

# Suwannee Bicycle Association

## Spring Pedal 'n' Paddle Festival Schedule

### April 28-May 1, 2016

Stephen Foster Folk Culture Center State Park, White Springs, FL

#### Event Check In:

- Thursday- 12:00 PM- 8:00 PM SBA Headquarters at 10561 Bridge Street, White Springs (Look for the red bicycle sticking out of the building).
- Friday- 7:30 AM - 8 PM SF State Park Nelly Bly's.
- Saturday- 7:30 AM - 2 PM SF State Park Nelly Bly's.
- Check-in time to campsites is 3 PM; Check Out time on Sunday is 1 PM
- All camping is shared sites unless private site was designated.
- Activities leave from registration Nelly Bly's in Stephen Foster CC State Park
- Activities may be cancelled or combined if minimum number participants do not sign up. Weather and Suwannee River level may affect activities.
- SBA Spring Pedal 'n' Paddle will be held rain or sunshine.
- Reservations with American Canoe Adventures (ACA) should be paid the day before paddle event. ACA phone number is (386-397-1309). ACA is located one block from SBA Headquarters.
- Ichetucknee Family Canoe and Cabin rents canoes/kayaks for Friday Ichetucknee River Paddle trip. Call 386-497-2150 for reservations.
- Saturday Pedal n Paddle ride - Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak.
- Road Rides GPS downloads at <http://suwanneebike.org/events/springfest.php>
- Off Road Maps available at <http://suwanneebike.org/trails/offroad.php>
- All boaters must wear required life jackets.
- All cycling events require helmets.
- Observe speed limits in White Springs and Stephen Foster State Park.
- SAG (SUPPORT AND GEAR) phone # 386-243-0115. In case of emergency call 911.
- Questions: Please call Dale Nanny ([dalenanny@aol.com](mailto:dalenanny@aol.com)) (321-698-6004)

## Thursday (April 28, 2016)

**1:30 PM- Milton's Loop- 25 miles**: Scenic ride to Milton's Restaurant and Store. Milton's Store is only rest stop. Self-supported ride.

**6:30 PM - Pot Luck at SBA Headquarters-** bring dish to share. ALL Event Participants are invited to Pot Luck!! Water and Ice Tea provided.

**\*\*Coffee each morning starting at 6:30 AM at Nelly Bly's\*\***

## Friday (April 29, 2016)

### Road Rides

GPS downloads at <http://suwanneebike.org/events/springfest.php>

**9:00 AM- White Springs-Jasper Loop 52 miles.** (A-B riders) Rest Stops at stores on route. Rest stops/stores are 15-20 miles apart. Gatorade, PBJ's and snacks available at Registration Nelly Bly's. Note: Follow the cue sheet to Subway at mile 29.6. Do not follow road marks onto bike trail or you'll miss Subway. Continue straight on MLK to 2<sup>nd</sup> Ave SE/US 129. Turn right and Subway is on your left.

**9:15 AM- Hydroponic Hop- 15 miles.** Meet at Stephen Foster SP Nelly Bly's and caravan to Pine Grove Methodist Church.

- Hydroponic Tour starts at 11AM
- Lunch provided at Hydroponic Gardens.

**9:30 AM- Hydroponic Hop- 28 miles.** Start at Stephen Foster SP Nelly Bly's.

- Hydroponic Tour starts at 11AM
- Lunch provided at Hydroponic Gardens.

**1:30 PM- Winfield Wildflower Ride- 13 or 23 miles:** Easy loop around White Springs and Suwannee Valley. The 23 mile route passes by Falling Creek Falls.

## Friday (April 29, 2016) (cont'd)

### Off Road Rides

Trail maps and more info available at

<http://suwanneebike.org/trails/offroad.php>

**1:30 PM- Foster Hammock Loop-** 6 mile loop through SF State Park. 6 mile single track with shorter bailout options at road crossings. Palmetto roots, elevations, tight turns and distance make this an intermediate trail. Trail map available

### Kayak/Canoe Event

**9:00 AM- Canoe/Kayak the Ichetucknee River-** cost is approx. \$5.00 park fee plus boat rental (approx. \$16 per person). Make your lunch prior to departure. Water bottle (no disposables), swim suits, mask and snorkel-optional; **Meet at Stephan Foster SP Nelly Bly's and car pool** from White Springs. Call Ichetucknee Family Canoe and Cabin (386-497-2150) to rent canoe/kayak. Return to White Springs around 4 PM. Email Edwin McCook at [emccook@windstream.net](mailto:emccook@windstream.net) or 386-364-7597.

### Friday Activities

**8:00-9:15 AM- Breakfast** for all event participants at Nelly Bly's.

**11:30-12:30 PM- Lunch** provided at Nelly Bly's

**3:30-4:30 PM- Yoga Class:** To be held at Nelly Bly's.

**5:30-7:00 PM- Meet & Greet at Nelly Bly's:** snacks, cheese and beverage provided.

**7:00- 7:30 PM Chicken Pilau Dinner** at Nelly Bly's - Catered by Dixie Grill. Advanced reservations required.

**All Road Rides** GPS downloads at <http://suwanneebike.org/events/springfest.php>

## Saturday (April 30, 2016)

### Road Rides

GPS downloads at <http://suwanneebike.org/events/springfest.php>

**8:00 AM- Century: Suwannee Springs/Sheriff Boys Ranch Ride (55 miles).** Add **Woodpecker Loop** (43 mi) for Century. SAG (SUPPORT AND GEAR) stops at Nelly Bly's and grocery stores (15-30 miles apart). Ride 30, 55 or 100 miles.

