



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
- **Rivers** - explore the Suwannee region on land or by canoe and kayak
- **Newsletter**
- **SBA E-mail List Server** for information and activity announcements
- **Membership** in a dynamic, fun-loving group
- **SBA website:** www.suwanneebike.org

Fat Tire Weekend

Don't miss SBA's **Fat-Tire Open House Weekend November 4-6!** Even though this is being presented as an open house, it is almost like the festival without the higher registration fee.

Mountain biking and outdoor adventure enthusiasts will converge on the small town of White Springs for spectacular woodland riding and other outdoor activities along the scenic Suwannee River. Besides off road riding, other outdoor adventuring includes kayaking/canoeing and night rides. Fast paced, long distance (A) rides are offered daily for highly skilled riders. Intermediate riders will enjoy (B) rides which offer pedaling on the same great trails at a moderate pace, and leisurely, shorter (SEE) rides for first time riders, families and those who want to spend more time observing woodland terrain along the banks of the Suwannee River.

Continental breakfast on Saturday and Sunday will be provided. Bring your favorite dish to share at the pot-luck supper Saturday evening! All other meals are on your own. This will give you an opportunity to either enjoy your campsite cuisine or enjoy some of the very inexpensive meals offered at the local restaurants.

Registration is only \$10 for non-SBA members and \$5 for members. For planning purposes, register early. However, walk-in registrations are always welcome. Registration forms can be downloaded from the Web site. Send completed registration forms to: Kim Frawley, 5216 Timucua Circle, St Augustine, FL 32086. Make checks payable to the Suwannee Bicycle Association.

Sept. and Oct. Open House Weekends, White Springs

Two great open house weekends will give you an opportunity to participate in rides, help around headquarters or just enjoy the camaraderie of SBA. Contact me if you

would like to help improve our building facilities or with any other questions you may have about our next two open houses. *Kim Frawley* at 904.797.7290 or woodbike@bellsouth.net

Message from President

I am convinced that SBA is the only volunteer recreational outdoor club that does it all! Name a club that offers: recreational and endurance off-road and on road rides, paddling/kayaking, camping, hiking, trail development, educational activities, club house, community sponsorship and future adventure races, and I will gladly give you a free annual membership to SBA. I honestly don't think that another club does or can do what SBA offers on a regular basis. Please feel free to prove me wrong!

Camping / Cabins
Suwannee Valley Campground , White Springs, 386.397.1667 www.suwanneevalleycampground.com
Stephen Foster State Park , White Springs, Reserve America at 800.326.3521 or www.reserveamerica.com
Suwannee River Motel , 386.397.2822 (located at the entrance to the state park)
White Springs Bed & Breakfast , 386.397.1665
Suwannee Valley Cabins , White Springs, 386.397.1667
Kelly's Campground Cabins , White Springs, 386.397.2616
Spirit of Suwannee Cabins , 386.364.1683 (Suwannee Springs, 15 miles away)
Holiday Inn , 386.752.3901 (Lake City, 14 miles away)
Canoe/Kayak Info
Suwannee Canoe Outpost , 386.364.4991 or www.canoeoutpost.com
American Canoe Adventures , 386.397.1309 or www.aca1.com

Board members

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Ididaride 2006

Saturday, Jan. 21, is a bicycle challenge ride; NOT a race. Approximately 50 miles of single track trails and woods roads running along the Suwannee River have been linked to form a continuous route with minimum of pavement. At several checkpoints along the route, SBA will monitor progress of riders. Food, beverage and mechanical support are available at these stations. Bail-out points are marked. Entry fee of \$45 with a \$5 discount for SBA members includes continental breakfast, mid-ride lunch and buffet dinner provided by Dixie Grill after the ride. Participation is limited (by land managers and trail carrying capacity) to the first 250 registrants. Registration fills well in advance of the event; **DO NOT WAIT**. A few good volunteers are needed to help organize this event; i.e. help with registration, mark the route, collect arrows afterwards, sag stops, food and clean-up. For more information visit our Web site at: www.suwanneebike.org or contact event directors, **Jodi and Scott Chase** at sachase@bellsouth.net or 352.367.4512 (home).

Dog Days – Pedal and Paddle

Perfect weather conditions for camping and riding including a very low bug factor made this one of the best Dog Days ever. The banks of the Suwannee River were alive with the sound of laughter as we floated in our tubes and kayaks down the river. Because of high river conditions creating strong currents, instead of floating the Withlachochee River to where it intersects with the Suwannee River and then paddling upstream a few hundred yards, we put in at the Suwannee River State Park. The dark tannic water moved us swiftly past river banks draped with huge cypress trees to our take out at Anderson Springs. Tony and Matt met us to transport tubes, kayaks and people back to the state park. It was a lazy dog days float.

Saturday evening's potluck dinner offered up plenty of tasty items. After stuffing ourselves at the potluck, a group led by Joy Taylor enjoyed the popular ghost walk along the Sandhills hiking trail. It is part of an old stagecoach road that winds through pine and palmetto terrain. A small cemetery dating back to the 1800's is the highlight of this 30 minute night hike.

Saturday and Sunday both offered awesome road rides. On Saturday, a group, led by Jeanne Hargrave, did the 30 mile Tour

of Wellborn, and on Sunday, two groups did the 30 mile Madison Springs ride. Swimming in the cold, clear blue waters of Madison Springs was definitely invigorating before riding back the final 10 miles to the park.

