

Suwannee Bicycle Association

Spring Pedal 'n' Paddle Festival Schedule

May 4-7, 2017

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

Event Check In:

- Thursday- 12:00 PM- 8:00 PM SBA Headquarters at 10561 Bridge Street, White Springs (Look for the red bicycle sticking out of the building).
- Friday- 8:00 AM - 8 PM SF State Park Nelly Bly's.
- Saturday- 7:30 AM - 2 PM SF State Park Nelly Bly's.
- Check-in time to campsites is 3 PM; Check Out time on Sunday is 1 PM
- All camping is shared sites unless private site was designated.
- Activities leave from registration Nelly Bly's in Stephen Foster CC State Park
- Activities may be cancelled or combined if minimum number participants do not sign up. Weather and Suwannee River level may affect activities.
- SBA Spring Pedal 'n' Paddle will be held rain or sunshine.
- Reservations with American Canoe Adventures (ACA) should be paid the day before paddle event. ACA phone number is (386-397-1309). ACA is located one block from SBA Headquarters.
- Ichetucknee Family Canoe and Cabin rents canoes/kayaks for Friday Ichetucknee River Paddle trip. Call 386-497-2150 for reservations.
- Saturday Pedal n Paddle ride - Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak.
- Road Rides GPS downloads at <http://suwanneebike.org/events/springfest.php>
- Off Road Maps available at <http://suwanneebike.org/trails/offroad.php>
- All boaters must wear required life jackets.
- All cycling events require helmets.
- Observe speed limits in White Springs and Stephen Foster State Park.
- SAG (SUPPORT AND GEAR) phone # 386-243-0115. In case of emergency call 911.
- Questions: Please call Dale Nanny (dalenanny@aol.com) (321-698-6004)

Thursday (May 4, 2017)

1:30 PM- Milton's Loop- 25 miles: Scenic ride to Milton's Restaurant and Store. Milton's Store is only rest stop. Self-supported ride.

6:30 PM - Pot Luck at SBA Headquarters- bring dish to share. ALL Event Participants are invited to Pot Luck!! Water and Ice Tea provided.

****Coffee each morning starting at 6:30 AM at Nelly Bly's****

Friday (May 5, 2017)

Road Rides

GPS downloads at <http://suwanneebike.org/events/springfest.php>

9:00 AM- White Springs-Jasper Loop 52 miles. (A-B riders) Rest Stops at stores on route. Rest stops/stores are 15-20 miles apart. Gatorade, PBJ's and snacks available at Registration Nelly Bly's. Note: Follow the cue sheet to Subway at mile 29.6. Do not follow road marks onto bike trail or you'll miss Subway. Continue straight on MLK to 2nd Ave SE/US 129. Turn right and Subway is on your left.

9:15 AM- Hydroponic Hop- 15 miles. Meet at Stephen Foster SP Nelly Bly's and caravan to Pine Grove Methodist Church.

- Hydroponic Tour starts at 11AM
- Lunch provided at Hydroponic Gardens.

9:30 AM- Hydroponic Hop- 28 miles. Start at Stephen Foster SP Nelly Bly's.

- Hydroponic Tour starts at 11AM
- Lunch provided at Hydroponic Gardens.

1:30 PM- Winfield Wildflower Ride- 13 or 23 miles: Easy loop around White Springs and Suwannee Valley. The 23 mile route passes by Falling Creek Falls.

Off Road Rides

Trail maps and more info available at <http://suwanneebike.org/trails/offroad.php>

1:30 PM- Foster Hammock Loop- 6 mile loop through SF State Park. 6 mile single track with shorter bailout options at road crossings. Palmetto roots, elevations, tight turns and distance make this an intermediate trail. Trail map available

Friday (May 5, 2017) (cont'd)

Kayak/Canoe Event

9:00 AM- Canoe/Kayak the Ichetucknee River- cost is approx. \$5.00 park fee plus boat rental (approx. \$16 per person). Make your lunch prior to departure. Water bottle (no disposables), swim suits, mask and snorkel-optional; **Meet at Stephan Foster SP Nelly Bly's and car pool** from White Springs. Call Ichetucknee Family Canoe and Cabin (386-497-2150) to rent canoe/kayak. Return to White Springs around 4 PM. Email Edwin McCook at emccook@windstream.net or 386-364-7597.

Friday Activities

8:00-9:00 AM- Breakfast for all event participants at Nelly Bly's.

11:30-12:30 PM- Lunch provided at Nelly Bly's.

5:30-7:00 PM- Meet & Greet at Nelly Bly's: snacks, cheese and beverage provided.

7:00- 7:30 PM Chicken Pilau Dinner at Nelly Bly's - Catered by Dixie Grill. Advanced reservations required.

