

2017 FTF Schedule — Welcome to the Suwannee Fat Tire Festival

Copy and bring this with you PLEASE

SBA is a non-profit organization. Your participation helps support headquarters, trail maintenance/equipment and more. Thank you.

- **Thursday early bird check in** 2 p.m. at SBA Headquarters (HQ).
- Check in at HQ before going to your campsite (official check in at state park is 3 p.m.)
- **HQ Parking:** Hamilton St. by HQ; former tourist Center catty-corner from HQ. Do **not** park cars in the field across the street or in front of the other merchant (Antique store) located next to HQ
- **Restrooms** are located around the corner from HQ (follow the signs). Keep them clean and report any problems ASAP. The Town of White Springs is allowing us to use these facilities.
- **Thursday 6:30 - 7:30 p.m. Pot Luck!** Paper products provided; however, please feel free to bring your own.
- **SBA will be recycling.** Look for recycle bins that will be set up.
- **All meals will be at Nelly Blyes in state park.**
- **All rides start from Nelly Blyes.** Cross your name off the ride sheet when you finish.
- **Nelly Blyes** has limited parking; if camping in the state park or staying in a cabin, please walk or ride your bike.
- **Use the sign up sheets to sign up for ALL activities and rides.**
- **ALWAYS observe the speed limit** when driving in the **State Park**
- Do **NOT** wear bike shoes into the Park museum or Nelly Blyes.
- Do **NOT** ride your bikes on the sidewalk area in and around the gift shop area.
- **Yoga by Barbara – Friday, 3:30 – 4:30 p.m. (Nelly Blyes)** There will be some mats available, however, if you have a mat, bring it.
- **Yoga by Dottie – Saturday, 4 – 5 p.m. (Nelly Blyes)** There will be some mats available, however, if you have a mat, bring it.
- **Paddle trips** - Bring your own boat. Or make arrangements to rent a kayak from **American Canoe Adventures (ACA)** 386.397.1309, in White Springs: \$35 kayak. Also sign up at event so that Edwin McCook can coordinate the paddle.
- **Big Shoals** charges a user fee. Please be prepared to help support this wonderful park. **Drive in: \$4 per car.** Bicycle in: **\$2.** SBA will pay for Saturday group ride (bicycle in only).
- **\$1 Raffles** — bike related items donated by Jacksonville bike shops: **Champion Cycling, A1A Cycle Works, St. Augustine** and **Fernandina Beach Cycling and Fitness Center**
- During events, please do **not** bring your furry dog friends into headquarters or Nelly Blyes. They are welcome in the campground. Please curb any excess barking and always clean up after your dogs.
- **Minor bike repairs** will be provided by Stan from **Champion Cycling** at Nelly Blyes on Thursday afternoon, Friday morning and afternoon, Saturday morning and afternoon. You can also check with Stan at **campsite 8.**

Contact numbers: Sharon Shea 904.534.4417
Edwin McCook - Paddling: 386.364.7597

State Park 386.397.3521
Tony - road rides: 352.256.8522

Friday

<p>7:30 – 8:45 a.m. Breakfast</p>	<p><i>Continental Breakfast, including:</i> <i>Oatmeal</i> <i>Breakfast breads: Cranberry, Pumpkin, Poppy Seed</i> <i>Fruit</i> <i>Juice, coffee</i></p>
<p>11:45 – 1 p.m. Lunch</p>	<p><i>Hamburgers and Hotdog</i> <i>Pasta Salad</i> <i>Chips</i> <i>Ice Tea</i></p>
<p>3:30 – 4:30 p.m.</p>	<p>Yoga by Barbara (<i>Nelly Blyes; if you have a mat, please bring it; some mats and blocks will be provided</i>)</p>
<p>5 – 6 p.m.</p>	<p>Meet & Greet – Wine & Cheese (<i>Nelly Blyes</i>) <i>outside if weather is nice</i></p>
<p>6:30 – 8 p.m.</p>	<p>Dinner: Lasagna, Salad, Dessert (BYOB) <i>Vegetarian lasagna only for participants pre-registered as vegetarians.</i></p>



