



Panhandle West

Counties: Bay, Calhoun, Escambia, Jackson, Holmes, Okaloosa, Santa Rosa, Walton, Washington

October 1, 2011 (Saturday)

Riverwalk Run 5K

Milton, FL

This 5K run/walk features a unique, USATF certified course where participants will race through historic parts of Milton, then continue on a section of the Blackwater Heritage State Trail and finally go across the Riverwalk Boardwalk, along the Blackwater River, towards the finish line in Downtown Milton. Post-Race Party in Downtown Milton includes music, awards & refreshments! Participants must be wearing a race bib to receive free food & drinks! The Riverwalk Run 5K features an afternoon start time, 5 p.m. For more information, visit www.riverwalkrun5k.com or call (850) 983-5466.

October 1, 2011 (Saturday)

Run for the Renaissance 5K Run/Walk and Kids Fun Run

Panama City, FL

First annual 5K race/fun run is a family friendly event welcoming walkers and runners of all ages. The course is a beautiful trip alongside historic Beach Drive in Downtown Panama City, winding its way through the Cove. Meet at the Marina Civic Center for packet pick-up beginning at 7 a.m. and the run start time is 8 a.m. T-shirts and raffle tickets to all participants. Sign your children up for our Kids Run which will follow the 5K race. Great Prizes will be given for kids and adults! All proceeds from the race will benefit Panama City Renaissance School. For more information, contact Barbara Kleinhoff Balkcom at barbarakleinhoff@yahoo.com or register on www.active.com.

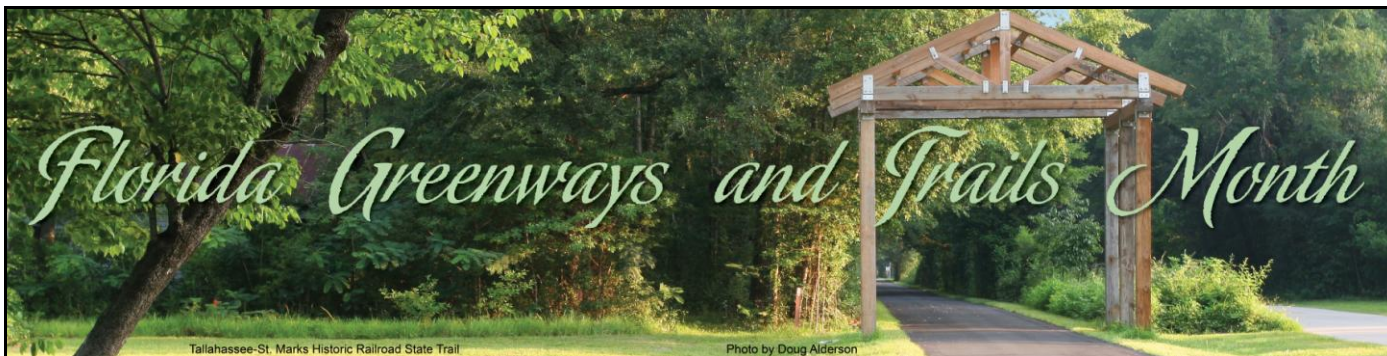
October 8, 2011 (Saturday)

2011 Bay Division Start! Heart Walk

Panama City Beach, FL

As the signature fund-raising event for the American Heart Association, the Start! Heart Walk promotes physical activity and heart-healthy living in a fun, family environment. Join the movement that is calling on all Americans and their employers to live longer, more heart healthy lives through walking and other healthy habits by participating in the Heart Walk at McKenzie Park. Registration begins at 9 a.m. For more information, call (800) 257-6941 x6087, email gsabay@heart.org or visit www.bayheartwalk.org.

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Panhandle West, continued

October 22, 2011 (Saturday)

13th Annual Fenner McConnell/Matt Wantz Century Bike Ride

Milton, FL

Enjoy a day of great cycling through the quiet roads and beautiful countryside of the Blackwater State Forest. The ride starts on the Blackwater Heritage State Trail (BHST) at 8 a.m. Distances are 18, 40, 62 and 100 miles. Well-stocked rest stops, fantastic volunteers and beautiful scenery all combine for a memorable event! Registration includes pre and post-ride food, event T-shirt, limited sag support, well marked/signed roads and maps. Hosted by Big Brothers, Big Sisters of Northwest Florida and the West Florida Wheelmen, a portion of the event's proceeds will go to the BHST's Citizen Support Organization. To register, go to www.active.com. For more information, call (850) 433-5437 or email: marketing@bbbsnwfl.org.

October 22, 2011 (Saturday)

Buddy Walk

Panama City Beach, FL

Acton Up With Downs, Inc. presents the 6th Annual Buddy Walk to be held at Aaron Bessant Park which is located behind the Grand Theater at Pier Park, from 9 a.m. to 2 p.m. People with Down syndrome, families and friends walk a one-mile course then stay to celebrate with live entertainment, a picnic, children's activities and fellowship. For more information visit www.actonupwithdowns.com.

Panhandle East

Counties: Franklin, Gadsden, Gulf, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla

October 1, 2011 (Saturday)

Fall Bay Day

Port St. Joe, FL

Come for an open house sponsored by the Friends of the St. Joseph Bay Preserves beginning at 9 a.m. at the St. Joseph Bay Preserves Center. Enjoy a day of fun with friends and family participating in birding walks, backwoods tram tours, Eagle Harbor boat tours, an astronomy walk and more. There will be live music during the low country shrimp boil from 11 a.m. to 2 p.m. For more information, contact Sandra Chafin at admin@stjosephbaypreserves.org, (850) 229-1797 or visit www.stjosephbaypreserves.org.

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Panhandle East, continued

October 2, 2011 (Sunday)

2011 AIDS Walk & 5K Run

Tallahassee, FL

Since 1990, Big Bend Cares has organized an AIDS Walk to support individuals, families and communities affected by HIV/AIDS in the eight-county rural region. Individuals, walk teams and runners are invited to participate in the 21st annual AIDS Walk & 5K Run. Also, there will be food, fun and prizes. Registration is at 2 p.m. and the walk/run begins at 3 p.m. at Tom Brown Park. To register, visit www.active.com. Call Michelle Hayse at (850) 656-2437, email mhayse@bigbendcares.org or visit www.bigbendcares.org for more information.

October 6, 2011 (Thursday)

Reopening Celebration for Tallahassee-St. Marks Historic Railroad State Trail

Tallahassee, FL

The Florida Department of Environmental Protection's Division of Recreation and Parks will celebrate Florida Greenways and Trails Month with a ribbon cutting to officially reopen the Tallahassee-St. Marks Historic Railroad State Trail in Leon and Wakulla counties. The event marks a return to full service for the first, paved rail-trail in the state's greenways and trails system following a resurfacing and widening project for the twenty-year-old trail. For details, see FloridaGreenwaysAndTrails.com.

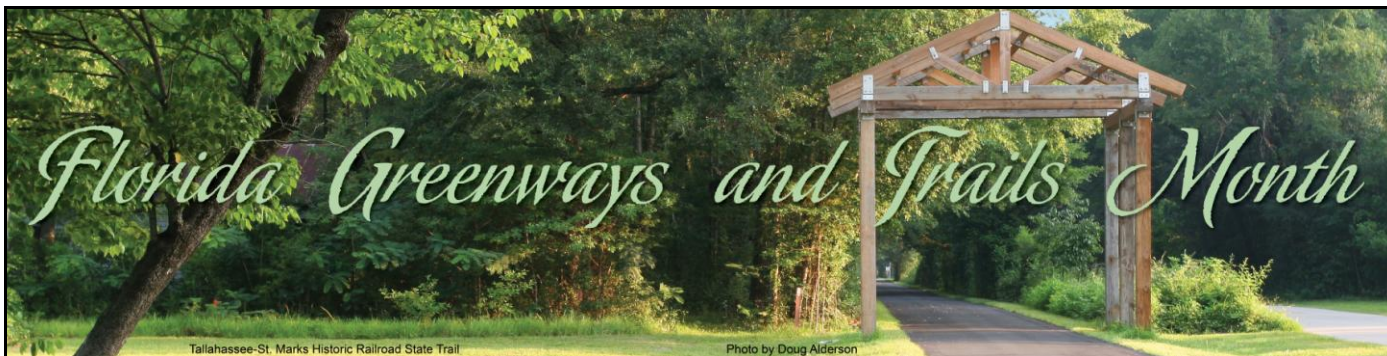
October 8, 2011 (Saturday)

Tri the REZ 2010

Tallahassee, FL

The triathlon race starts at 8:30 a.m. at the FSU Reservation (the Rez), located at 3226 Flastacowo Road. The swim course will close at 9:20am, bike course will close at 10:15am, the run course will close at 11:00am. Swim 1/3 mile; Bike 13 miles; Run 5k. The 1/3 mile swim will start on the white sands of the FSU Reservation's beach at Lake Bradford. There will be a raffle at the awards ceremony, massage therapists available for post-race massage, refreshments, goodies and more! The Rez has a no pet policy. For more information visit www.trithere.com.

