.
- Bring water bottles and/or camelbacks. Bring spare bike tubes.
- **All rides require helmets. Night rides require front and rear lights and are for experienced riders.**
- Minor bike repairs may be available.

If you want maps, please print your own: [Off road Maps](#) [Road Maps](#)

Beginner Mountain Bike Clinic with Mike Kelley meet at Multi-use parking area— before entrance to campground

TakeAim Cycling: Intermediate/Advanced Skill Clinics meet by Auditorium). *Schedule your own or small group private lesson with Harlan on Thursday or Sunday. Special rates apply. Harlan: 717.253.3298*

Off Road Bike Rides *(meet at Auditorium)*

Friday	
9 a.m.	Bridge to Bridge & Gar Pond (A-C); optional Beast of Burden (A & B)
1 p.m.	Fosters Hammock (A & B)
1 p.m.	<p>B & C riders are encouraged to take advantage of the two free Intermediate mountain bike clinics Friday afternoon:</p> <p>1 – 2 p.m. Pressure Control for Wheels Lifts</p> <p>2:15 – 3:15 p.m. Advanced Braking Techniques</p>
7:30 p.m.	Night Ride: Bridge to Bridge & Gar Pond, (A & B only) <i>(must have lights)</i>
Saturday	
9 – 11 a.m.	Beginner Mountain Bike Clinic <i>(meet at multi-use trail head) - ages 13 – 16 must be accompanied by an adult</i>
9 a.m.	Foster’s Hammock Loop Trail (A & B)
9 a.m.	Big Shoals (A-C) & optional Long Branch (A & B)
1 p.m.	Bridge to Bridge, Gar Pond (A-C)
1:30 p.m.	Beast of Burden (A & B)
Sunday	
9 a.m.	Backwards: Gar Pond & Bridge to Bridge, (B & C)
9 a.m.	Beast of Burden (A & B) and optional, backwards: Gar Pond & Bridge to Bridge

ROAD RIDES (Self-Supported)

(meet at Auditorium)

*Contact Jeanne Hargrave for more info about the road rides: 904.563.7724 (campsite 2)
If you are interested in a slower paced ride (10 mph for 25 miles or less), Jeanne will ride with you.*

Friday	
9 a.m.	24 miles. Wellborn Orchid Ride map Tour of Wellborn/Orchid Ride - 24 miles
9 a.m.	45 mile ride. Wellborn, Falling Creek and Milton's Wellborn, Falling Creek and Milton's - 45 miles
1:30 p.m.	22 mile ride. Falling Creek Winfield and Falling Creek Ride - 21.9 miles
Saturday	
8:30 a.m.	43 miles. Woodpecker Loop The Woodpecker Loop - 43 miles
9 a.m.	25 miles. Milton Loop. The Milton Loop - 25 miles
1:30 p.m.	30 miles. Suwannee Springs loop Suwannee Springs Loop - 29 miles
Sunday	
8 a.m.	32 miles. Falling Creek Sunday Morning Ride - 32 miles
8:30 a.m.	25 miles. Suwannee Sweetheart Suwannee Sweetheart

Please print your own maps using the GPS links.

Self-guided Options

<p>Hike</p>	<p>Little Shoals – Hike the Florida Trail – You can hike either which way on the Florida Trail as it runs along the Suwannee River.</p> <p>From downtown White Springs head, (turn left when leaving headquarters) East on Hwy 41; just outside of town... turn left by Inspection Station on the dirt road and follow the road back to the parking at the trail head.</p>
<p>Bike & Hike: Big Shoals Perfect for families, new cyclists or if you just want a relaxing ride to see the shoals.</p>	<p>Ride from HQ and then ride the paved <u>Woodpecker Trail</u>. (12 mile round trip) OR Drive to the Big Shoals trail head to ride the paved Woodpecker Trail (approx. 6 mi. roundtrip ride bike ride on the paved Woodpecker trail through the woods.</p> <p>Hike to see the shoals (white water rapids) (2 mi. round trip hike).</p> <p>Note: Entrance fees to Big Shoals park: (\$2 per person park fee or \$4 per car)</p>
<p>On Your Own Paddles</p>	<p>Visit ACA and work out a paddle with American Canoe Adventures (ACA) 386.397.1309 located in White Springs</p>



Thanks to our friends

Champion Cycling

LakeShore Bicycle & Fitness

Fernandina Beach Cycling and Fitness Center

Halpatter Brewery, Lake City

Bridge Street Café, White Springs

Fat Bellies Restaurant, White Springs

Gregory Pauls, Jax Beach

TakeAim Cycling

Pedal Milisha