**8:30 AM Pedal 'n' Paddle Suwannee River** - Pedal 15 miles to Spirit of Suwannee Campground; paddle 3-4 mi; then pedal 15 miles back to Stephen Foster SP. Approx. \$25 per canoe or kayak. Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak. Deli lunch provided at SOS Canoe Outpost.

**9:30 AM- Live Oak Lunch Ride - 38 miles.** Lunch optional at Dixie Grill or All Decked Out Café. Have lunch or return to White Springs.

**10:00 AM- Wellborn Orchid Ride- 23 Miles.** Stop at Bob's Butt Café a family owned restaurant in Wellborn. Optional tour of the Geiger Orchid Nursery in Wellborn at 11AM. Maurice Geiger has been growing orchids since 1954.

**1:00 PM- Bike and Hike to Big Shoals via Woodpecker Trail-** Easy ride to Big Shoals. 3miles on road, 3 miles on paved tree lined trail. Ride road, off road or hybrid bicycle (12 miles round trip). One mile walk to Big Shoals. Park entry fee \$2. Bring bike lock for hike.

### Off Road Rides

Trail maps and more info available at <http://suwanneebike.org/trails/offroad.php>

**9:00 AM- Big Shoals (12 miles) AND Long Branch Trails (3.5 miles)**

**BS:** 10 miles single and double track to 3.2 mile paved Wood Pecker trail.

**LB:** 3.5 mile single-track with 3 fun climbs at end. Elevation and distance of combined trails make this an intermediate ride. Total of both trails approx. 15 miles.

## Saturday (April 30, 2016) (cont'd)

**2:00 PM- All Town (Beast of Burden, Bridge to Bridge or Gar Pond) 18 miles B to B:** 4.5 mile short, but challenging single-track with plenty of sharp turns, climbs and descents. Beg.-Int.

**GP:** 7 mile beginner trail, mostly flowy single-track, a few technical sections

**Beast:** 7 mile challenging single-track, tight, twisty, drops and climbs. Int.-Adv.

Total of all 3 trails, approx. 18 miles.

### Canoe/Kayak Events

**8:30 AM- Pedal 'n' Paddle Suwannee River** - Pedal 15 miles to Spirit of Suwannee Campground; paddle 3-4 mi; then pedal 15 miles back to SF State Park. Approx. \$22 per canoe or kayak. Call Spirit of the Suwannee Canoe Outpost (386-364-4991) to reserve canoe or kayak. Deli lunch provided at SOS Canoe Outpost.

**8:30 AM- Canoe/Kayak the Suwannee River** - Launch from US 41 Canoe Launch. Paddle will be 2-3 hrs. to PCS Landing. Bring your own canoe/kayak or contact ACA (386-397-1309) to reserve canoe or kayak. ACA is one block from SBA Headquarters and can be contacted at [www.aca1.com](http://www.aca1.com). Cost \$25 /person + tax. Canoe/kayak transportation provided by Edwin McCook.

### Saturday Activities

**7:00-8:30AM- Breakfast** for all event participants at Nelly Bly's.

**11:30-12:30 PM- Deli lunch** provided at SF State Park Nelly Bly's.

**4:00 PM- Yoga Class:** To be held at Nelly Bly's.

**6:00-6:30 PM: Bar-b-que Dinner** at SF State Park Nelly Bly's catered by Fat Bellies. Advanced reservations required.

**7:00-8:00 PM- Chocolate Extravaganza:** Enjoy a variety of chocolate desserts and ice cream at SBA Headquarters.

## Sunday (May 1, 2016)

- Check out time at the SF State Park Campground is 1:00 PM.
- Cabin Check out time is 11:00 AM
- SAG (SUPPORT AND GEAR) ends at 1PM.

### Road Rides

GPS downloads at <http://suwanneebike.org/events/springfest.php>

**8:30 AM- Sunday Morning Ride:** 25 & 31 Mile Ride through Suwannee Valley and Winfield Communities. Ride fast or break camp prior to departure.

**9:00 AM- Winfield Wildflower Ride:** 13 mile easy road ride around White Springs and Suwannee Valley.

### Off Road Rides

Trail maps and more info available at <http://suwanneebike.org/trails/offroad.php>

**9:00 AM- All Town (Beast of Burden, Bridge to Bridge or Gar Pond) 18 miles**

**B to B:** 4.5 mile short, but challenging single-track with plenty of sharp turns, climbs and descents. Beg.-Int.

**GP:** 7 mile beginner trail, mostly flowy single-track, a few technical sections

**Beast:** 7 mile challenging single-track, tight, twisty, drops and climbs. Int.-Adv.

Total of all 3 trails, approx. 18 miles.

### Sunday Activities

**7:30-8:30 AM- Breakfast** for participants at Nelly Bly's.

### Self-Guided Options for the weekend

1. **Bike and Hike to Big Shoals** - Maps at Nelly Bly's (\$2 entrance fee)
2. **Check out the Park-** Gift Shop, Museum and the Bell Carillon.
3. **Free WiFi** available at SF State Park Gift Shop or White Springs Library