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Panhandle East, continued

October 8, 2011 (Saturday)

Sunshine Cycles Breast Cancer Awareness Ride

Tallahassee, FL

Trek Bicycle is the national sponsor for this 6th Annual fun-family friendly bike ride for all ages and abilities held on the St. Marks Historic Railroad State Trail. Refreshments, prizes, on-route support and a marked route for a 10/25 mile casual bike ride the whole family will enjoy. Meet at the main trailhead at 10 a.m. The entrance fee is \$25 per person and 100% of the proceeds will go to fight breast cancer. For more information, call (850) 422-1075 or visit www.bikesunshine.net.

October 15, 2011 (Saturday)

3rd Annual Forgotten Coast Black Bear Festival

Carabelle, FL

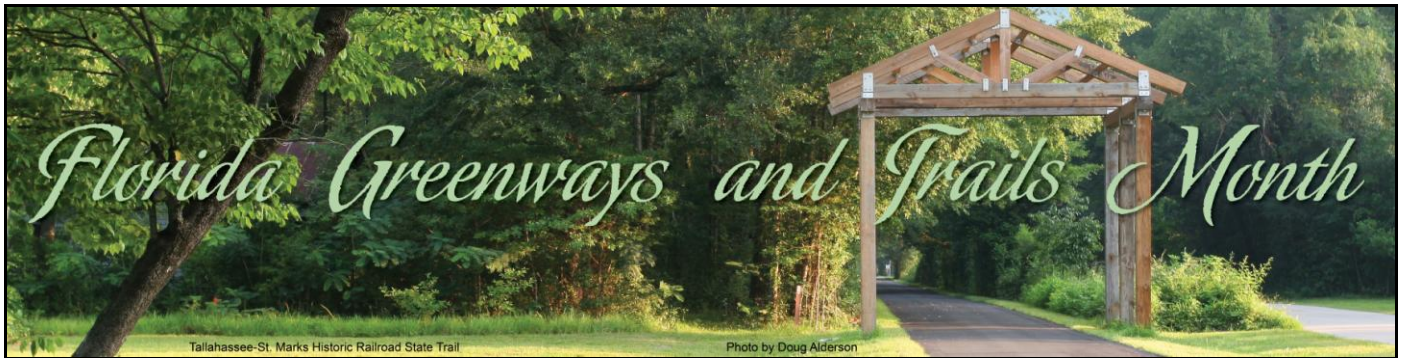
The Festival is an opportunity for Floridians of all ages to learn about wildlife and the nature around them. This year's celebration, from 10 a.m. to 4 p.m., is free and will include favorite programs such as the "Procession of Species" parade produced by Carrabelle Cares, bear and bird field trips to Tate's Hell State Forest and a workshop on living with bears and bear-proofing your trash. Some terrific new activities such as "Bear Banners" created through a program with local school children will be added this year. There will be prizes for the tastiest homemade Fruit Pie or Pastry, original works of art, sculpture and more. The festival will have live music, stories and tall tales told and read by local residents and authors, as well as food, arts and crafts for sale, a raffle and lots of fun for all. Contact Allen Loyd at (727) 823-3888, email allenloyd@earthlink.net or visit www.carrabellecares.org.

October 15, 2011 (Saturday)

28th Annual Spaghetti 100

Micosukee, FL

Capital City Cyclists proudly present the 28th Annual Spaghetti 100 with ride options of a 100 mile and 100 kilometer (63 mile) road rides, plus three new dirt road options: Red Hills Epic (62 miles), and Epicette (40 miles), rest stops, route marking and SAG support. All rides leave from the Micosukee Community Center and ride north through scenic North Florida and South Georgia. The road route takes riders through historic Thomasville and Boston, Georgia, then through Monticello, Florida. The dirt road course is non-technical and follows beautiful canopied clay roads in Red Hills plantation country. A few miles of the route will be on paved roads. The ride fee includes a continental breakfast, food stops, lunch in Boston (except for the Epicette), a delicious spaghetti feast at the end of the ride and a free massage. This year we are including music, entertainment and Food Trucks. For more information, visit www.cccyclists.org or send an email to kenfoster@cccyclists.org.



Panhandle East, continued

October 15, 2011 (Saturday)

Havana's Pumpkin Festival

Havana, FL

The 12th Annual Havana Pumpkin Festival, a spectacular annual event, will be a fun-filled day with talented artists offering face painting, pumpkin decorating, storytelling, balloon decorating, and a stroller parade with toddlers dressed in full costume. Activities also include pony rides, pony painting, black smith demonstrations, a bull ride, and much, much more. There will be all types of food vendors, crafts, jewelry, pottery, antiques, and artwork to choose from. Proceeds, in part, are donated to the Juvenile Diabetes Research Foundation. For more information, visit www.havanaflevents.com or call Jim Kellum at (850) 545-0824.

October 15, 2011 (Saturday)

Apalachee Ambles

Wakulla County, FL

The Apalachee Chapter of the Florida Trail Association will host a 9-mile guided hike on the Florida National Scenic Trail in the St. Marks National Wildlife Refuge (SMNWR) from the Greenhouse Road Trailhead to Shell Point Road. The hike includes scenic view over the salt marshes to the Gulf of Mexico. For more information, contact Terry Tenold (850) 877-1612 or totenold49@aol.com.

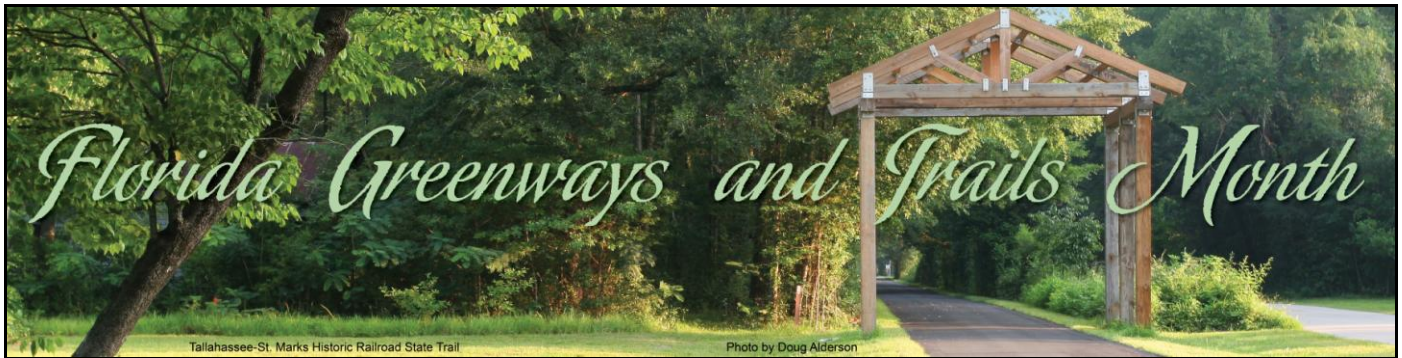
October 20-23, 2011 (Thursday-Sunday)

Tallahassee Ghost Tours

Tallahassee, FL

Tours in Tallahassee presents the 5th Annual Historic Ghost Walking Tour in Downtown Tallahassee with lively performances. Costumed guides lead you through the streets of old Tallahassee, stopping at buildings said to be haunted. You will be chilled by retellings of unfortunate actual events that transpired oh so many fateful years before on that very spot. Prepare to be visited by the characters from the past demanding to tell their tales of woe, that were lost, but not forgotten by history. The leisurely, forty-five minute walking tour departs from Challenger Learning Center on Duval Street and ends at Old City Cemetery. Reservations are recommended but not required. Event T-shirts will be available for sale with all proceeds going to Big Brothers Big Sisters of The Big Bend. FUN for all ages. For more information, call (850) 212-2063 or visit www.toursintallahassee.com.

