

What's Happening?

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Membership Benefits:

- **Discounts** on event registration fees
- **Privileges** to use SBA headquarters and equipment
- **SBA open house weekends** and other weekend adventures
- **IDIDARIDE** – preferred early registration
- **Rivers** - explore the Suwannee region on land or by canoe and kayak
- **Newsletter**
- **SBA E-mail List Server** for information
- **Membership** in a dynamic, fun-loving group
- **SBA website:** www.suwanneebike.org

See SBA Web-site for **local accommodations and paddle outfitters.**

Spring Hop Weekend, July 19-20

(Members only – if not a member, join today) Join SBA for an overnight paddle trip on the Middle Suwannee River. This part of the river is wider and known for its many beautiful springs. We have reserved one of the river camps for our group. River camps are covered, screened, sleeping platforms with overhead fans and lights. Tent sites are also available along with full restrooms, hot showers and grills. These river camps are part of a series that are being built along the upper and middle river. **This trip is limited to 25**, so reserve your space now. For more info, download registration form at our Web site or e-mail **Edwin McCook** at emccook@alltel.net (386.362.6154). You can use the form on the back of this newsletter to register.

Dog Days – Aug. 8-9, Suwannee River State Park

(Members only) Mark your calendars and make your campground reservations for this year's Dog Days at Suwannee River State Park at www.reserveamerica.com. Enjoy a fun and relaxing weekend of road and off road riding, paddling or tubing. Bring your own white t-shirt to create a **tye dye** t-shirt. Potluck dinner Saturday night. Continental breakfast is provided on Saturday and Sunday. Your SBA special price is **\$25** for a weekend of fun and floating (children free). SBA provides the tubes; however, please fee free to bring your own floatation device for the Saturday afternoon float. Also, Suwannee River State Park has undergone a major renovation including new bathroom facilities and upgraded campsites. For further details, visit our Web-site. On the back of this newsletter is a new member registration form that can also be used to register for Dog Days. Contact Tony at biketony@cox.net.

President Message - Kim Frawley

Summer is almost here and with it come vacations and adventures. A small group of SBA members are heading north to try out some real mountain biking! We will begin at Ft. Yargo State Park north of Atlanta, GA (12 miles of trail). In that same area, we will ride Chicopee (8 miles of trail) and Bull Mountain (11 miles of trail). For our next nights' stay, we head to Chilhowee Campground in Ocoee, TN (25 miles of trail). We will spend two nights at Raccoon Mountain outside of Chattanooga, TN (16 miles of trail) and

then head up to Tsali in NC (38 miles of trail) for a couple of days. This gives us a good chance to scout out areas for future SBA away trips! Needless to say, I'm doubling up on my riding and even taking spin classes to prepare for the hills. I encourage you all to go out and find new trail and new roads to ride. If you do and you'd like to share your experience, please send us a write up. Now go out and find an adventure!

Share the road, share the trail and share the passion!

Fat Tire Festival, Oct. 24-26

Mark your calendars for another spooky spectacular event. Organized rides will start Friday morning. Friday's **Meet & Greet** wine and cheese party is a great way to unwind after riding the trails or driving to White Springs. Saturday morning, **Mike Kelly's Beginner Mountain Bike class** will teach the basics of off road riding followed by a ride. Mike's class is the perfect opportunity to introduce mountain biking to your friends and family. **Edwin McCook** has once again offered to lead a **Photo Eco Hike**. Saturday afternoon, kids' fun includes apple bobbing and more. Saturday night, join the **Trail of Fear** horror walk or ride, followed by a bonfire and our campsite and costume contests along with the popular huffy toss. A **Saturday paddle trip** will also be offered. Night rides will be led both Friday and Saturday evening. And **Tony Beavor** will show a **scary movie** after dinner. Road riders are also welcome to join the festivities with self-guided rides. For more information or to register, print the form off the SBA Web-site or use a credit card at www.active.com. **Sharon Shea** 904.534.4417

SBA Headquarters

With the passion and commitment of our President, **Kim Frawley**, board member, **Tony Beavor**, and many volunteers, our historic building in White Springs has undergone some major renovations. A new loft was created for storage; our renovated kitchen now has new cabinets, counter tops and the floor was painted. Many thanks to **Pat Donovan** for providing new lighting in the showers. As a member benefit, you can use headquarters throughout the year except during events and open house weekends.

