

# Suwannee Bicycle Association Spring Pedal 'n' Paddle Festival Schedule May 2-5, 2024

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

Event Check In: All Check-Ins will occur at Nelly Blys in Stephen Foster Cultural Center State Park

- Thursday- 3:00 pm- 8:00 pm
- Friday- 8:00 am – 8:00 pm
- Saturday- 8:00 am – 3:00 pm
- Check-in time to campsites is after 3:00 pm on Thursday; Check Out time on Sunday is 1:00 pm
- All camping sites are shared sites. 1 RV and a couple tents per site.
- Activities may be cancelled or combined if the minimum number participants do not sign up. Weather and Suwannee River level may affect activities.
- SBA Spring Pedal 'n' Paddle Festival will be held rain or sunshine.
- Bike Rides: ALL EVENTS Depart from Nelly Blys!
  - Mountain Bike Rides: Daily rides with Ride Guide. Greater than 50 miles of bike trails to choose from. <http://suwanneebike.org/trails/offroad.php>
  - Road Bike Rides: Daily rides with Ride Guide. Greater than 100 miles of paved roads to choose from. <http://suwanneebike.org/events/springfest.php>
  - Gravel Bike Rides: Daily rides with Ride Guide. Greater than 50 miles of gravel bike roads/paths to choose from. <https://suwanneebike.org/trails/gravel.php>
- Hiking Trips: All Hiking Trips will meet at 9:30 am at Nelly Blys and depart from there.
- Kayaking/Canoeing Trips: All Kayak Trips leave at 8:30 am from the Front Gate Area of Stephen Foster Cultural Center State Park
  - Friday Kayak Trip with Edwin McCook approx. 4-6 hours given weather and destination (Santa Fe Rivers or Edwin's Choice)
  - Saturday Kayak Trip with Edwin McCook approx. 4-6 hours (Suwannee River or Edwin's Choice)
- If you need to rent a kayak or canoe; 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.
- All kayaks/canoes must have a life jacket and a whistle in each boat.
- All cycling events require riders to wear helmets.
- Observe speed limits in White Springs and Stephen Foster Cultural Center State Park.
- SUPPORT AND GEAR (SAG) phone # 321-848-8565. In case of emergency call 911.
- Questions: Please call or email George Litteral ([George.Litteral61@yahoo.com](mailto:George.Litteral61@yahoo.com)) (321-848-8565) The last day to register and receive a T-Shirt is 4-14-24. The last day to register is 21 April 2024.

All meals Friday to Sunday morning are included in your registration fee unless elected otherwise. Moms and Dads get a weekend away from the griddle!!!!

Thursday (May 2, 2024)

6:30 pm – Pot Luck at Nelly Blys in Stephen Foster Folk CC State Park bring dish to share. ALL Event Participants are invited to Pot Luck!! Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA

7:30 pm – Bonfire at Nelly Blys

Friday (May 3, 2024)

Friday Activities:

Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA

7:30-8:30 am- Breakfast for all event participants at Nelly Blys. (Kayakers make a sack lunch at breakfast, as you will be on the river during lunch). [Breakfast Menu: Coffee, OJ, Tator Tot Casserole with/without sausage, Oatmeal, Hard Boiled Eggs, Fresh Fruit, Breakfast Breads and Yogurt](#)

11:30-12:30 pm- Lunch provided at Nelly Blys. (Hydroponic Hop, lunch will be delivered to UF's Hydroponic Farm). [Lunch Menu: Subway Sandwiches, Ham / Turkey, cookies, chips and salad](#)

3:30-4:30 **Yoga Class:** Meet at the Suwannee River Pavilion within Stephen Foster Cultural Center State Park: Bring your own Yoga Mat (some are available to borrow).

5:30-6:15 pm Wine & Cheese / Meet & Greet at Nelly Blys: snacks, cheese and beverages provided.

6:30-7:30 pm Dinner at Nelly Blys. [Low Country Boil: with and without sausage/shrimp, dinner roll & salad](#) [Dessert: Ice Cream Bar](#)

7:30 pm- Bonfire at Nelly Blys

Road Rides

8:30 am New Jasper Loop 52 miles

9:00 am- Hydroponic Hop- 28 miles Lunch provided at Hydroponic Gardens.

9:15 am- Hydroponic Hop- 15 miles. Meet at Stephen Foster SP Nelly Blys and caravan to Pine Grove Methodist Church.

- Hydroponic Tour starts at 11am

- Lunch provided at Hydroponic Gardens.