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Panhandle East, continued

October 22, 2011 (Saturday)

St. Marks Stone Crab Festival

St. Marks, FL

The St. Marks Stone Crab Festival has been an annual event since 1997. We know fall has arrived when the fishermen start hauling in the Stone Crabs. It is a celebration of the stone crab season opening in October. Originally started by Stan West and Dave Vailancourt, owners of the Riverside Cafe', in recent years the event has grown into a community wide project with many local volunteers and sponsors. Today the festival hosts thousands of visitors and provides a venue for local musicians and artisans. In addition to the great food and music, attractions include a parade, children's activities, educational displays and dozens of vendors. The main event is, of course, Stone Crab. For more information, contact Mickey Cantner at (850) 567-0157 or visit www.stmarksstonecrabfest.com.

October 22, 2011 (Saturday)

Monarch Butterfly Festival

St. Marks, FL

Celebrate the amazing migration of hundreds of beautiful orange and black monarch butterflies through the refuge as they head to their wintering grounds in Mexico. The event offers butterfly tagging demonstrations, photography opportunities at the special wild pollinator garden, tours, speakers, demonstrations and exhibitors. Yummy food and many wonderful butterfly gifts will be available in the nature store. Folks of all ages will have the chance to hold butterflies in their hands inside the live butterfly tent, chart their own "migration," make butterfly crafts, as well as talk with Monarch butterfly researchers. For more information, visit www.fws.gov/saintmarks or call Robin Will at (850) 925-6121.

October 22, 2011 (Saturday)

Annual Florida Forest Festival

Perry, FL

Perry-Taylor County Chamber & Tourism Development host a full day of fun, food and forestry as well as the World's Largest FREE Fish Fry! Celebrating over 50 years, the Cub Scout Breakfast starts at 7 a.m.; at 10 a.m. in downtown Perry watch the King Tree Parade and then it's on to the Forest Capital State Park for an afternoon filled with fun and entertainment. Activities include lumberjack shows, competitions, antique car show, live entertainment and the Heritage Village! Enjoy kids activities, arts and crafts and many food vendors. Visit www.floridaforestfestival.com for more information.

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Panhandle East, continued

October 28-29, 2011 (Friday-Saturday)

Crooked River Lighthouse Lantern Fest 2011

Spooky stories, lighthouses, shipwreck adventures and glowing lanterns bring magic and history together! Lantern Fest shines again with history, art, theater and dance as the Crooked River Lighthouse celebrates its 116th birthday! Expert lantern makers will offer a workshop on Friday afternoon and Saturday morning. The main event, Saturday night from 5-10 p.m., features an enchanting display of over 116 lanterns, the Tallahassee Community College Dance Company, tales of ship-wrecked captains and night time tower climbing, as well as, Keeper's Museum and gift shop, children's activities and a food vendor. Also a special nighttime climbing of the lighthouse! All ages welcome. For more information visit www.crookedriverlighthouse.org.

October 29, 2011 (Saturday)

Sopchoppy River Hike

Come for a hike along the Sopchoppy River. The hike is 5 miles in length and a car shuttle will be arranged to allow for a one-way trip (north to south). Including time for a lunch break, the hike will take approximately 3 hours. Limit 15 people. For more information, call George Weaver at (850) 510-3288 or email weaver@psy.fsu.edu.

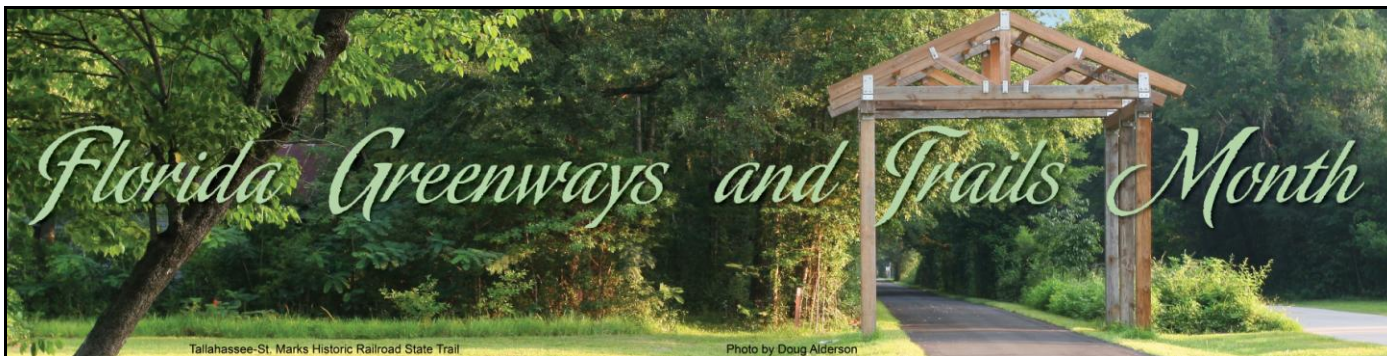
October 29, 2011 (Saturday)

2011 Mighty Mullet Maritime Festival

Panacea, FL

You won't want to miss the 6th Annual Mighty Mullet Maritime Festival at Woolley Park just off Coastal Highway 98 in Panacea. There will be lots of treats from 10 a.m. until 5 p.m., so children can begin their Halloween celebration here first. Entry donation is only \$3 per person with children 12-and-under admitted free. Among the many activities will be the famous mullet cook-off to determine bragging rights for the best smoked mullet, mullet dip, and mullet stew, chowder or casserole. This action-packed day will offer fun for the entire family including boat building, kayaking, history re-enactors, displays and presentations, arts and crafts vendors, live music, and the traditional crowning of the Festival King and Queen, as well as a costume contest. Children will also enjoy animal balloons, toy boat building, white boot races, live sea encounters, rides and much more. Proceeds from the festival will benefit the Big Bend Maritime Center, a living museum to be developed next to Woolley Park on Dickerson Bay. Visit www.mightymullet.com for more information.

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Panhandle East, continued

October 30, 2011 (Sunday)

Apalachee Ambles

Wakulla County, FL

After shuttling cars from Capital City Bank in Tallahassee, The Apalachee Chapter of the Florida Trail Association will host a 6.3-mile guided hike on the Florida National Scenic Trail in the St. Marks National Wildlife Refuge (SMNWR) from Shell Point Road to Wakulla Beach Road. The hike includes views of Sheppard Springs and the Cathedral of Palms. For more information, contact Dale Allen (850) 656-8050 or wm.dale.allen@gmail.com after Oct. 24th.

November 5, 2011 (Saturday)

Wade Tract Birding Hike

Tallahassee, FL

The Florida Trail Association will host this popular hike that takes you into one of the best remaining examples of old-growth longleaf pine/wiregrass forests left in the United States. Jim Cox, noted ornithologist with Tall Timbers Research Station, will provide commentary and show hike participants a red-cockaded woodpecker colony. Contribution of \$10/person requested. Limit 24 people. For more information, contact Kent Wimmer at (850) 523-8576 or email kwimmer@floridatrail.org.

November 5, 2011 (Saturday)

Greenways Days

Tallahassee, FL

Designed to foster community awareness of the J.R. Alford Greenway and its year 'round recreational opportunities for hiking, cycling, horseback riding, star gazing and more, the event will feature demonstrations, children's activities and hayride tours (weather permitting). Visit leoncountyfl.gov.