Saturday

<p>7:30 – 8:45 a.m. Breakfast</p>	<p style="text-align: center;"><i>Bacon, Ham, Sausage & Cheese Strata (Catered by Gregory Pauls)</i> <i>Spinach, Mushroom, Caramelized Onion, Red Bell Pepper & Cheese Strata</i> <i>Fresh Cranberry salad: fresh orange, pear, apple, grapes, currants, dried cranberry, apple, walnuts</i> <i>Breakfast Breads: Cranberry, Pumpkin, Poppy Seed</i> <i>Juice, coffee</i></p>
<p>8:30 a.m. - noon</p>	<p>Suwannee River Paddle — 5 miles; approx. 2.5 hours paddle. Led by Edwin McCook <i>Meet at boat ramp parking area in the park</i></p>
<p>9 – 11 a.m.</p>	<p>Beginner Mountain Bike Clinic and Post Clinic Ride (Mike Kelley) <i>Ages 13 - 16 must be accompanied by an adult. Meet at the Multi-use trail head to Fosters Hammock (by entrance to campground)</i></p>
<p>11:45 – 1 p.m. Sat. Lunch</p>	<p style="text-align: center;"><i>Chicken Salad (Catered by Gregory Pauls)</i> <i>Sliced Ham Platter & Assorted Rolls: With Swiss cheese, whole grain mustard, lettuce, tomato</i> <i>Chick Pea Salad^h: In a cumin lemon vinaigrette with cucumber and sundried tomato</i> <i>Broccoli Salad: In a honey mayo dressing with radish, carrot, bacon, currants, red onion</i> <i>Cookies: Cranberry Oatmeal Cookies, peanut butter chocolate oatmeal cookies</i></p>
<p>3 – 4 p.m.</p>	<p>Kids Mountain Bike Clinic taught by Mike Kelley - Children under 13 (an adult must accompany the child) Meet at Multi-trail head parking.</p>
<p>4 – 5 p.m.</p>	<p>Yoga by Dottie (Nelly Blyes; if you have a mat, please bring it; some mats and blocks will be provided)</p>
<p>6 – 7:15 p.m. Sat. Dinner</p>	<p style="text-align: center;"><i>Pork slices, Smoked chicken (Catered by Fat Bellies)</i> <i>Potato Salad & Baked Beans</i> <i>Green Beans</i> <i>Banana Pudding</i> BYOB</p>

7:30 – 10 p.m.



Nelly Blyes

Campfire Camaraderie:

Prizes for Huffy Toss, Costume Contest, Raffle Drawings

(Bring your camp chairs and sit around the fire)

FOOD DRIVE for needy families: *Bring five items and receive a raffle ticket when you check in.*

Bring back the bells. *Help SBA raise funds to restore the park’s Carillon Tower. This year, a donation will be made to the park from the raffle tickets sold.*

Thanks to Champion Cycling, A1A Cycle Works, St. Augustine and Fernandina Beach Cycling and Fitness Center

Sunday

7:30 – 8:45 a.m. Sun.
Breakfast

Pancakes by Tony
Scrambled eggs and sausage
Grits
Juice, coffee

Get Ready and Mountain Bike Ride:

RIDE SCHEDULE: For information about scheduled rides, ride guides will answer questions and help you select the best ride for your ability. Ride schedule is subject to change based on trail conditions and number of riders who sign up. Remember, it is OK to get off and walk over tricky terrain.