All Road Rides GPS downloads at <http://suwanneebike.org/events/springfest.php>

Saturday (May 6, 2017)

Road Rides

GPS downloads at <http://suwanneebike.org/events/springfest.php>

8:00 AM- Century: Suwannee Springs/Sheriff Boys Ranch Ride (55 miles). Add **Woodpecker Loop (43 mi)** for Century. SAG (SUPPORT AND GEAR) stops at Nelly Bly's and grocery stores (15-30 miles apart). Ride 30, 55 or 100 miles.

8:00 AM Pedal 'n' Paddle Suwannee River - Pedal 15 miles to Spirit of Suwannee Campground; paddle 3-4 mi; then pedal 15 miles back to Stephen Foster SP.

Approx. \$25 per canoe or kayak. Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak. Deli lunch provided at SOS Canoe Outpost.

9:30 AM- Live Oak Lunch Ride - 38 miles. Lunch optional at Dixie Grill or All Decked Out Café. Have lunch or return to White Springs.

10:00 AM- Wellborn Orchid Ride- 23 Miles. Stop at Bob's Butt Café a family owned restaurant in Wellborn. Optional tour of the Geiger Orchid Nursery in Wellborn at 11AM. Maurice Geiger has been growing orchids since 1954.

1:00 PM- Bike and Hike to Big Shoals via Woodpecker Trail- Easy ride to Big Shoals. 3miles on road, 3 miles on paved tree lined trail. Ride road, off road or hybrid bicycle (12 miles round trip). One mile walk to Big Shoals. Park entry fee \$2. Bring bike lock for hike.

Off Road Rides

Trail maps and more info available at <http://suwanneebike.org/trails/offroad.php>

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

BS: 10 miles single and double track to 3.2 mile paved Wood Pecker trail.

LB: 3.5 mile single-track with 3 fun climbs at end. Elevation and distance of combined trails make this an intermediate ride. Total of both trails approx. 15 miles.

Saturday (May 6, 2017) (cont'd)

2:00 PM- All Town (Beast of Burden, Bridge to Bridge or Gar Pond) 18 miles B to B: 4.5 mile short, but challenging single-track with plenty of sharp turns, climbs and descents. Beg.-Int.

GP: 7 mile beginner trail, mostly flowy single-track, a few technical sections

Beast: 7 mile challenging single-track, tight, twisty, drops and climbs. Int.-Adv.
Total of all 3 trails, approx. 18 miles.

Canoe/Kayak Events

8:00 AM- Pedal 'n' Paddle Suwannee River - Pedal 15 miles to Spirit of Suwannee Campground; paddle 3-4 mi; then pedal 15 miles back to SF State Park. Approx. \$22 per canoe or kayak. Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak. Deli lunch provided at SOS Canoe Outpost.

8:00 AM- Canoe/Kayak the Suwannee River - Launch from US 41 Canoe Launch. Paddle will be 2-3 hrs. Bring your own canoe/kayak or contact ACA (386-397-1309) to reserve canoe or kayak. ACA is one block from SBA Headquarters and can be contacted at www.aca1.com. Cost \$25 /person + tax. Canoe/kayak transportation provided by Edwin McCook.

Saturday Activities

7:00-8:30AM- Breakfast for all event participants at Nelly Bly's.

11:30-12:30 PM- Deli lunch provided at SF State Park Nelly Bly's at Park entrance

3:30 PM- Yoga Class: To be held at Nelly Bly's.

6:00-6:45 PM: Bar-b-que Dinner at SF State Park Nelly Bly's catered by Fat Bellies. Advanced reservations required.

7:00-8:00 PM- Chocolate Extravaganza: Enjoy a variety of chocolate desserts and ice cream at Nelly Bly's.

Sunday (May 7, 2017)

- Check out time at the SF State Park Campground is 1:00 PM.
- Cabin Check out time is 11:00 AM
- SAG (SUPPORT AND GEAR) ends at 1PM.

Road Rides

GPS downloads at <http://suwanneebike.org/events/springfest.php>

8:30 AM- Sunday Morning Ride: 25 & 31 Mile Ride through Suwannee Valley and Winfield Communities. Ride fast or break camp prior to departure.

9:00 AM- Winfield Wildflower Ride: 13 mile easy road ride around White Springs and Suwannee Valley.

Off Road Rides

Trail maps and more info available at <http://suwanneebike.org/trails/offroad.php>

9:00 AM- All Town (Beast of Burden, Bridge to Bridge or Gar Pond) 18 miles

B to B: 4.5 mile short, but challenging single-track with plenty of sharp turns, climbs and descents. Beg.-Int.

GP: 7 mile beginner trail, mostly flowy single-track, a few technical sections

Beast: 7 mile challenging single-track, tight, twisty, drops and climbs. Int.-Adv.

Total of all 3 trails, approx. 18 miles.

Sunday Activities

7:30-8:30 AM- Breakfast for all participants at Nelly Bly's.

Self-Guided Options for the weekend

1. **Bike and Hike to Big Shoals** - Maps at Nelly Bly's (\$2 entrance fee)
2. **Check out the Park-** Gift Shop, Museum and the Bell Carillon.
3. **Free WiFi** available at SF State Park Gift Shop or White Springs Library