November 6, 2011 (Sunday)

Apalachee Ambles

Wakulla County, FL

After shuttling cars from a Tallahassee location, the Apalachee Chapter of the Florida Trail Association will host a 10-mile guided hike on the Florida National Scenic Trail in the St. Marks National Wildlife Refuge (SMNWR) from Wakulla Beach Road to St. Marks, including a portion of the Tallahassee-St. Marks State Trail. (Optional 4.4-mile hike from Wakulla Beach Road to Thompson Field House.) For more information, contact Dale Allen (850) 656-8050 or wm.dale.allen@gmail.com after Oct. 24th.

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North

Counties: Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Nassau, St. Johns, Suwannee, Union

October 1-2, 2011 (Saturday-Sunday)

Bike MS: PGA TOUR Cycle to the Shore 25th Anniversary Ride

St. Augustine, FL

Two days, 150 miles from St. Augustine to Daytona and back. Funds raised benefit the National Multiple Sclerosis Society, North Florida Chapter. Cyclists are pampered with fully-stocked rest stops, entertainment, safety support and breakfast, lunch and dinner. Breakfast and registration open at 6 a.m. The ride starts at 7 a.m. and follows an 86-mile route from the Northeast Florida Regional Airport in St. Augustine to the Hilton Oceanfront Resort, Daytona Beach. Cyclists stay the night in Daytona after the Tent Village Party and return to St. Augustine on Sunday for the 25th Anniversary Ride After-Party. Call (904) 332-6810 to register or visit www.floridabicycle.org for more information.

October 1-8, 2011 (Saturday-Saturday)

St. Johns River-to-Sea Loop Tour

DeLand, FL

Led by Herb Hiller--one of Florida's master cycling and trails innovators--an eight-day bike ride along the 260-mile route of the St. Johns River-to-Sea Loop is planned to help kick off Florida Greenways and Trails Month, beginning and ending in DeLand. The ride will include stops in Crescent City, Palatka, St. Augustine, Flagler Beach, New Smyrna Beach, Titusville/Mims and Enterprise. Riders are responsible for their own meals and overnight accommodations. The ride is unsupported and recommended for experienced participants who are comfortable in cycling along roadways as needed. For more information, contact herbhillier12@gmail.com.

October 13-20, 2011 (Thursday-Thursday)

Paddle Florida's Suwannee River Wilderness Trail Fall Paddle

Near Live Oak, FL

Returning paddlers and first-timers of all ages will be part of the Fourth Annual Fall Paddle on the Suwannee River. Paddlers may choose the full week-long 123-mile adventure or test the waters with the Paddle Florida Lite option for only a few days. Either option travels down the Suwannee, home to some of Florida's most treasured springs, state parks and campgrounds. The fall trip includes riverside camping, plenty of hiking trails, bird and turtle watching spots and many peaceful hideaways for relaxing. Every evening paddlers gather for open-air dining, entertainment from Florida musicians or educational presentations that explore the water system and the abundant nature that makes this area unique. For more information or to register, visit www.paddleflorida.org.



North, continued

October 20-23, 2011 (Thursday-Sunday)

Fat Tire Festival Spooky Spectacular

White Springs, FL

Join the fun and “haunting” in the woods of the White Springs area from 8:30 a.m. to 8 p.m. This weekend event, sponsored by Suwannee Bicycle Association (SBA), includes a spooky movie, a leisure photo hike, bonfire, paddling trips, costume contest and many bicycle riding opportunities. For a full schedule, please visit www.suwanneebike.org.

October 21-23, 2011 (Friday-Sunday)

Fall Withlacoochee Trail Ride

Jasper, FL

Three days of scenic equestrian trail rides, camping, great food and good 'ole fashion southern hospitality. Set up camp near the old McCulley farmstead and get ready for a weekend of history, horseback riding and fun. Journey through the river flood plain and along the banks of the pristine Withlacoochee River. This is a very diverse area with an abundance of wildlife and a wide variety of indigenous plant and tree species. Canopy lanes and single file trails wind past ancient dry sinkholes, cavernous sinkholes and crystal clear springs. Six meals which include breakfast, a lunch on the trail and barbeque dinner on Saturday. Early registration deadline is October 9. For more information, call (386) 938-3011, (386) 938-1147, email trails@mcculleyfarms.com, or visit www.mcculleyfarms.com.

October 22-23, 2011 (Saturday-Sunday)

ButterflyFest

Gainesville, FL

A celebration of wings and backyard things! ButterflyFest offers something for everyone! Throughout the weekend, all ages can participate in fun and educational activities, including take-away crafts for children, informative workshops, presentations on conservation and attracting butterflies and other pollinators. Join the Florida Museum of Natural History in Gainesville for a weekend of exciting new experiences. Admission to ButterflyFest is free! Contact Marilyn Martin at (352) 273-2074, e-mail butterflyfest@flmnh.ufl.edu or visit www.flmnh.ufl.edu for more information.

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North, continued

October 22, 2011 (Saturday)

Santa Fe Century

Gainesville, FL

A tour through the lush forest and pasture land north of Gainesville up through the Santa Fe River valley. The ride begins at 8:30 a.m. with a trip through the historic town of High Springs, with a stop for refreshments. The Century traverses the scenic tree-lined Feagle roads in Columbia County, and then crosses Union County on its way to Worthington Springs. The final pit stop is at a roadside park once frequented by Ponce de Leon. Enjoy a 100-mile or a 56-mile road ride with well stocked rest stops. Also offered is the Millhopper Ramble. Choose 27 or 18-mile routes. Proceeds from this event benefit the Boys and Girls Club of Alachua County. Visit www.gccfla.org/gcf for more information.

October 22, 2011 (Saturday)

Millhopper Ramble

Gainesville, FL

Part of the Santa Fe Century, this is the Gainesville community's chance to get out and support the Boys and Girls Club and to make use of the best bicycling facilities this side of the Mississippi River. Enjoy an 18 or 27-mile family ride out and back on scenic Millhopper Road. The ride starts and finishes at the North West Boys Club, 2700 NW 51st St. Ample parking is available in the field behind the club. Come early to get your registration packet. Breakfast will be served at the North West Boys Club from 6:30-8 a.m., included in your Santa Fe Century fee. Lunch from 11 a.m. to 5 p.m. is free to all registered riders, courtesy of Adam's Rib, Beef O'Bradys and Pizza Vito. For more information, visit www.gccfla.org/gcf.

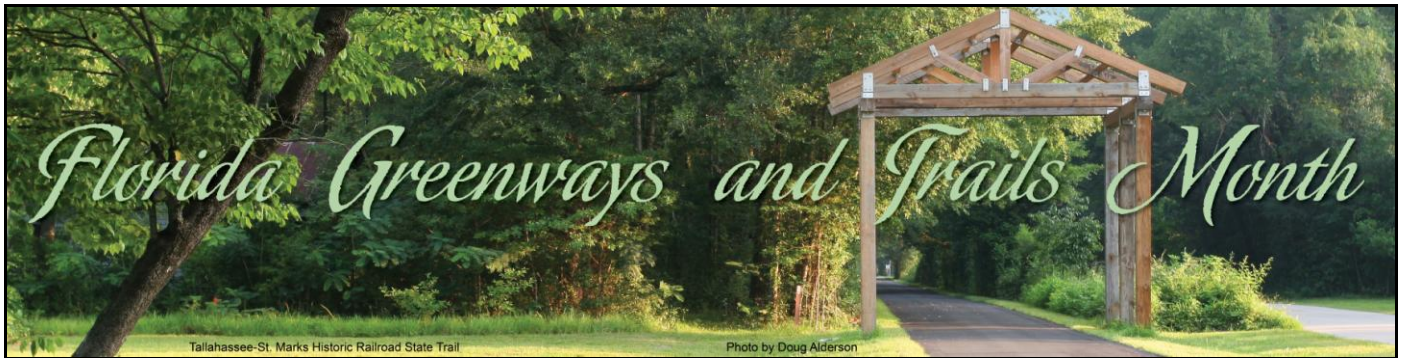
October 23, 2011 (Sunday)

31st Annual Horse Farm Hundred

Gainesville, FL

Join the Gainesville Cycling Club's tour through the picturesque horse farms of northern Marion County. The 102-mile ride (and a 55-mile option that doesn't get into horse farm territory) will start at 8:30 a.m. at the Loften High School. The Gainesville Police Department will lead out the pace vehicle, followed by hundreds of charging cyclists. The rides proceed through the north Marion County horse farms, past miles of wooden fences surrounding manicured pastures, many with prancing thoroughbreds who will occasionally race you along the fence. After touring country back roads, the ride traverses the most scenic portions of the Gainesville-Hawthorne State Trail. Bagels and muffins will be available at the start and hot dogs at the finish. We have the best stocked rest stops in Florida! Visit www.seminolecyclist.org or www.gccfla.org/gcf for more information.