Off Road Rides: *All rides are led by ride guides.*

A Rides — Advanced mountain bike skills, fast and technical skills required

B Rides — Intermediate mountain bike skills, technical skills required

C Rides — Beginner mountain bike riders or intermediate that like a slower pace

Rider Reminders

- Ride at your comfort level leaving room between you and rider in front. If stopping, move off the trail and let those behind you know that you are slowing and/or stopping.
- Please let the ride guides know before starting a ride if you have any medical issues such as allergies to bee stings, diabetes and so on.
- This is nature so watch out for snakes in the palmettos, sandy areas and along the riverbanks.
- Use bug repellent and check for ticks.
- Keep your hands on the handlebars!
- Check your name off the list at end of the ride.
- Bring water bottles and/or camelbacks. Bring spare bike tubes.
- **All rides require helmets. Night rides require front and rear lights and are for experienced riders.**
- Minor bike repairs may be available.

If you want maps, please print your own: [Off road Maps](#) [Road Maps](#)

Beginner Mountain Bike Clinics with Mike Kelley meet at Multi-use parking area—before entrance to campground

Off Road Bike Rides *(meet at Nelly Blyes)*

Friday	
9 a.m.	Bridge to Bridge & Gar Pond (A-C); optional Beast of Burden (A & B)
1:30 p.m.	Fosters Hammock (A & B)
Saturday	
9 – 11 a.m.	Beginner Mountain Bike Clinic <i>(meet at multi-use trail head)</i> <i>ages 13 – 16 must be accompanied by an adult)</i>
8:30 a.m.	Big Oak, vehicle caravan from Nelly Blyes (lunch will be provided at the trail head after the ride) – DON'T BE LATE.
9 a.m.	Big Shoals (A-C) & optional Long Branch (A & B)
1:30 p.m.	Bridge to Bridge, Gar Pond (A-C) Optional: Beast of Burden (A & B)
3 p.m.	Kids mountain bike clinic (an adult must be present)
Sunday	
9 a.m.	Backwards: Gar Pond & Bridge to Bridge, (B & C)
9 a.m.	Beast of Burden (A & B) and optional, backwards: Gar Pond & Bridge to Bridge

ROAD RIDES (Self-Supported)

(meet at Nelly Blyes)

Contact Tony if you have an issue while riding: 352.256.8522

Friday	
9 a.m.	24 miles. Wellborn Orchid Ride map Tour of Wellborn/Orchid Ride - 24 miles
9 a.m.	45 mile ride. Wellborn, Falling Creek and Milton's Wellborn, Falling Creek and Milton's - 45 miles
1:30 p.m.	22 mile ride. Falling Creek Winfield and Falling Creek Ride - 22 miles
Saturday	
8:30 a.m.	43 miles. Woodpecker Loop The Woodpecker Loop - 43 miles
9 a.m.	25 miles. Milton Loop. The Milton Loop - 25 miles
1:30 p.m.	30 miles. Suwannee Springs loop Suwannee Springs Loop - 29 miles
Sunday	
8 a.m.	32 miles. Falling Creek Sunday Morning Ride - 32 miles
8:30 a.m.	25 miles. Suwannee Sweetheart Suwannee Sweetheart

Please print your own maps using the GPS links.

Self-guided Options

Hike	Hike the Florida Trail – Trail head from the boat ramp inside the state park.
Bike & Hike: Big Shoals Perfect for families, new cyclists or if you just want a relaxing ride to see the shoals. Note: Shoals may not be visible due to level of the river.	Ride from HQ and then ride the paved Woodpecker Trail . (12 mile round trip) OR Drive to the Big Shoals trail head to ride the paved Woodpecker Trail (approx. 6 mi. roundtrip ride bike ride on the paved Woodpecker trail through the woods. Hike to see the shoals (white water rapids) (2 mi. round trip hike). Note: Entrance fees to Big Shoals park: (\$2 per person park fee or \$4 per car)
On Your Own Paddles	Visit ACA and work out a paddle with American Canoe Adventures (ACA) 386.397.1309 located in White Springs



Thanks to our friends

Champion Cycling, Jacksonville

Fernandina Beach Cycling and Fitness Center

A1A Cycle Works, St. Augustine

Fat Bellies Restaurant, White Springs

Gregory Pauls, Jax Beach

Pedal Milisha