



Suwannee Bicycle Association

Spring Bicycle & Paddle Festival

May 2 - 4, 2008

More information: www.suwanneebike.org

Mail registration: Sharon Shea, 1309 Noe Court, Neptune Beach, FL 32266

Register online: www.Active.com



Names: _____

Address: _____

City, State, Zip: _____

Phone #s: _____

Emergency Contact: _____

Email: _____

T-shirt sizes: S M L XL XXL Vegetarian Meals: _____

Check one of the accommodation options below. **Contact Sharon Shea if planning to stay at the park AND arriving before Friday so you can keep your same site. sharonallen.shea@gmail.com.**

Tent	Pop Up	RV	No Site	Plan to Arrive: Thurs. ___ Fri ___ or Sat. ___
Share a site with (up to 8 people per site) names: _____				

Check activities you want to do.

Beginners Mountain Bike Clinic	Eco Photo Tour	Road Rides
Canoe/Kayak the Suwannee River	Off road rides	Try the Triple Challenge
For Kids and Families: Bicycle Bonanza, Family Tubing, Big Shoals Family Fun		

<i>Register by April 15 to receive free t-shirt.</i>	Price	#	Amt.
Event Fee (Includes meals and shared campsite)	\$105		
Children under 12 (<i>under 6 free</i>)	\$55		
Part time volunteer	\$55		
Full time volunteer	\$30		
Private camp site	\$20		
Try the Triple Challenge (must provide your own boat)	\$15		
Join or renew - SBA Memberships are good through 2008 (\$25 Individual, \$35 Family)			
(Register by April. 15; One discount per SBA membership) SBA Individual discount: \$5 SBA family discount: \$10			
Donation for SBA Headquarters fund:			
Make checks payable to SBA. TOTAL ENCLOSED			

Read and sign below: In submitting this application, I hereby make known that I will hold blameless in the case of accident, injury, or damage of any kind the Suwannee Bicycle Assoc, its officers, members and volunteers. I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk, further recognize that safety is my personal responsibility and I agree to participate in keeping all Suwannee Bicycle Assoc. rides safe. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others. I also understand that helmets are required on all club rides and events.

Signature: _____ Date: _____

More Information: www.suwanneebike.org or contact **Kim Frawley** woodbike@bellsouth.net or call 904-797-7290.

SBA Spring Festival Activities and Information May 2-4

- **Off-road riding** for all levels of riders from *beginners to experts*. Over 75 miles of trails. Friday and Saturday night rides.
- **Free Beginner Mountain Bike Clinic** – Learn basic skills Saturday morning and then ride the trails with more confidence. **Mike Kelley**, a certified instructor, and a former member of the Alachua County Fire Rescue Bike Team has taught mountain biking classes at Santa Fe Community College, in Costa Rica and Mexico. Mike is a certified instructor for outdoor wilderness emergency response training and a longstanding SBA ride guide.
- **Road riding** - Enjoy the quiet scenic country roads around White Springs (mileage varies: 10 – 60 mi. or more)
- **Florida Trail Eco Photo Hike** – Bring your camera and join **Edwin McCook**, Suwannee River Water Management District, to explore and capture the natural beauty of the Suwannee Valley on a leisurely walk.
- **Bike & Hike to Big Shoals** – Ride the Woodpecker paved trail through the woods and a short hike to Big Shoals.
- **Try the Triple Challenge** – Saturday; Off road Bike, Paddle, Trail Run. **Entry fee: \$15 per person.**
Canoe/Kayak Rentals: American Canoe Adventures, White Springs, 386.397.1309 or www.aca1.com

Padding and Floating (dependant on river levels and weather): Paddling trips are not included in the event fee and fees will be collected at the canoe tent or by the outfitter.

- **Pedal and Paddle:** Pedal 12 miles to Suwannee Canoe Outpost for a several hour paddle down the Suwannee and then pedal 13 miles back to Stephen Foster State Park. Morning trips pack picnic lunches.
- **Ichetucknee Springs Paddle:**The crystalline Ichetucknee flows six miles through shaded hammocks and wetlands before it joins the Santa Fe River. Bring your mask and snorkel, too.
- **Suwannee Paddle:** This trip leaves from the canoe launch at Stephen Foster State Park and explores the Suwannee River.
- **Free Family Fun:** Enjoy tubing at Stephen Foster State Park and other family fun activities including the **Bicycle Bonanza**.

Meals: Meals are provided by Country Caterers. Included in your event fee are Fri. dinner; Sat. breakfast, lunch, dinner; Sun. breakfast. (Vegetarian meals are available.)

- **Friday Meet & Greet – Wine and snack**

Camping: Stephen Foster State Park sites are reserved by SBA for this event. RV sites or private sites are available at extra cost (\$20) on a **limited first come** basis. Fee will be refunded if a private site is not available. The majority of the sites can have up to 8 people assigned. **If reserving a site prior to Friday night, first contact event coordinator, Sharon Shea, at sharonallen.shea@gmail.com, to reserve the same site for the remainder of the event.**

Other Lodging and Camping

- Suwannee River Motel, 386.397.2822 (located at the entrance of the state park)
- White Springs Bed and Breakfast, 386.397.4252; www.whitespringsbnb.com (discount for SBA members)
- Adams House Bed & Breakfast, White Springs, 386.397.1915
- Historic Telford Hotel, White Springs, 386.397.2000
- Suwannee Valley Cabins & RVs, 386.397.1667 <http://www.suwanneevalleycampground.com/>
- Kelly's Campground Cabins & RVs, 386.397.2616
- Holiday Inn, 386.752.3901 (Lake City 14 miles away)
- Spirit of Suwannee Cabins, 386.364.1683 (Suwannee Springs, 15 miles away)

Volunteers: A limited number of support staff is needed for registration, meal set up, SAG wagons, as well as other jobs. For a description of the volunteer jobs e-mail Kim at woodbike@bellsouth.net or call 904-797-7290. You will have free time to enjoy riding or other activities. Included are your meals, group tent camping and t-shirt). **Full time staffing:** 10-12 hours – \$30; **Part time staffing:** 5-6 total hours – \$55

Ride Guides and Ride Leaders: Ride guides attend SBA Ride Guide Training & trail maintenance. Only a limited number of ride guides and leaders will be accepted, so register early!

Registration Rules

- Participants under 16 years of age must be accompanied by a parent or other responsible adult. List name of accompanying adult, if parent will not be present.
- Registration fee does not cover paddle trips.
- A **\$10** cancellation fee will be deducted from registration fees prior to April.15.
- **No refunds after April 15.**
- Children under 6 do not receive t-shirt.
- Registration deadline **April. 22.**
- **Limited to first 250 participants.**
- Event schedules will be finalized, on the SBA Web site and e-mailed two weeks prior to the festival to participants.