

SBA Spring Pedal 'n' Paddle Festival April 30-May 3, 2015

The Spring Bicycle Festival offers many wonderful outdoor experiences around White Springs and Suwannee River Valley. In addition to great on-road and off-road rides, the festival offers canoe and kayak. **Come and enjoy a different adventure every morning, afternoon and evening.**

Online Registration Closes: 28 April. Deadline for Shirts & Mail-in Registrations: April 18th

Adult Event Fee Includes: Shared camp site, Continental Breakfast Friday, Saturday & Sunday mornings, Lunch Friday and Saturday; Meet & Greet social (Friday), Chocolate Obsession (Saturday), DriFit Shirt, fruit and snacks each day at the pavilion; que sheets, ride leaders and SAG support for road rides; Trail Guides for off road rides; guided Canoe/kayak and hiking adventures.

Camping: Stephen Foster State Park sites are reserved by SBA. Registration fee is based on shared camp site. **Everyone** staying at Stephen Foster State Park must be registered for the event. This includes non-participant registrants. **We have a number of sites reserved for Thursday night.** Private Camp sites can be reserved for \$30/\$40 on a first come basis. If reserving a site prior to Thursday night, contact campsite coordinator, Dale Nanny at dalenanny@aol.com, to reserve same site for entire event).

Off-road rides: All level of riders from beginners to experts. Over 50 miles of marked and well groomed off road trails. Experienced Trail guides.

Beginner Mountain Bike Clinic: Learn basic skills Saturday morning and then ride off road trails. Group ride at 11AM.

Road rides: Cruise the quite scenic roads around White Springs, ride with a group to observe the wild flowers or ride to Live Oak for lunch. On Friday ride to the Univ. of FL Agriculture Farm to tour the hydroponic gardens. Lunch provided by SBA. On Saturday enjoy the Full or Metric Century. Great route to accomplish a century! Maps/Que sheets and road guides provided for specific rides. Routes are well marked on pavement. Rides for all levels of riders.

Bike & Hike to Big Shoals- Ride the paved Woodpecker Trail through the woods and hike to Big Shoals. Very good beginner or family ride and hike.

Ichetucknee Springs Paddle: Friday paddle the crystal clear water of the Ichetucknee River. Entrance fee required to Ichetucknee State Park. Paddle ten miles of shaded hammocks and wetlands before it joins Santa Fe River. Bring your mask and snorkel. Optional lunch at Subway. Boat rental is available at Ichetucknee Family Canoe and Cabins (386-497-2150).

Paddle Events: (Dependent upon river levels and weather): All scheduled paddle trips are guided by SBA Members. Paddle trips are scheduled Saturday and Sunday morning. Bring your own canoe/kayak or contact ACA

(386-397-1309) to reserve your canoe or kayak. ACA can be contacted at www.aca.com. Please confirm that you are with the SBA when you make boat reservations. Highly recommend making boat reservations prior to event. Payment must be made prior to boat pick up. We make every attempt to transport boats on SBA trailer. If you need further information contact Edwin McCook at 386-364-7597.

Signature Pedal 'n' Paddle: Saturday pedal 15 miles to Spirit of Suwannee Music Park. Then enjoy a six mile paddle down the Suwannee River. After paddling, pedal 15 miles back to Stephen Foster State Park. Make boat reservations with Suwannee Canoe Outpost (386-364-4991) at Spirit of Suwannee Music Park. Please confirm that you are with the SBA when you make boat reservations. SOS Canoe outpost will provide transportation back to bicycle. SBA will provide deli lunch.

Meal Plan: Meal plan is in addition to event registration fee. The meal plan consists of 2 dinners: Friday evening and Saturday night. All meals served at the SBA Headquarters.

Thursday Events: SBA Headquarters opens at 12 PM on Thursday for event check-in. Campsites at Stephen Foster are available for check-in at 3 PM. SBA will schedule a road ride Thursday at 1:30 PM. On Thursday evening please join us for a pot luck dinner at Suwannee Bicycle Association Headquarters. Schedules and sign-up sheets will be available to plan the weekend activities.

Evening Events: Friday enjoy a Meet & Greet at Stephen Foster State Park pavilion (same area as check in). Appetizers and beverages provided by SBA. Meet and Greet immediately followed by Friday evening dinner. Saturday dinner is served at Park pavilion followed by delicious Chocolate Extravaganza at SBA Headquarters. Chocolate desserts will be served including a chocolate fountain and fruits for dipping. The Chocolate Extravaganza is a **MUST** event!

Volunteers: If you desire to register as a volunteer, contact Dale Nanny at dalenanny@aol.com

Schedule and event options change each year. Please visit SBA web site (<http://www.suwanneebike.org/sbf.htm>) to view schedule.

Additional Lodging and Camping: Ask for SBA Discount
-White Springs B & B 386-397-4252
-Americas Best Value Inn 386-963-2501
-Kelley's Campground, Cabins & RVs 386-397-2616

Registration Rules:

- Under 18 yrs old must be accompanied by adult
- Registration fee does not cover canoe/kayak rentals.
- Cancellations: \$10 administrative fee prior to April 18th. No refund after April 18th.
- Festival will take place rain or shine.
- **Online registration closes April 28, 2015. Dri Fit shirt and mail registration closes April 18, 2015.**