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North, continued

November 5, 2011 (Saturday)

Buddy Walk

Jacksonville Beach, FL

The DSAJ 9th Annual one-mile walk for the National Down Syndrome Society will be held at the Seawalk Pavilion from 9 a.m. to 1 p.m. There will be music, inflatable jumps, carnival games, prizes, information booths, face painting, food vendors and much more for a fun-filled day the whole family can enjoy! Visit www.dsaj.org or call (904) 353-6300, email buddywalk@dsaj.org for more information.

Cross Florida

Counties: Citrus, Levy, Marion, Putnam

October 1, 2011 (Saturday)

Annual Take a Kid Mountain Biking Day

Belleview, FL

The Ocala Mountain Bike Association's (OMBA) Bike Patrol together with Greenway Cycles will host young riders, ages 6 to 16+, in a youth mountain biking event at the Santos Trailhead on the Marjorie Harris Carr Cross Florida Greenway from 9 a.m. to 1 p.m. OMBA welcomes all riders and their families who want to have a fun day on their bikes and help bring up the next generation of mountain bikers! The ride gives parents the opportunity to introduce their children to off-road mountain biking and experience the joy of exploring Florida's outdoors, on beginner trails, followed by a free lunch and gifts for the young ones. Visit www.omba.org for more information.

October 2, 2011 (Sunday)

Rails to Trails of the Withlacoochee 17th Annual Bike Ride

Inverness, FL

The Withlacoochee State Trail (WST), Florida's longest rail-trail, is a paved, 46-mile long converted railroad track. Riders can travel as little as one mile to as much as 100 miles along this scenic trail, which is mostly level with light rolling hills that are home to a variety of wildlife. Registration is \$25 per person and proceeds are used to help provide enhancements and improvements to the WST. Five stops along the way will offer water, sports drinks and food. Continental breakfast and light lunch will also be available. Visit www.railstotrailsonline.com, click on link "Bike Ride in October" to register. The start time is 7-9 a.m., rain or shine – no mass start. For more information, call (352) 527-9535 or email richg37s@yahoo.com.

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Cross Florida, continued

October 5, 2011 (Wednesday)

Land Bridge Trailhead Hike

Ocala, FL

Hike with interpreter David Bowman from the Office of Greenways and Trails. Meet at the Land Bridge Trailhead parking area at 8:30 a.m. Hike through historic canal diggings and see a major canal sand dune. David Bowman has extensive knowledge of the history of this area and will share interesting facts during the hike. Distance is approximately 3.5 miles. Moderate difficulty. For details about this hike contact Bob Jones at (352) 347-5716.

October 29, 2011 (Saturday)

Land Bridge Trailhead Hike

Ocala, FL

Hike with interpreter David Bowman from the Office of Greenways and Trails. Meet at the Land Bridge Trailhead parking area at 8:30 a.m. Hike through historic canal diggings and see a major canal sand dune. David Bowman has extensive knowledge of the history of this area and will share interesting facts during the hike. Distance is approximately 3.5 miles. Moderate difficulty. For details about this hike contact Bob Jones at (352) 347-5716.

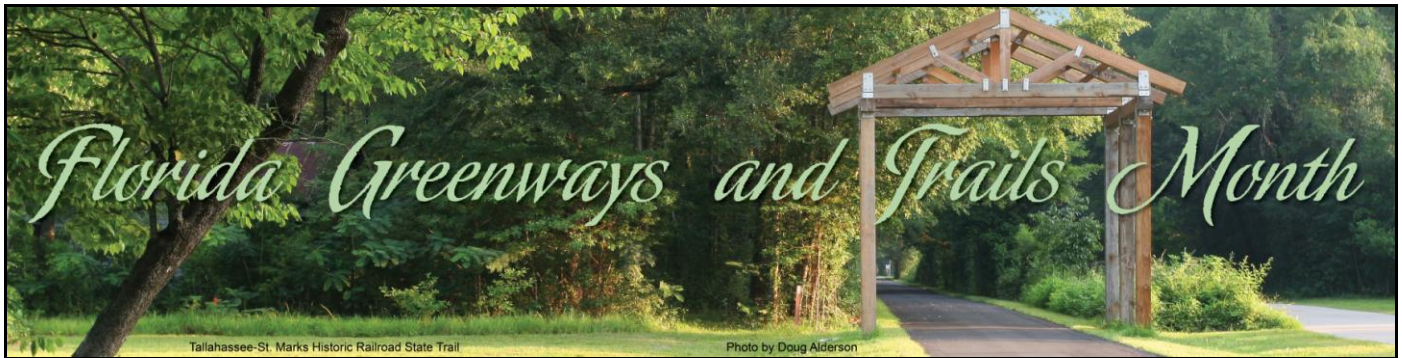
October 29, 2011 (Saturday)

11th Annual Breast Cancer Awareness Trail Ride

Dunnellon, FL

This all day, horseback riding event will be held at the Tidewater Trailhead in Goethe State Forest, Highway 337 and Highway 336 in Levy County. All proceeds go to benefit area breast cancer patients. Primitive camping with bathroom facilities and water for the horses will be available. Camping and horse fees will be waived by the Forestry Division for this benefit event for Friday - Sunday. Activities include a poker run, fun raffles, live entertainment and a 'pancakes and stuff' breakfast on Saturday morning from 8-10 a.m. for a minimum \$5 donation. Registration is \$20 per rider and includes one free lunch ticket. For more information, contact the Levy County Horse Club at levy2@flahorse.com or visit www.levycountyhorseclub.com.

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Cross Florida, continued

November 5, 2011 (Saturday)

Santos Trailhead Hike

Ocala, FL

Meet at the Santos Trailhead camping area, on SE 80th Street, at 8:30 a.m. The trail wanders through typical Central Florida oak hammocks and pine forests. Hike from Santos to the Land Bridge parking area. A short car shuttle is necessary. The distance is 7 miles and will last approximately three hours. For details about this hike contact Bob Jones at (352) 347-5716.

East Central

Counties: Brevard, Indian River, Lake, Orange, Osceola, Seminole, Sumter, Volusia

October 2, 2011 (Sunday)

Ride 2 Recovery Seminole Cyclefest

Lake Mary, FL

Join in the 2nd annual ride through the scenic lake country in Lake Mary, Florida, just north of Orlando. 24/58 miles through the picturesque townships and lakes of Seminole County. Two routes are planned beginning at 8:30 a.m. with low rider fees, free to Wounded Warriors, full SAG and escort support so come be a part of another tremendous bike ride to support our returning war veterans! For more information visit www.ride2recoverysoutheast.com.

