

Your registration has been received. Suwannee Bicycle Association is looking forward to hosting the Annual SBA Spring Pedal "n" Paddle Festival in beautiful White Springs, Florida.

FAQs

1. What food is included in an event fee?

Breakfast:

Lunch: (pizza or deli sandwich, chips, cookies)

Meet and Greet: (assortment of cheeses, veggies and dip)

Chocolate Desert Night: (Chocolate fountain with all you can dip strawberries, bananas, etc. Ice cream table with assortment of toppings)

We provide fresh Gatorade and water daily, fresh PBJ's, sliced fruits and single snacks for you to take on any of the rides. The snacks and drinks will be available daily at check in desk. The meal plan is optional and should be purchased separate from event registration fee. The meal plan includes dinner Friday and Saturday. If you purchase an optional meal plan, you don't have to worry about bringing any other food items. Food is plentiful!

2. How will I know where to ride?

We fashion our event like a cruise ship except you are camping! For your pre-paid fee, SBA feeds you and provides experienced bicycle ride/trail guides. Choose a ride or trail and sign up! We understand that many are novice riders ,so we have ride/trail guides that ride at different speeds. No one is left behind. We have "A" ride guide/ leaders that will provide a faster pace for the more experienced riders. Que sheets are also available. We understand that everyone does not ride at same pace or distance. We have short rides as well as longer rides including a century. We also offer a SAG (support and gear) vehicle if you have bike problems or get tired. Call us (we provide everyone with emergency numbers and our personal cells). Our SAG will help in any way. Including picking up your bike and transporting you and bike back to Stephen Foster State Park.

Sign-up sheets will be conveniently available for you beginning Thursday after registration opens. These are important as it helps our guides prepare for you trip. On Friday morning sign-up sheets are moved to main check in counter at the entrance of Stephen Foster State Park.

You will receive an event schedule one week prior to SBA SPRING PEDAL N PADDLE. The schedule will provide you with the overall rides and river events throughout the long weekend. There will also be a posted schedule at the check in counter.

3. If I do not get back in time to get lunch at the pavilion where will I eat?

SBA ride director has planned rides that have stores or restaurants along the way. SBA's PREMIRE ride on Friday is the (Hydroponic Hop), after your tour of the Gardens, a lunch will be delivered at the hydroponic gardens. Our PREMIRE ride on Saturday is the (PEDAL 'N' PADDLE). The deli lunch will be delivered to that location as well.

4. Are kayaks included in event fee?

No. Local outfitters rent kayaks and canoes for a fee. SBA will provide you with phone numbers located on event schedule and in future emails. If you plan to participate in a kayak event please call Edwin McCook , SBA River Guide. Edwin will be guiding the Friday Ichetucknee and Saturday Suwannee River paddle. Edwin has a trailer that can accommodate several boats. It's important that you contact him to reserve a spot for your personal boat. He is an experienced river guide and will help you with all boat logistics. He will also help with coordinating pick up of rental boats.

If you plan on participating on the Pedal 'n' Paddle, you must reserve your kayaks personally by calling Spirit of Suwannee Canoe Outpost (386-364-4991). Inform them that you will be with the Suwannee Bicycle Association group. It is not logistically possible to take your personal kayak on this trip.

In order that SBA may continue to provide a well-staffed and enjoyable Spring Pedal 'n' Paddle, everyone camping on a SBA reserved site must be a registered participant We have included this non- participant fee at a reasonable price. Many non-riders/kayakers wish to be included in evening socials and lunch. For a reasonable non-participant fee they can enjoy all the social activities. Non-participants are invited to tour the Hydroponic Gardens, but they must provide their own transportation.

See you on the Suwannee River!