

# Suwannee Bicycle Association

## Spring Pedal 'n' Paddle Festival Schedule

### May 1-4, 2025

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

Event Check In: All Check-Ins will occur at Nelly Blys in Stephen Foster Cultural Center State Park

- 🎬 Thursday- 3:00 pm- 8:00 pm
- 🎬 Friday- 8:00 am – 8:00 pm
- 🎬 Saturday- 8:00 am – 3:00 pm
- 🎬 **Check-in time to campsites is after 3:00 pm on Thursday**; Check Out time on Sunday is 1:00 pm
- 🎬 **All camping sites are shared sites. 1 RV and a couple tents per site.**
- 🎬 Activities may be cancelled or combined if the minimum number participants do not sign up. Weather and Suwannee River level may affect activities.
- 🎬 SBA Spring Pedal 'n' Paddle Festival will be held rain or sunshine.
- 🎬 Bike Rides: MOST EVENTS Depart from Nelly Blys! (Except Road Bike Rides due to road construction in Stephen Foster State Park and Conquer the Beast MTB Challenge)
  - Mountain Bike Rides: Daily rides with Ride Guide. Greater than 50 miles of bike trails to choose from. <http://suwanneebike.org/trails/offroad.php>
  - Road Bike Rides: Daily rides with Ride Guide. Greater than 100 miles of paved roads to choose from. <http://suwanneebike.org/events/springfest.php>
  - Gravel Bike Rides: Daily rides with Ride Guide. Greater than 50 miles of gravel bike roads/paths to choose from. <https://suwanneebike.org/trails/gravel.php>
- Hiking Trips: All Hiking Trips will meet at 8:45 am at Nelly Blys and depart from there.
- 🎬 Kayaking/Canoeing Trips: All Kayak Trips leave at 8:30 am from the Front Gate Area of Stephen Foster Cultural Center State Park
  - Friday Kayak Trip with Edwin McCook approx. 4-6 hours given weather and destination (Santa Fe Rivers or Edwin's Choice)
  - Saturday Kayak Trip with Edwin McCook approx. 4-6 hours (Suwannee River or Edwin's Choice)
- 🎬 If you need to rent a kayak or canoe; 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.
- 🎬 All kayaks/canoes must have a life jacket and a whistle in each boat.
- All cycling events require riders to wear helmets.
- Observe speed limits in White Springs and Stephen Foster Cultural Center State Park.
- SUPPORT AND GEAR (SAG) phone # 321-848-8565. In case of emergency call 911.
- Questions: Please call or email George Litteral ([George.Litteral61@yahoo.com](mailto:George.Litteral61@yahoo.com)) (321-848-8565) The last day to register and receive a T-Shirt is 4-14-25. The last day to register is 4-30-2025.

All meals Friday to Sunday morning are included in your registration fee unless elected otherwise. Moms and Dads get a weekend away from the griddle!!!!

#### Thursday (May 1, 2025)

6:30 pm – Pot Luck at Nelly Blys in Stephen Foster Folk CC State Park bring dish to share. ALL Event Participants are invited to Pot Luck!! Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA

## Friday (May 2, 2025)

### Friday Activities:

**7:30-8:30 am- Breakfast** for all event participants at Nelly Blys. (Kayakers make a sack lunch at breakfast, as you will be on the river during lunch).

**11:30-12:30 pm- Lunch** provided at Nelly Blys. (Hydroponic Hop, lunch will be delivered to UF's Hydroponic Farm).

**5:00-6:00 pm Wine & Cheese / Meet & Greet** at Nelly Blys: snacks, cheese and beverages provided.

**6:30-7:30 pm** Dinner at Nelly Blys

Dessert: Ice Cream Bar

### Events:

Road Rides (All Road Rides will depart from Nature & Heritage Tourism Center, 10499 Bridge Street due to road construction in Stephen Foster State Park)

8:45 am New Jasper Loop 52 miles

9:00 am- Hydroponic Hop- 28 miles Lunch provided at Hydroponic Gardens.

9:00 am- Hydroponic Hop- 15 miles. Meet at Nature & Heritage Tourism Center and caravan to Pine Grove Methodist Church.

- Hydroponic Tour starts at 11am

- Lunch provided at Hydroponic Gardens.

