

Welcome to the Suwannee Bicycle Association!



Member Information

This handbook has been prepared to give members handy information on the organization and the Town of White Springs for ready reference. The booklet contains information on:

- Board of Directors
- Annual Events
- HQ Use Guidelines
- Directions to SBA HQ

Mission Statement

Suwannee Bicycle Association, Inc. (SBA) was formed to help people obtain a greater understanding and appreciation of the natural ecosystems, history and cultural heritage of the Suwannee River region. To achieve these purposes, the Association:

- conducts trips: bicycling, canoeing and kayaking, hiking, snorkeling and spring hopping in the region.
- maintains a headquarters building with maps, resource materials and interpretative information,
- publishes and distributes educational brochures and pamphlets about the region.

SBA also helps develop and maintain public bicycle, hiking and canoe trails and helps establish environmental interpretation facilities along them.



Organizational History

The Suwannee Bicycle Association was founded in 1989 by Lys Burden and a handful of other cycling and outdoor enthusiasts and incorporated as a non-profit, educational organization in the same year. The organization continued a strong tradition of bicycling and canoeing trips in the region that were promoted by two bicycle touring

companies, Suwannee River Bicycle Tours, then Suwannee Country Tours, which were managed consecutively by Herb Hiller, David Bearl and Dave Pierce, over about a ten-year period. The tour companies were essentially defunct for various reasons by the late eighties. But the superb setting for bicycling and canoeing inspired the

formation of a new organization to continue the work of promoting the activities and the region; thus, SBA was formed. The organization's articles and by-laws were written with strong educational purposes to qualify the non-profit corporation as a charitable organization





January—IDIDARIDE

February - Suwannee
Sweetheart

May—Suwannee Bicycle
Festival

August—Dog Days

November—Fat-Tire Festival

December—Secret Santa



**Bike helmets
are required on
all rides!**

Board of Directors & Advisory Board

Executive Board

President

Vice president

Secretary

Treasurer

Other Board Members

Six positions are available. Board members usually take on official outdoor program or organizational duties including: trail development & maintenance, building manager, volunteer coordinator, membership secretary, newsletter editor, webmaster, publicist/marketing, local liaison, ride-guide coordinator, ride leader coordinator, river guide coordinator, event coordinators, interpretative programs and SBA Historian.

Advisory Board Members

These SBA members are non-voting members of the board, but are included on most board communications and serve in advisory capacity. They usually fulfill one or more of the tasks outlined above.

Annual Events

The **IDIDARIDE**, held each January is a 50 mile off-road challenge event. The ride which is limited by land managers to 300 riders, is one of SBA's most popular event and fills to capacity quickly. The one-day event is NOT a race, but a challenging ride through the area trails.

The **Suwannee Sweetheart** offers Sunday road rides of 25, 52, 62, and 100 miles and includes breakfast, fully stocked rest stops, and after ride dinner on Sunday. On Saturday, there is typically a group ride start from SBA HQ with a pot-luck dinner afterwards.

SBA's springtime event, the **Suwannee Bicycle Festival** takes place in White Springs on the first weekend in May every year. It is staged during the height of the annual wildflower (Phlox and Coreopsis) bloom. Activities focus on back road bicycling, mountain biking on Suwannee's beautiful trails, kayaking throughout the region (Ichetucknee Springs and Suwannee and Santa Fe Rivers) and hiking to inspirational spots.

Dog Days is held each August during the height of the summer and is typically held at the Suwannee River State Park.

SBA's **Fat Tire Festival** takes place in the autumn, when the focus of activity is bicycling on woodland trails and camping at Stephen Foster Folk Culture Center State Park.

Secret Santa Cycling Weekend has both on-road and off-road rides. The event is scheduled to coincide with White Springs Festival of Lights and the Christmas Parade. Participants decorate their bicycles and ride in the parade. Each year SBA purchases bicycles and helmets for children selected by the local school to be picked up during the weekend event.

SBA Headquarters

The founders and most members of the Suwannee Bicycle Association were (and continue to be) from out of town, i.e. not local residents... so a gathering place was (and is) needed. When SBA started, the organization was able to rent the brick building next door to the historic Adams Country Store, to serve as home-base. Members fashioned the building into a hostel/club house with large front room with couches and tables, small central office, kitchen/storage to the rear, and outdoor showers behind the building.

This building was acquired by the organization in the Year 2000 through generous donations from members and friends (see plaque on wall in building) and proceeds of SBA events.

The common room, hot showers and rudimentary kitchen with stove, microwave and refrigerator are still available for member use. Members can also sleep in the building (sleeping bags on floor or couch) on non-activity weekends. Make sure to follow all HQ Use Guidelines and take out all

trash, turn off lights, and leave the facilities secure and cleaner than you found them.

