

## SBA Spring Pedal 'n' Paddle Festival May 3 or 4 - 6, 2012

The Spring Bicycle Festival offers many wonderful outdoor experiences around White Springs and Suwannee River Valley. In addition to great on-road and off-road rides, the festival offers canoe, kayak and eco-adventures. **Come and enjoy a different adventure every morning, afternoon and evening.**

### **Online Registration Closes: May 1 Deadline for Shirts & Mail-in Registrations: April 19**

**Adult Event Fee Includes:** Shared camp site, Continental Breakfast Friday morning, Meet & Greet social (Friday), Chocolate Obsession (Saturday), DriFit Shirt, fruit and snacks each day at the pavilion; que sheets, ride leaders and SAG support for road rides; Trail Guides for off road rides; guided Canoe/kayak and hiking.

**Off-road rides:** All level of riders from beginners to experts. Over 50 miles of marked and well groomed off road trails. Experienced ride guides.

**Beginner Mountain Bike Clinic:** Learn basic skills Saturday morning and then ride Bridge to Bridge with the group and instructor. Mike Kelley, a certified instructor, will conduct a class at 9 AM.

**Road riding all levels:** Cruise the quite scenic roads around White Springs, ride with a group to observe the wild flowers or ride to Live Oak and have lunch at Dixie Grill. On Friday ride to the Univ. of FL Agriculture Farm to tour the hydroponic gardens. On Saturday enjoy the Full or Metric Century. Ride White Springs Triple Loop with rest stops or grocery stores every 15-17 miles. Great route to accomplish a century! Maps/Que sheets and road guides provided for specific rides. Routes are well marked on pavement.

**Bike, Drive or Hike to Big Shoals** - Ride the paved Woodpecker Trail through the woods and hike to Big Shoals. Very good beginner or family ride and hike.

**Ichetucknee Springs Paddle:** Friday paddle the crystal water of Ichetucknee River with Edwin McCook. Paddle six miles of shaded hammocks and wetlands before it joins Santa Fe River. Bring your mask and snorkel. Optional lunch at Subway. Boat rental is available at Ichetucknee Family Canoe and Cabins (386-497-2150).

**PaddleEvents: (Dependent on river levels and weather):** All scheduled trips are guided by SBA Members. Guided paddle trips are schedule for Saturday and Sunday morning. Return around lunch. Bring your own canoe/kayak or contact ACA (386-397-1309) to reserve canoe or kayak. ACA can be contacted at [www.aca1.com](http://www.aca1.com). Please confirm that you are with the SBA when you make boat reservations. Recommend making boat reservations prior to event. We make every attempt to transport boats on SBA trailer. Edwin McCook has a trailer that holds 6+ boats. If you need further information contact Edwin McCook at 386-364-7597.

**Pedal and Paddle:** Saturday pedal 15 miles to Spirit of Suwannee Music Park then enjoy a six mile paddle down the Suwannee River. Pedal 17 miles back to Stephen Foster State Park. Make boat reservations with Suwannee Canoe Outpost (386-364-4991) at Spirit of Suwannee Music Park. SOS Canoe outpost will provide transportation back to bicycle.

**Meal Plan:** Optional meal plans are in addition to event registration. The meal plan consists of 2 Buffet breakfasts (Saturday and Sunday), 2 dinners: Friday evening BBQ Chicken catered by Fat Bellies at the Park Pavilion and Saturday dinner buffet is at Telford Hotel.

**Camping:** Stephen Foster State Park sites are reserved by SBA. Registration fee is based on shared camp site. **This year we have a limited number of reserved sites for Thursday night.** Private camp sites can be reserved for \$30 on a first come basis. If reserving a site prior to Thursday night, contact campsite coordinator, Dale Nanny at [dalenanny@aol.com](mailto:dalenanny@aol.com), to reserve same site for entire event).

**Thursday Events:** SBA Headquarters opens at 12 PM on Thursday for event check-in. Campsites at Stephen Foster are available for check-in at 3 PM. NEW THIS YEAR, SBA will schedule an off road and road ride Thursday at 1 PM. Thursday evening plan on sharing a pot luck dinner at SBA Headquarters. Schedules and sign-up sheets will be available to plan the weekend activities.

**Evening Events:** Friday enjoy a Meet & Greet at Stephen Foster State Park pavilion (same area as check in). Appetizers and beverages provided by SBA (optional BBQ dinner will follow and be served in same location). Saturday (after returning from optional southern style buffet at the Telford Hotel) a delicious Chocolate Obsession will be held at SBA Headquarters. Chocolate desserts will be served including a chocolate fountain and fruits for dipping.

**Volunteers:** Contact Mary Nanny at [mgnosoriog@aol.com](mailto:mgnosoriog@aol.com) prior to registering as a volunteer.

Schedule and event options change each year. Visit SBA web site (<http://www.suwanneebike.org/sbf.htm>) to view last year's schedule.

**Additional Lodging and Camping: Ask for SBA Discount**  
-White Springs B & B 386-397-4252  
-Americas Best Value Inn 386-963-2501  
-Kelley's Campground, Cabins & RVs 386-397-2616  
-Historic Telford Hotel 386-397-2000

### **Registration Rules:**

- Under 18 yrs old must be accompanied by adult
- Registration fee does not cover canoe/kayak rentals.
- Cancellations: \$10 administrative fee prior to April 19. No refund after April 19.
- Festival will take place rain or shine.
- **Online registration closes May 1, 2012. Shirt and mail registration deadline is April 19.**