Board members

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SBA newsletter. Send articles to: Sharon Shea, editor; sharonallen.shea@gmail.com

Princess Preserve

Our SBA spring unplugged trip was to a beautiful preserve just an hour south of Jacksonville. SBA reserved three primitive waterfront campsites located on tributaries that run out to the Intracoastal Waterway for Easter weekend. After a hectic week, the peacefulness of Princess Preserve was wonderful. Friday night a few of us enjoyed a full moon paddle followed by a nice campfire. Saturday morning, we rode to Java Joint at the beach where we had a great lunch before heading back. Wild deer, hogs and owls were our neighbors for this delightful camping experience. Many thanks to **Kim Frawley** and **Joy Taylor** for organizing this weekend.

March Open House

Our March open house was the first opportunity for many of us to see the renovations at headquarters. It was a wonderful weekend that coincided with the Wild Azalea festival in downtown White Springs. As always, the pot luck dinner was great. Riding and trail maintenance rounded out a weekend of fun. Many thanks to **Mari Towle** and **Jerry Willert** for hosting this great weekend.

Spring Festival

Participants were treated to spectacular beautiful spring weather for this year's Spring Festival. Wild flowers were abundant along the country roads. The off road trails were in great shape thanks to the many volunteers who did trail maintenance. The river was running great and folks enjoyed the different paddle trips. The Try the Triple challenged a few gutsy participants. Many attendees arrived Thursday and were ready and waiting for the first rides on Friday. The Big Shoals were running fast and as always the Eco Photo Hike was enjoyed. Many participants remarked on nice it was to have many different types of activities throughout the weekend. Deer were seen throughout the park which was a real treat. Special thanks to: **Josh Allen, Tony Beavor, Frank Bennetto, Joy Balance, Lys Burden, Steve Buskirk, Hannah Carroll, Krin Cosner, Gene Currin, Kim Frawley, Angelique Goodwin Dave Groover, Jeanne Hargrave, Mike and Nancy Kelly, Brian Kelley, Betty Kolar** (massage therapist), **Jon Leeson, Edwin McCook, Wayne Mihlebach, Mary Nanny, Tish Nelson, Ginger Reed, Sharon and Mick Shea, Rick Shore, Bill Stroop,**

Joy and Abby Taylor, Mari Towle, Jerry Willert, Dutch Van der Krup, Mike West. And, a big thanks to all the participants.

SBA Events**Summer time and the living is easy....**

Don't camp but love White Springs and SBA events. Did you know that there are several great B&Bs in White Springs that offer our members special rates! Also, the state park and some of the other local campgrounds have cabins. If camping is not your passion and you want to attend our events, it is important that you make reservations early. For a list of local accommodations, visit our Web-site.

If you do love Stephen Foster State Park and want to extend your stay either before or after an event, contact the event coordinator to ensure that you can keep the same site. We always try to assign you and your friends to the same site or adjacent sites. So register early for events and let us know your preferences.

We really want you to have a great experience at our events. We are working on improving the meals at events and trying to look for ways to reduce our event registration fees. Your event registration fee pays for meals, camping, t-shirt, insurance, park facility rental and many other costs. The easiest way to reduce fees is by increasing the number of attendees. This can significantly reduce the costs. As a non-profit, we strive to offer you, our members, fun, quality and safe events at reasonable costs. By recruiting new members and participants, you will help lower the costs for everybody.

Volunteers are the lifeblood of our events. We recognize their hard work, their time and commitment before, during and after events by offering them a reduced fee; however, our hard costs are the same and your registration fee helps subsidize volunteer participation.

If you have any ideas or ways you can assist with events, please contact Kim Frawley to discuss at 386.397.2347.



Ride Guides and Leaders

All ride-guides are required to attend SBA Ride Guide Training which is offered during our open houses. Log your hours on the trail or road under the direction of our qualified Ride Leaders (road) or Guides (off road) to accumulate hours toward ride leader/guide status. Ride guides must be a member in good standing who have completed the required pre-event trainings and agree to apply their leadership and riding skills to guide, sag or sweep rides at an event. This qualifies you for reduced event registration. *See event calendar for training weekends.*

Ride Guides: Contact Rick at shore228@aol.com

Ride Leaders: Contact Jeanne at BiknJeanne@aol.com

SBA Headquarters

Contact **Walter McKenzie** if you would like to use headquarters when there are no events planned or help improve our headquarters, Walter can answer your questions. **386.397.2420** mckenzie@alltel.net.