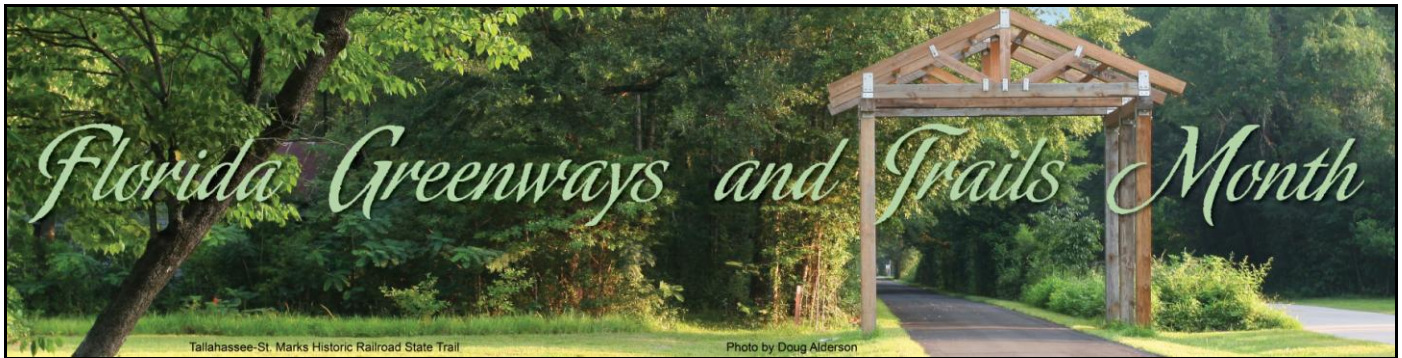
October 9, 2011 (Sunday)

Aptalis Cycle For Life for Cystic Fibrosis Foundation

Sanford, FL

Come join the 1st annual bike tour in Central Florida to benefit the Cystic Fibrosis Foundation. A memorable ride through some of the most scenic terrains in Central Florida, starting and finishing at Lake Sylvan Park. Registration opens at 7 a.m. at picnic area "A", mass ride starts at 8a.m. You have a choice of three mileage options; 100 miles, 65 miles or a less challenging 30 mile route. Cycle at your own pace...this is not a race! Registration includes training rides, commemorative t-shirt and a one of a kind experience! Stay after the event for entertainment, food and beverages and awards! For more information visit www.floridabicycle.org or call (407) 339-2978.

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East Central, continued

October 14-16, 2011 (Friday-Sunday)

37th Annual Bicycle Festival

Mount Dora, FL

The 37th Annual Mount Dora Bicycle Festival promises to be one of the best yet. Festival takes full advantage of the roads and scenery of Lake County with rides of varying lengths and skill levels. Cyclists of all ages come and see why the county is recognized as one of the finest locations in the state and the country to ride. It's no coincidence that collegiate and pro level cyclists and triathletes choose to train here. The fun doesn't end once your ride is complete. Mount Dora is a tourist destination in its own right with unique antique and gift shops, gourmet restaurants, historic inns and bed & breakfasts. For more information visit www.mountdora.com.

October 15, 2011 (Saturday)

DeLand Fall Run and Family Health Fair

DeLand, FL

The DeLand Area Chamber of Commerce hosts the 3rd annual 5k/10k Run beginning at 8 a.m. on West Indiana Avenue. The course will wind through Stetson University and throughout the streets of historic DeLand. The Kiwanis Club will be holding a pancake breakfast. The health fair will have vendor booths and fun activities for the kids. Participants will receive a T-shirt and awards will be given to the top three finishers in each age category. Call (386) 734-4331 or visit www.delandchamber.com for details.

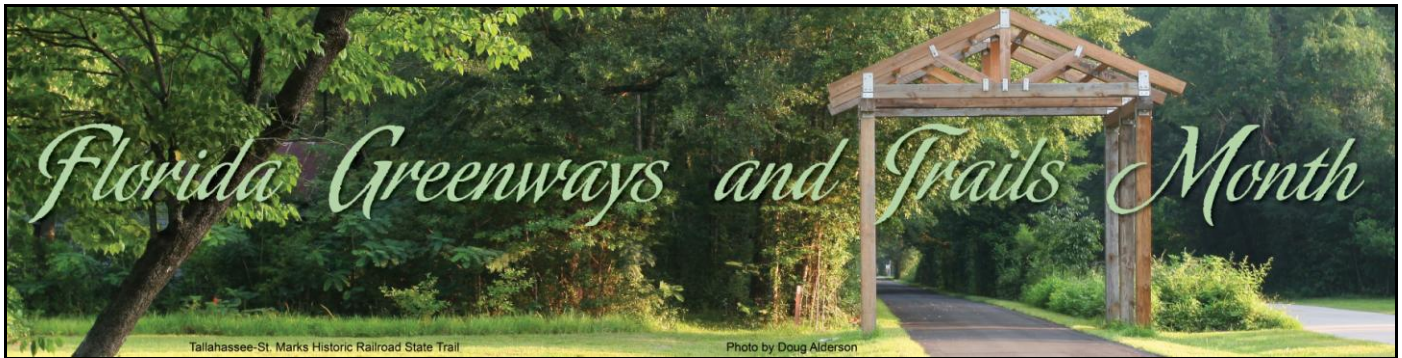
October 20-23, 2011 (Thursday-Sunday)

2011 Florida Paddlers Rendezvous

Titusville, FL

Welcome to four full days of fun, friends and paddling!! The annual gathering of canoe paddling and kayak clubs, proudly sponsored by Florida Sport Paddling Club, will be held at Manatee Hammock Campground. From a base camp, we will paddle the Intra-Coastal Waterway (ICW), as well as some hidden inland treasures. Come for one day or more. Participate in all skill levels; enjoy a potluck dinner and lots of other activities. The event will feature guest speakers and several days of paddling trips in the Sebastian/Vero Beach area. Visit www.paddlersrendezvous.com for more information.

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East Central, continued

October 30, 2011 (Sunday)

23rd Annual Intracoastal Waterway Century

Cocoa Village, FL

Spacecoast Freewheelers are ready once again so make sure to join in another year along the Intracoastal Waterway. Starting at 8 a.m. from the Cocoa Civic Center, enjoy full (100-mile) and metric (63-mile) century bicycle rides. Again this year, scenic rides will be offered along the Indian River of 28 and 14 miles. For those looking for a shorter option, the 14-mile ride will be escorted by a ride leader at a controlled pace. An entry fee of \$40 per person includes five rest stops with plenty to eat and drink, roving SAG support, an after ride meal, a T-shirt and a stuffed, giveaway bag. This is an interesting, well-marked, scenic route that follows quiet river front roads. For full details about the bike ride, please visit www.spacecoastfreewheelers.com.

West Central

Counties: Charlotte, De Soto, Hardee, Hernando, Hillsborough, Lee, Manatee, Pasco, Pinellas, Polk, Sarasota

October 8, 2011 (Saturday)

Trek Breast Cancer Awareness Ride

Estero, FL

Join the 6th Annual 10/25 mile fun-family ride for all ages and abilities! Over 100 participating TREK dealers across the USA and Canada will join together to raise Breast Cancer Awareness. 100% of fees raised are donated directly to the Breast Cancer Research Foundation. Ride begins at 9 a.m. There will be goodie bags for all pre-registered riders, refreshments, prizes and a well marked route with on-route support. For more information visit www.trekbikesflorida.com.

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West Central, continued

October 15-16, 2011 (Saturday and Sunday)

2nd Annual Brooksville Get Healthy Cycling Classic

Brooksville, FL

Celebrating health, wellness and fitness for the entire family, this exciting event has something for everyone: competitive cyclists, enthusiasts, family and friends! Spectators can watch a wide range of bike racing from beginners to pros, while the whole family enjoys a fun-filled, community-sponsored weekend. After a successful inaugural event last year with a tremendous attendance, the 2011 event features a variety of race options including a focus on women's racing and an opening event for amateur cyclists. Vendor partners will provide weight loss and fitness information, as well as, delicious, healthy food samples. Saturday participants can also take advantage of downtown Brooksville's arts and crafts festival. Profits are donated to three local charities: Humane Society of Hernando County, The Arc Nature-Coast and Operation HeartFELT. For more information, visit GET HEALTHY's website at www.getingethealthy.com, call GET HEALTHY: Brooksville Natural Foods at (352) 796-9798, or email brooksvilleycyclingclassic@gmail.com.