Saturday, off road riders enjoyed the Anderson Springs trail. The first part of the trail offered plenty of challenges while the older part of the trail along the river felt like a fast freeway. Everybody enjoyed a dip in the Suwannee River especially Mick Shea and Joy Taylor who effectively cleared out the gigantic Banana spiders for the rest of us. We had quite a few riders that got to experience their first SBA event. 2005 Dogs Days was a real SBA success!

Sharon Allen Shea

KUDOS

Bills Wills for organizing and hosting Dog Days. **Jeanne Hargrave** for organizing the road rides. **Tony Beavor**, **Scott Chase** and **Steve Busey** for Anderson Springs trail maintenance. **Matt Uhrig** for support. **Mike Kelly**, **Joy Taylor**, **Kim Frawley**, **Mick** and **Sharon Shea** for off road ride guide at Dog Days.

Joy of Biking

For the first time in over a year, the trails near Suwannee River State Park were not only rideable, but extremely enjoyable. Saturday morning's off-road ride at Anderson Springs was taken advantage of by a good sized group who braved sauna scale humidity and plate-sized Banana spiders but were rewarded with finally-dry trails and a refreshing swim at the spring afterwards. Several road-bike enthusiasts emerged with sweaty smiles and may just be off-road converts after experiencing the tight, twisty sections and open, winding ups and downs of this 7+ mile riverside trail. In order to enjoy these trails and the trails around White Springs, be sure to register for the upcoming Fat Tire weekend in November.

Contact Joy Taylor at trekjoyt@aol.com.

Membership/SBA Internet Users

SBA maintains a free list server through sba@topica.com to inform subscribers of SBA events. If you would like to subscribe and receive SBA information, access www.topica.com and follow the directions, or contact Mary at mtb0925@hotmail.com. If you move and/or change email addresses, please let us know your new addresses.

Ride Guides and Leaders

Ride-guides are still needed for leading and sweeping rides at the Fat Tire weekend. All ride-guides are required to attend SBA Ride Guide **Training is offered during our open houses in Sept. and Oct.** Only a limited number of ride-guide registrations will be accepted, so register early for the Fat Tire weekend!

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. Remember that 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 them for a free or reduced event registration.

See event calendar for training weekends.

Ride Guides: Contact Tom at tomsturf@earthlink.net.

Ride Leaders: Contact Jeanne at BiknJeanne@aol.com

Follow the Trail

Trail work is an ongoing club effort. With the challenges presented by last year's storms and flooding, this has been a season for rebuilding and cleaning up our existing trails. There is still a lot of work to do. If you enjoy trail work or would like to learn more about developing trails, e-mail Tony at btonybea@aol.com.

Volunteers Corner

SBA volunteers make up the foundation of this club. Help plan and coordinate events, work a few hours at an event, lead rides. Consider donating your time or special skills to help your club grow. Age is no limit; make this a family volunteer event. When and where you volunteer depends on the nature of the services you want to provide. You may volunteer during certain hours at events, open houses or other weekends. E-mail Gene Curran at gcurrin@automedical.com with "Volunteer" in the subject line. Provide the following information:

- The type of position you want to fill
- Personal experience that will help with this position
- What days/hours you can volunteer
- Your e-mail address
- Acknowledgement that this is not a paid job

Team Newsletter. Send articles to: Sharon Shea, editor; sharonallen.shea@gmail.com

SBA Calendar

Date	2005 / 2006 Events
Sept 24-25	Open House (ride guide training)
Oct 22-23	October Fest Open House (ride guide training)
Nov 4-6	Fat Tire Weekend
Dec 10-11	Secret Santa Open House and Century Ride
Jan 21	IDIDARIDE 2006
Feb. 11-12	Sweetheart Cycling Weekend and Century Ride

Ranger Rudy – Insect Meteorologists

My new neighbor, who just moved here from Michigan, came to the fence to say hi, then asked me a question about the small mounds of sand appearing in his yard recently. He asked if moles caused them and if they were harmful to his grass. I said no, they were actually helpful to the soil and were caused by large bugs.

These insects know when cold weather is approaching and to protect themselves, they dig holes about half an inch in diameter, straight down through the sand a few feet. As they remove the sandy soil, they push it to the surface, and it stacks up next to or over their tiny mining shaft. These tailing piles are usually 5 to 6 inches high with an 8 to 10 inch base. The holes help aerate the soil and also help it percolate.

These insects perform their mining excavation a day or two before temperatures drop to near freezing or below. Using this nature knowledge always encourages me to dress warmly if I plan any immediate, outside adventures. *Rudy Miller*



SBA Ride-Away Weekend, Nov. 25-27, Dauset Trails, GA

Just 3 hours north of White Springs, off I-75, Dauset Trails Nature Center has over 20 miles of some of the sweetest single track for every skill level. This privately owned Nature Preserve is 500+ acres and only one group at a time is allowed to camp! The cost is only **\$5 per person per night** and includes use of the covered pavilion for group meals, hot showers, flush toilets, tent pads, fire rings, and Turkey Roosts (elevated, covered sleeping platforms), swimming, fishing (bass, bream), use of kayaks/canoes and great hiking. Space is limited. To reserve your spot, contact **Sam Veal at saveal@bellsouth.net or 904-285-8392.**

SBA Membership Application

Name(s): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____

E-mail Address: _____

Newsletter preference: hard copy of the newsletter online via e-mail

Subscribe to Topica List Server:

I am interested in the following opportunities: Volunteer Ride guide (off road) Ride lead (on road)
 Trail maintenance Bike shop liaison for _____ city/ies
 Other _____

Membership Type: \$25 Individual \$35 Family

Suwannee Bicycle Association
12585 E. Walton Drive
Floral City, FL 34436



Nov. 4-6

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