

Spring Pedal 'n' Paddle Festival Schedule

April 29 -May 01, 2011

Stephen Foster Folk Culture Center State Park, White Springs, FL

Event Check In:

- Thursday- 1:00 PM- 8:00 PM SBA Club House at 12 Bridge Street, White Springs
- Friday- 7:30 AM - 8 PM SF State Park Pavilion
- Saturday- 7:30 AM - 4 PM SF State Park Pavilion
- Check in to campsites is 1 PM; Check Out time on Sunday is 1 PM
- Activities leave from registration pavilion next to entrance of Stephen Foster State Park
- Activities may be cancelled or combined if minimum number of participants do not sign up. Weather and Suwannee River level may affect activities.
- Reservations with ACA should be completed day before paddle event.
- All camping is shared sites unless private site was designated.
- Certified bicycle helmets must be worn on each ride.
- SAG phone # 386-243-0115. In case of emergency call 911.
- Questions: Please call Dale Nanny (dalenanny@aol.com) (321-698-6004) Or Mary Nanny (321-505-2562).

Bring with you the following:

Sunscreen	Water bottle
Sunglasses	Towel
Bug Repellent	Bicycle Helmet
Bike gloves	Camp Chair
Extra tire tubes	Entrance fee for Big Shoals (\$2)
Hat	Payment to rent Canoes/Kayaks
Water shoes	

Certified bicycle mechanic available Friday and Saturday for minor bicycle repairs.
Compliments of Lakeshore Bicycles 2108 Blanding Boulevard, Jacksonville, FL

Thursday (April 28)

6:00 PM - Pot Luck at SBA Club House- bring dish to share with 6 or more people and beverage of choice. ALL Event Participants are invited to Pot Luck!!
SBA will provide non-alcoholic beverage

Friday (April 29)

Road Rides

9:00 AM- Long Whistle Stop Loop 40.5 miles (A/B) .Stop at Hydroponic Farm if desired.

9:15 AM- Hydroponic Hop- Start at Pine Grove Methodist Church for 20 miles.

9:30 AM - Hydroponic Hop- Start at Pavilion for 33 miles.

- Hydroponic Tour starts at 11AM

-Snacks, PBJs and water will be available at Hydroponic Farm

1:30 PM- Winfield Wildflower - 13 or 22 miles: Easy loop around White Springs and Suwannee Valley. Look for flower marks roadside.

Off Road Rides

9:30 AM- New Stephen Foster Loop-New 5-6 mile loop through SF State Park
Gar Pond/Bridge to Bridge

2:00 PM- BIG SHOALS (12 miles) AND LONG BRANCH (3.5 miles)

Kayak/Canoe Event

10:00-AM - Canoe/Kayak the Itchetucknee - cost is approx. \$5.00 park fee plus boat rental (approx. \$18 per boat). Bring snacks and water bottle (no disposables), swim suits, mask and snorkel-optional; 37 mile drive from White Springs. Call Itchetucknee Family Campground 386-497-2150 to rent canoe/kayak. **Return to White Springs around 2PM.** Lunch stop at Whistle Stop Café in Wellborn on return trip. Email Edwin McCook at emccook@windstream.net or 386-364-7597.

Friday Events:

7:00-9:00 AM Continental Breakfast at Pavilion in Stephen Foster SP

5:30-7:00 PM- Meet & Greet at Pavilion: snacks, cheese and beverage provided.

7:00 PM Dinner at Pavilion- Catered by Fat Belly's. Meal ticket required.

Saturday (April 30)

Road Rides

8:00 AM - Metric Century - Loops 1 and 2 of Triple Loop. SAG stops at Stephen Foster Pavilion. Follow Christmas Trees on road (->>>)

9:30 AM- Dixie Grill (Live Oak) - 37 or 43 Miles. Lunch at Dixie Grill.

9:30 AM- Short Whistlestop Loop- 25 Miles. Stop for lunch at Whistlestop Café.

12:30 PM - Bike 'n Hike-2 mile peddle to Little Shoals entrance to Big Shoals /Woodpecker Trail (off CR135). Return to SF State Park after Edible Plant Hike.

1:00 PM- Tour of Wellborn - 23 miles. Stop at Whistlestop Cafe for rest.
-Whistlestop Café closes at 2PM.

Off Road Rides

9 AM-12 AM - Beginner Mountain bike clinic (Advised for anyone that does not feel comfortable with trail obstacles). Ride Bridge to Bridge after clinic.

9:00 AM - Big Shoals (12 miles) AND Long Branch Trails (3.5 miles)

1:30 PM- All Town (Bridge to Bridge, Gar Pond, Beast of Burden)

8 PM Gar Pond Night Ride: Approx 6 miles. Adequate lights required

Canoe/Kayak Events

8:00 AM-12:00 PM: Canoe/Kayak the Suwannee: Travel from Roline Road to CR 6. Bring your own canoe/kayak or contact ACA (386-397-1309) to reserve canoe or kayak. ACA can be contacted at www.aca1.com. Cost \$50+ tax/canoe or kayak.

Canoe/kayak transportation provided by Edwin McCook. Return around lunch.

8:15 AM - Suwannee River Pedal 'n' Paddle - Pedal 15 miles to Spirit of Suwannee Campground; paddle 6 mi; then pedal 15 miles to SF State Park. Approx. \$22 per person for canoe or kayak. Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak. Lunch available at SOS Café on grounds of SOS Music Park.

Saturday Activities

7:00-9:00 AM Continental Breakfast at Pavilion in Stephen Foster SP

1:00-3:00 PM Edible Plant Hike/Lecture- Little Shoals entrance to Woodpecker Trail (\$2.00 park entrance fee) limited parking available

4:30-9:00 PM: Dinner at Telford Hotel.

7:00-8:30 PM: Chocolate Extravaganza White Springs style: Enjoy a variety Of chocolate desserts and ice cream at SBA club house.

Sunday (May 01)

Road Rides

-Check out time at the SF State Park Campground is 1:00 PM.

-Cabin Check out time is 11:00 AM

8:00 AM- Suwannee Springs (32mi-S road markings) + Sheriff Boys Ranch (A-B riders only)(55mi- S+ road markings). Ride fast or break camp before the ride.

SAG ends at 1 PM.

9:00 AM- Winfield Wildflower - 13 or 22 miles

Off Road Rides

9:00 AM -New Stephen Foster Loop-New 5-6 mile loop through SF State Park
Gar Pond/Bridge to Bridge

Canoe/Kayak Events

9 AM- Paddle the Suwannee (2 1/2 hrs.) -Hwy 41 to Stephen Foster SP. Call ACA (386-397-1309) to reserve canoe or kayak. ACA can be contacted at www.aca1.com
Cost is approximately \$50+tax per canoe/kayak.

Sunday Events

7:00-9:00AM Continental Breakfast at Pavilion in Stephen Foster SP

SAG ends at 1:00pm

Self-Guided Options for the weekend

1. Bike and Hike to Big Shoals - Maps at Pavilion (\$2 entrance fee)
2. Hike the Florida Trail - along the Suwannee River
3. Check out the Park- Gift Shop, Museum and the Bell Carillon.
4. Free WiFi available at SF State Park Gift Shop
5. Visit local Springs-Pick up a map at the Eco Tourism Center