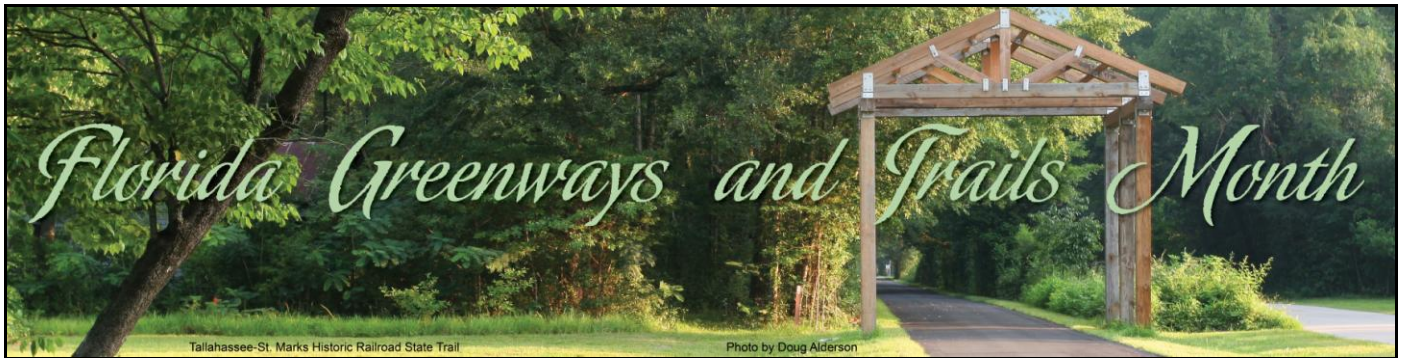
October 22, 2011 (Saturday)

2011 Buddy Walk

Bradenton, FL

The Manasota B.U.D.S. presents the National Down Syndrome Society 10th Annual Buddy Walk to take place during the annual Hunsader Farms pumpkin festival. The Buddy Walk is a one-mile walk in which anyone can participate without special training. It is a wonderful, heart-warming event that celebrates the many abilities and accomplishments of people with Down syndrome. Every walker will receive free t-shirts and refreshments. All will enjoy musical entertainment, face painting, raffles, BUDS gear and vendors. Free admission to the Pumpkin Festival at Hunsader Farms caps off a fun day with more live music, corn and hay bale mazes, a children's train ride, pony rides and hay rides, circus tent, charity pumpkin games, the Pioneer Trades Village, petting zoo, barnyard playground and 'oodles of vittles.' For more information contact Karen Feduccia at (941) 907-0499, e-mail info@manasotabuds.org or go to www.manasotabuds.org.

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West Central, continued

October 23, 2011 (Sunday)

Tour de North Port

North Port, FL

The Tour de North Port is an on-road bicycle tour that will feature the natural beauty of North Port. Riders will traverse the city with a 15, 35 or 65-mile ride that begins with a continental breakfast, raffle entry, and a FREE commemorative t-shirt and water bottle for the first 50 to register. All rides will include rest stops with drinks and snacks, mobile SAG support, and a full lunch at the ride's end! For more information visit www.peoplefortrees.com.

October 29, 2011 (Saturday)

Purrfect Howleen Ride4theAnimals

Palm Harbor, FL

Cyclists can choose from four distance routes -10, 31 62 & 100 miles leaving from Boyles Backyard Grill 1/2 block south of Suncoast Animal League in Palm Harbor going north to Brooksville, FL. The ride is an out and back and will begin and end with a grand Celebration at Boyles Backyard Grill. Original Artwork will be presented to top fundraisers and 100 mile Century riders will receive a commemorative event Jersey. Cyclists will enjoy a FREE pre-ride pancake breakfast from IHOP of Palm Harbor, well stocked pit stops and the support of a SAG driver. You will ride with Canada's National Tri-Athlete, Sharon Ingle and hear her inspiring story. For more information visit www.Ride4theAnimals.com or www.Cycle4dreams.com.

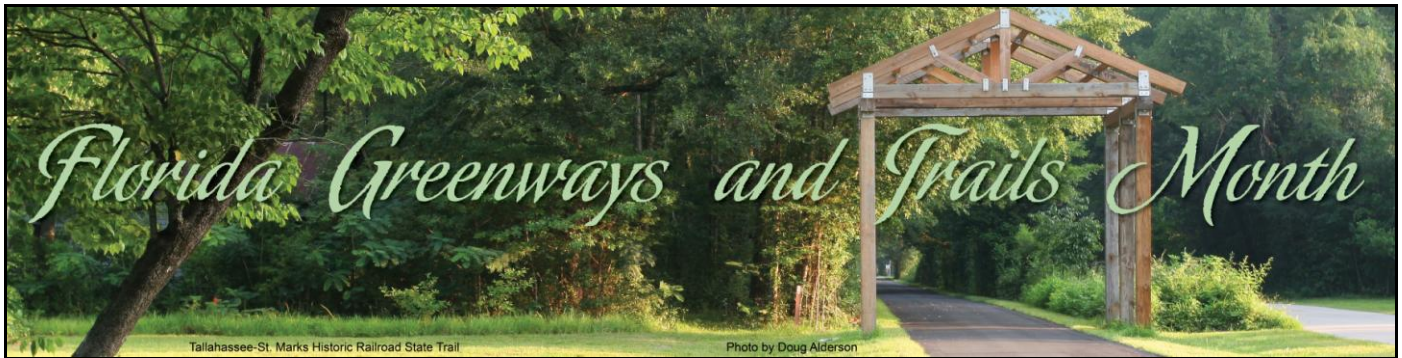
October 30, 2011 (Sunday)

Paddle Pasco

Holiday, FL

Meet at Anclote Gulf Park at 8 a.m. on and paddle north along the shallow coastline to Eagle Point Park. The trip is approximately four miles and is anticipated to take approximately 2 to 2.5 hours on the water. A shuttle will take participants back to Anclote Gulf Park to pick up vehicles as needed. The route will primarily hug the coastline with possible sightings of coastal wildlife. Please provide your own kayak/canoe, life jacket/PFD, drinks and snacks. The age requirements are 16 or older or accompanied by a parent or guardian. For more information and to register for this free program, please contact the Pasco County Parks and Recreation Department at (727) 834-3278 or (813) 929-2760.

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West Central, continued

November 3-6, 2011 (Thursday-Sunday)

6th Annual Calusa Blueway Paddling Festival

Ft. Myers, FL

Festivities include competitive canoe/kayak races, a kayak fishing tournament, paddling clinics and demonstrations, seminars, family activities, archaeological and environmental events, guided tours and more celebrations along The Great Calusa Blueway, featuring beaches and back bays of Fort Myers and Sanibel. Visit www.calusabluewaypaddlingfestival.com for registration and fee information or contact Betsy Clayton at (239) 533-7474, email bclayton@leegov.com.

November 5, 2011 (Saturday)

Legacy Trail Ribbon-Cutting Celebration

Venice, FL

Bring your bikes, skates or just your walking shoes to the Venice Train Depot and help celebrate the Grand Opening of the Legacy Trail Pedestrian Overpass, which now connects two great trails – the Legacy Trail and the Venetian Waterway Trail. Festivities begin at 9 a.m. and include music, free helmet give-aways and face painting. Be one of the first pedestrians to cross the new overpass and receive a commemorative medal! For more information, call (941) 861-5000 or visit www.scgov.net.

South

Counties: Broward, Collier, Glades, Hendry, Highlands, Martin, Miami-Dade, Monroe, Okeechobee, Palm Beach, St. Lucie

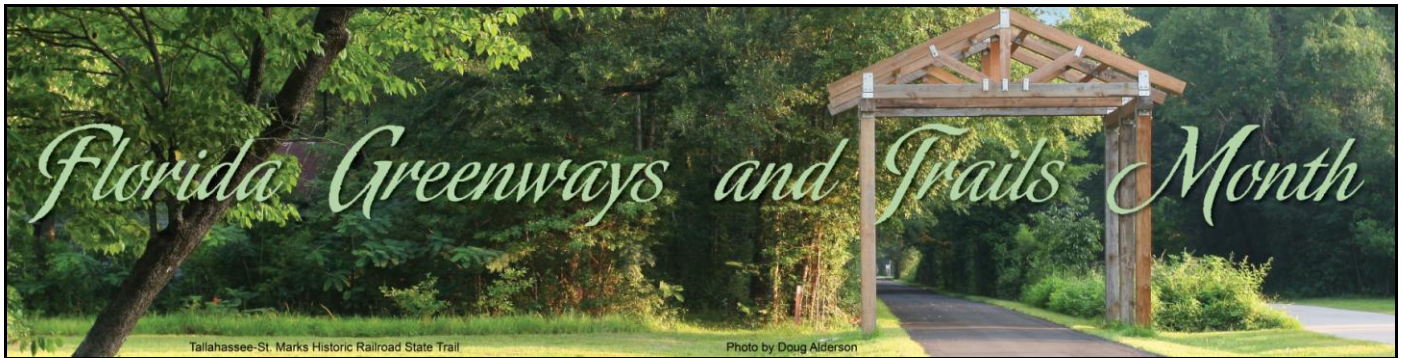
October 1-2, 2011 (Saturday-Sunday)

Livelong Livestrong

Hallandale Beach, FL

LIVELONG Benefiting LIVESTRONG – Life with Cancer. Join us at Gulfstream Park starting at 7 a.m. as we walk, run and ride in our fight against cancer. Invite your family, friends and coworkers to create a team and help us “paint the town yellow!!” Everyone can participate! A portion of the proceeds of this event will go locally toward the Dreams Unit (Pediatric Cancer Wing) of the new Joe DiMaggio Children’s Hospital with the remaining proceeds directly benefiting the global outreach of the Lance Armstrong Foundation. For more information visit www.livelonglivestrong.org.