Membership Renewal

All SBA memberships expired Dec.31, 2007. Remember, we have some very good members only events such as Princess Preserve (road rides and paddling), Spring Hop (paddling), Dauset (mountain biking) and Dog Days (Paddling, off road and road riding). Renew your membership for 2008 by using the form on Page 4 or through www.active.com. Subscribe and receive SBA information: access www.topica.com and follow the directions. If you move and/or change e-mail addresses, let us know your new addresses.

Tools for the Road

1. Know your ability

- Take tools for work that you can perform.
- Try to fix things only if you can improve how they work.
- Do not depend on others for your mechanical needs.

2. Know your bike

- Maintain your bike or let a bike shop do it for you; twice a year for heavy use.
- Catch problems before they happen on the road with regular inspections.
- If you have hard to find items on your bike, stock up.

3. Know your ride

- If you are going to be far from civilization, prepare with extra tools or parts.
- For short rides, you might not carry any tools if you don't mind walking.
- Urban areas may have more glass in the roadway; bring patches and a tubed.

4. Know your options

- If you carry a phone for emergencies, make sure you have reception on your ride.
- First aid can be an important part of a tool kit: know how to use it.
- Stop to help others but only attempt to fix what you know you can.

League of American Cyclist

SBA Calendar 2008

Date	2008 Events
July 19-20	Spring Hop, Edwin McCook
Aug. 8-10	Dog Days at Suwannee River State Park, Tony Beavor
Oct. 11-12	Open House – Trail Maintenance, Ride Guide Training
Oct. 24-26	Fat Tire Festival– Spooky Spectacular, Sharon Shea
Nov. 28-30	Dauset Preserve
Dec. 12-14	Secret Santa, Mari Towle and Jerry Willert

!!!Recruiting Members and Volunteers!!!

Have you been a long time member who has enjoyed the many benefits of an SBA membership and love attending our events and open houses? If so, please consider giving back to an organization that has given so much to you. Or are you a new member who is excited about the great opportunities for fun and camaraderie offered though SBA? If so, please consider how you can take a more active role in SBA.

SBA is a non-profit volunteer organization. Unlike many bike organizations that are located in large metropolitan areas, we are in a very rural part of Florida. Of course, that is what makes us unique. It's great to get away from the hustle and bustle, traffic woes and the daily grind and find yourself riding along a quiet country road, one of our off road trails or paddling the Suwannee.

Our SBA members live throughout Florida and Georgia. We have a great group of core volunteers who are always there to assist and make things happen. However, SBA needs *new* volunteers to help with planning, organizing and volunteering at our events.

Please consider the level of your participation and if you can be more involved, let us know. Remember that non-riding friends and family can also be involved. We have lots of opportunities and will work with you to make sure that you enjoy the experience.

As a member, another way you can help SBA is by recruiting new members. Invite them to an open house or encourage them to register for an event. If all our members recruited just one more family or individual, our club would greatly benefit. The more people at events actually lowers the cost of events for all attendees. So spread the word and recruit new members.

2008 SBA Membership Application and/or Summer Fun: Spring Hop, Dog Days

Name(s): _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone Numbers: _____

E-mail Address: _____

New members: Subscribe to Topica List Server: ___ Newsletter preference: ___ hard copy of the newsletter ___ online via e-mail

Emergency Contact: _____ Tele: _____

New member ___ Renewing Member ___ \$25 Individual ___ \$35 Family ___ (Membership good through 2008)

Volunteer Interests: _____

Bike Shop and/or Club Liaison _____

Membership Only: Mail to Brent Baris: P.O. Box 141653, Gainesville, FL 32614-1653

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: _____

SUMMER FUN - Members Only (children free):

Fill out this form and mail check and form to: (makes checks payable to SBA)

Spring Hop Adult Registration \$10 _____ (July 19 – 20)

Mail to Edwin McCook: P. O. Box 456, Live Oak, FL 32064

Dog Days Adult Registration \$25 _____ (Aug. 8 – 10)

Mail to Kim Frawley: 5216 Timucua Circle, St Augustine, FL 32086

Suwannee Bicycle Association
1309 Noe Court
Neptune Beach, FL 32266



Register for Spring Hop and/or
Dog Days – Summer Fun –
www.suwanneebike.org

SBA News Today: Share this newsletter and our Web site with your family and friends.