All Road Rides downloads at <https://suwanneebike.org/trails/road.php>

**SAG: 321-848-8565**

### MTB Rides

9 am Gar Pond 11 miles

9:10 am The Beast w/lollipop & B2B

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

**SAG: 321-848-8565**

### Gravel Bike Rides

9:00 am Over the Muna

Trail Maps available at <https://suwanneebike.org/trails/gravel.php>

**SAG: 321-848-8565**

### Kayak/Canoe Event

**8:30 am SHARP**– Canoe/Kayak the Santa Fe River - Water bottle (no disposables), swim suits, mask and snorkel-optional; Meet at Stephan Foster SP Front entrance/Ranger Station and carpool from White Springs. 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). Canoe/kayak transportation provided by Edwin McCook. Email Edwin McCook at [emccook@windstream.net](mailto:emccook@windstream.net) or 386-364-7597. (Pack your lunch at Nelly Blys before departure)

**SAG: 321-848-8565**

### Hiking Trip

8:45 am- Friday- Suwannee River Loop Trail 4.5 miles- Meet your hiking guide Fred Wood at Nelly Blys and be ready to depart from there for your hike.

**SAG: 321-848-8565**

Adult/kids MTB Clinic (Beginners) Certified MTB Instructor Catherine Longmire & Staff  
9:30 am to 1130 am Meet across the street from Nellie Blys

Adult/kids MTB Clinic (Intermediate)  
1:00 pm – 3:00 pm

### **Saturday (May 3, 2025)**

#### Saturday Activities

7:30-8:30am- Breakfast for event participants at Nelly Blys.

11:30-12:30 pm- Lunch provided at Nelly Blys

5:30 – 6:30 pm: Beer provided by Fred The Guide, Fred Wood at Nelly Blys **(Over 21 only)**

6:30-7:30 pm: Dinner at Nelly Blys.

#### Events:

MTB Ride: Conquer The Beast: Requires pre-registration at Nelly Blys

9:30 am to 11:30 am unless completed earlier:

Time Trials Start 5 min interval between riders. See Conquer The Beast info for details.

**SAG: 321-848-8565**

Road Rides (All Road Rides will depart from Nature & Heritage Tourism Center, 10499 Bridge Street due to road construction in Stephen Foster State Park)

8:00 am Suwannee Valley Metric 62.5 miles

8:30 am Wellborn Orchid 24 miles

All Road Rides downloads at <https://suwanneebike.org/trails/road.php>

**SAG: 321-848-8565**

#### Gravel Bike Ride

9:00 am - Chamois Hagar 55 miles Gravel Mix

Trail Maps available at <https://suwanneebike.org/trails/gravel.php>

**SAG: 321-848-8565**

#### Kayak/Canoe Events

**8:30 am SHARP-** Canoe/Kayak the Suwannee River– Meet at Stephan Foster SP Front entrance/Ranger Station and carpool from White Springs. 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). Canoe/kayak transportation provided by Edwin McCook. Email Edwin McCook at [emcook@windstream.net](mailto:emcook@windstream.net) or 386-364-7597.

**SAG: 321-848-8565**

#### Hiking Trip

8:45 am- Saturday- White Springs Tract 5.2 miles- Meet your hiking guide Fred Wood at Nelly Blys and be ready to depart from there for your hike.

**SAG: 321-848-8565**

White Springs Community & SBA Kids MTB Clinic (Beginners) Certified MTB Instructor Catherine Longmire & Staff

10:00 am to 11:30 am Meet across the street from Nellie Blys

Adult MTB Clinic (Beginners) Fundamentals

1:30 pm – 3:00 pm

Adult MTB Clinic (Intermediate)

3:30 pm – 5:00 pm

MTB Skills Contest

5:30 pm – UTC

Yoga Class:

4:00 pm – 5:00 pm Meet at the Suwannee River Pavilion within Stephen Foster Cultural Center State Park: Bring your own Yoga Mat (some are available to borrow).

### **Sunday (May 4, 2025)**

Sunday Activities

Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA

7:30-8:30 am- Breakfast for participants at Nelly Blys.

Check out time at the Stephen Foster SP Campground is 1:00 pm. –

Cabin Check out time is 11:00 am **(Turn in Keys to Nellie Blys with Event Coordinator)**

SAG support ends at 1pm.

Road Rides

8:30 am Sunday Morning Ride 32 miles

**SAG: 321-848-8565**

MTB Ride

9:00 am Beast/Bridge to Bridge backwards 6 miles

9:00 am Gar Pond 11 miles

**SAG: 321-848-8565**

Hiking Trip

8:45 am- Sunday- Big Shoals Trail 2 miles Meet your hiking guide Fred Wood at Nelly Blys and be ready to depart from there for your hike.

**SAG: 321-848-8565**