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South, continued

October 8, 2011 (Saturday)

Buddy Walk

Jensen Beach, FL

Come join in the fun for the 4th Annual Treasure Coast one-mile buddy walk. It will be held at the beautiful Indian RiverSide Park from 10 a.m. to 4:30 p.m. The Buddy Walk is a one-mile walk in which anyone can participate without special training. After the walk, you and your family can enjoy entertainment for everyone including face painting, carnival games, blow up slides, music and more. The walk will be hosted by the Treasure Coast Down Syndrome Awareness Group. Contact Sandra Coleman at (918) 520-0354, email sacs01@bellsouth.net or visit www.tcdownsyndromeag.org.

October 15, 2011 (Saturday)

FKOHT "Pedal"

Key Largo, FL

Celebrate Greenways and Trails Month with a bike ride along the Florida Keys Overseas Heritage Trail! The 13-mile roundtrip ride will begin and end at John Pennekamp Coral Reef State Park and will include stops along the way to learn about Key Largo's history. At the Dagny Johnson Key Largo Hammock Botanical State Park, pedalers can explore the recently reopened, two-mile, unpaved trail through one of the largest tracts of tropical hardwood hammock at the botanical preserve. For more information, call Monica Woll, (305) 853-3571 or email Monica.Woll@dep.state.fl.us.

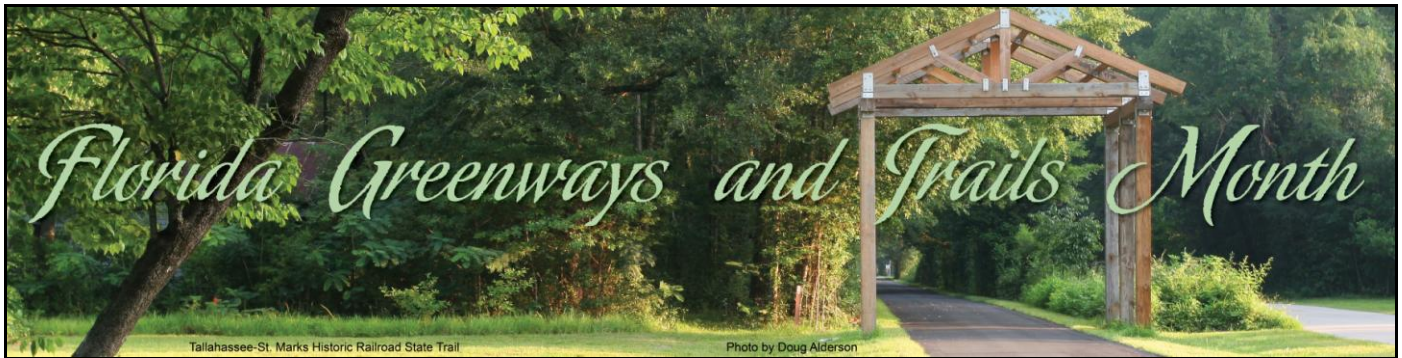
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Florida Keys

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South, continued

October 22, 2011 (Saturday)

FKOHT Paddle & Clean-up

Scout Key, FL

Enjoy a paddling trip and lend a helping hand for the Florida Keys Overseas Heritage Trail (FKOHT). Celebrate Florida Greenways and Trails Month with a three-mile paddle out from Spanish Harbor boat ramp to circumnavigate the newly re-named "Scout Key." Weather permitting, the excursion may continue on to Little Bahia Honda Key for a great view of the historic Bahia Honda trestle bridge. Following the paddle, the group will help clean up the FKOHT launch site and fishing bridge area at Spanish Harbor. For details, call Monica Woll at (305) 853-3571 or email Monica.Woll@dep.state.fl.us.

October 22, 2011 (Saturday)

Scout Key Paddle & Clean-up

Florida Keys

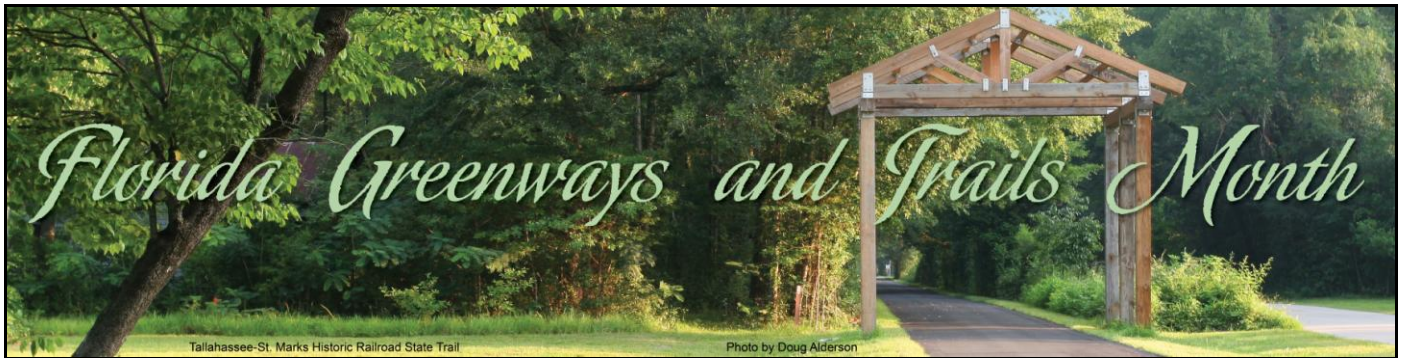
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October 29, 2011 (Saturday)

Florida Panther Festival

Naples, FL

Celebrate the first annual Florida Panther Festival at North Collier Regional Park in Naples, Florida. The Festival is a free family event with children's activities, live music, demonstrations, presentations, livestock pen exhibit, Living with Wildlife pavilion, trail walks, face painters, food vendors and more. Learn about the endangered Florida panther, its habitat, and the issues facing the species' survival through fun and educational activities for the kids, panther tracking activities, interactive hikes, speaker presentations by panther biologists and capture team members, demonstration equipment and information about living in panther country. The Festival hours are from 10 a.m. - 4 p.m. and will include live music from the bands Bugtussle Ramblers and Frontline Bluegrass and educational exhibits by the Children's Museum of Naples, Naples Zoo, Ritz Carlton Nature's Wonders program and much more! For more information visit www.floridapantherfestival.com.



South, continued

November 5-6, 2011 (Saturday-Sunday)

FTA Weekend Backpacking Trip

Jupiter, FL

The Florida Trail Association's (FTA) Loxahatchee Chapter is offering a short, overnight backpacking trip to give newcomers, as well as seasoned hikers, a simple, easy experience in primitive hiking/backpacking/camping. The first day's hike will be ten miles, carrying a backpack and the second day's hike will be a somewhat shorter distance. The trip will begin at Riverbend Park in Jupiter with an overnight at the Kitching Creek Campsite in Jonathan Dickenson State Park. Reservations are required. The trip is limited to 24 people with priority given to FTA members on a first come, first served basis. Contact Debra Lawrence at allie9362@aol.com or Scott Lunsford at tblazer7579@comcast.net for more information.