SBA Headquarters continues to serve as a welcome center for visitors interested in bicycling or paddling in the region and is well stocked with maps and information about the entire Suwannee region. The building also continues to serve as gathering place for members and guests, as a staging venue for smaller events, open houses and trips, and as a storage facility for event equipment.



SBA Headquarters Use Guidelines

You are **welcome to use** SBA Headquarters and equipment if you are a member in good standing with the following guidelines:

- This facility is for **current SBA members** and their invited guests. A current SBA Membership Roster is posted on the website. Members who bring guests should introduce them to anyone else using SBA HQ.
- If **visitors** wander in while you are using SBA HQ, please greet them cordially and help them with information as best you can. Most maps and materials are free of charge.
- SBA HQ is a **“communal”** facility, like a hostel. Do not leave personal items inside HQ indiscriminately unless you intend for them to become community property.
- **DO NOT LEAVE FOOD** on the counters or tables.
- **CLEAN and RETURN** all cookware and dishes used during your stay.
- Clean **counters, stove and sink** to remove food left from prep and cooking.
- **DO NOT LEAVE** items in the **showers** (clothes, soap, empty bottles).
- **Empty ALL garbage cans** and deposit contents in refuse bins. Put refuse bins in street in front of HQ before you leave town.
- **Sweep** and vacuum floors.
- **Turn off lights** and water heater but leave refrigerator on.
- **ALWAYS** leave the **building secure** by locking all doors.
- Always leave the headquarters facility in as **good condition** as you found it (or better)!



Come Out and Play with SBA!

*Suwannee Bicycle Association
PO Box 247
White Springs, FL 32096*

386-397-2347 (Phone at SBA HQ)
904-797-7290 (Kim Frawley—President)

E-mail: bikesba@aol.com
List Server: sba@topica.com

WE'RE ON THE WEB!
WWW.SUWANNEEBIKE.ORG



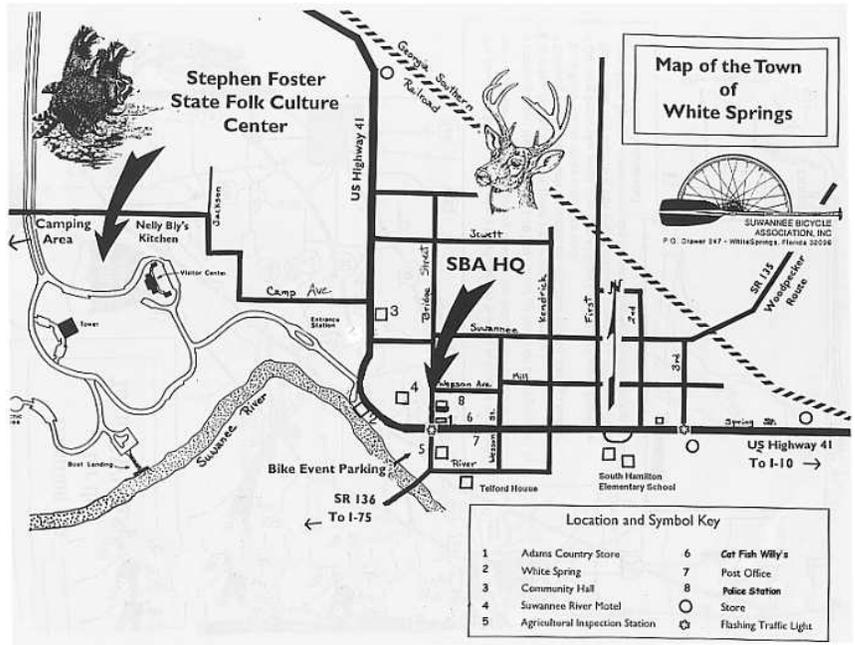
IMBA

Rules of the Trail

- * Plan Ahead
- * Control Your Bicycle
- * Leave No Trace
- * Never Spook Animals
- * Always Yield Trail

SBA Headquarters is located in downtown White Springs, one half block north of the intersection of State Road 136 and U.S. 41, near a flashing light (address: 10570 Bridge Street).

- **Coming from the east**, take I-10 to Exit 43, then go north on US 41 for 8 miles. (White Springs is about one hour from Jacksonville.)
- **Coming from north or south** on I-75, take the White Springs Exit (439), first exit north of I-10/I-75 interchange, then go east on SR 136 for three miles into town.
- **Coming from the west**, take Exit 41 from I-10 and turn right (north) on SR 137. At the “T” intersection, turn right (east) into SR 136 and follow it for about 4.5 miles into White Springs. (White Springs is about 1 1/2 hours from Tallahassee.)



Important Phone Numbers

- White Springs Emergencies 911
- White Springs Town Hall
386-397-2310
- Suwannee Co. Medical Emergency
386-362-2221
- Suwannee Co. Sheriff
386-362-2222

Warning: The White Springs Police Department will issue tickets for riding on roads at night without bicycle lights (front and rear), even if you are going a short distance. Be sure to bring bike lights!