[New Event:](#) All Day: Strava TT Challenge road ride

All Road Rides downloads at <https://suwanneebike.org/trails/road.php>

MTB Rides

9 am Gar Pond 11 miles

1:30 pm Beast & Lollipop 7 miles & Bridge to Bridge backwards ~5 miles

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

Gravel Bike Rides

9:00 am Suwannee Gravel Ride 28 miles w/ River detour

1:30 pm SBA Gravel Tour de Ponds 8.5 miles

Trail Maps available at <https://suwanneebike.org/trails/gravel.php>

## Friday (May 3, 2024) (cont'd)

### Kayak/Canoe Event

8:30 am– Canoe/Kayak the Santa Fe River - Water bottle (no disposables), swim suits, mask and snorkel-optional; Meet at Stephan Foster SP Front entrance/Ranger Station and car pool from White Springs. 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](http://www.aca1.com). Canoe/kayak transportation provided by Edwin McCook. Email Edwin McCook at [emccook@windstream.net](mailto:emccook@windstream.net) or 386-364-7597. (Pack your lunch at Nelly Blys before departure)

### Hiking Trip

0930 am- Friday- Suwannee River Loop Trail 4.5 miles- Meet your hiking guide Fred Wood at Nelly Blys and be ready to depart from there for your hike.

SAG: 321-848-8565

## Saturday (May 4, 2024)

### Saturday Activities

Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA

7:30-8:30am- Breakfast for event participants at Nelly Blys. [Menu: Coffee, OJ, Breakfast Burritos with/without sausage, Oatmeal, Hard Boiled Eggs, Fresh Fruit, Breakfast Breads and Yogurt](#)

11:30-12:30 pm- Lunch provided at Nelly Blys, [Menu: Hamburgers, Hotdogs, Baked Beans, Salad, Cookies & Chips](#)

3:30- 4:30pm- **Yoga Class**: Meet at the Suwannee River Pavilion within Stephen Foster Cultural Center State Park: Bring your own Yoga Mat (some are available to borrow).

5:30 – 6:30 pm: Home Brew Beer by Fred Wood at Nelly Blys

6:30-7:30 pm: Dinner at Nelly Blys. [Menu: Taco Bar, black beans, Spanish Rice, refried beans, Dessert: Cupcakes](#)

8:00 pm- UTC Game Night inside Nelly Blys: (Left/Right/Center, Spades, Dominoes, etc...)

8:00 pm-UTC Bonfire at Nelly Blys

NEW EVENT: Conquer The Beast: Requires pre-registration at Nelly Blys

9:00 am to 4:00 pm unless completed earlier:

Time Trials Start 5 min interval between riders. See Conquer The Beast info for details.

### Road Rides

8:00 am Suwannee Valley Metric 62.5 miles

8:30 am Wellborn Orchid 24 miles

[New Event](#): All Day: Strava TT Challenge: See Registration for details

All Road Rides downloads at <https://suwanneebike.org/trails/road.php>

### MTB Rides

9 am Big Shoals: ~10 miles

1:30 pm Fosters Hammock: 8 miles

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

Saturday (May 4, 2024) continued

#### Gravel Bike Ride

9:00 am - Chamois Hagar 55 miles Gravel Mix  
1:30 pm - Nova Gravel Ride 12 or 18 or 26 miles

Trail Maps available at <https://suwanneebike.org/trails/gravel.php>

#### Kayak/Canoe Events

8:30 am- Canoe/Kayak the Suwannee River– Meet at Stephan Foster SP Front entrance/Ranger Station and car pool from White Springs. 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](http://www.aca1.com). Canoe/kayak transportation provided by Edwin McCook. Email Edwin McCook at [emcook@windstream.net](mailto:emcook@windstream.net) or 386-364-7597.

#### Hiking Trip

0930 am- Saturday- White Springs Tract 5.2 miles- Meet your hiking guide Fred Wood at Nelly Blys and be ready to depart from there for your hike.

SAG: 321-848-8565

Sunday (May 5, 2024)

#### Sunday Activities

Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA

7:30-8:30 am- Breakfast for participants at Nelly Blys. Menu: Coffee, OJ, Pancakes, sausage and scrambled eggs, Oatmeal, Hard Boiled Eggs, Fresh Fruit, Breakfast Breads and Yogurt

Check out time at the Stephen Foster SP Campground is 1:00 pm. -Cabin Check out time is 11:00 am

SAG ends at 1pm.

#### Road Rides

8:30 am Sunday Morning Ride 32 miles

#### MTB Ride

9:00 am Beast/Bridge to Bridge backwards 6 miles

9:00 am Gar Pond 11 miles

#### Gravel Bike Ride

9:00 am Woodpecker Gravel Loop 11 miles

#### Hiking Trip

0930 am- Sunday- Big Shoals Trail 2 miles Meet your hiking guide Fred Wood at Nelly Blys and be ready to depart from there for your hike.

SAG: 321-848-8565