



The Spring Times

March 2004

Spring City Cycling Club
Huntsville, AL – Founded 1892

The Official Publication of the Spring City Cycling Club – Dedicated to providing “concerted plans and amusements for the bicyclist.”

SCCC Announces Century Event Date

By Dan Kruvand, SCCC Century Director

The club has already begun planning for the 20th Annual SCCC All You Can Eat Century Ride.

Mark your calendars now for **Saturday, September 18.**

We had a super turnout last year, with more than 400 riders registered. The Madison County High School start, great routes, rest stops, and post-ride meal have all helped to make our SCCC Century a fall classic.

An event of this magnitude requires a lot of teamwork from dozens of club members and outside volunteer organizations. This is our big fund-raiser of the year, and the day when we show our club’s savvy and scenic back roads to riders from all over the area.

We’ve got a lot of Century veterans who are again willing to put in their efforts, and several are already signed up as team leaders. We still need volunteers for the key jobs of SAG Coordinator, Publicity, and Shirt/Printed Items. If you’re interested, please give me a call at 880-9347, or email dkruvand@aol.com

The event takes a lot of dedicated workers who are willing to give up their own ride to keep our participants on-course, safe, and well-fed. So please give volunteering your serious consideration.

Dan Kruvand assumed the club’s Century Director position in February and is actively planning, recruiting, and organizing this year’s All You Can Eat Century. Dan’s recently retired and is already devoting a lot of energy and time to help ensure this year’s event is fun, safe, and well-orchestrated. Please extend your support to Dan and consider volunteering to help before or during the ride. — *Editor*



March General Meeting

Date: Monday, March 8, 7:00 PM
NEW Location: El Camino Real Mexican Restaurant, 4116 University Drive
Program: **Susan Weber**, City Naturist and Nature Conservancy Rep. Details below.

The program for March 8 – at a **new location**, El Camino Real – is a multi-subject presentation by Susan Weber, a naturist from the city planning department and the Nature Conservancy. Topics will include the Walls of Jericho, a beautiful nearby area recently purchased by the state for recreational use and preservation, the Hays Nature Preserve, and city bikeways planned for the future (across the river and down to the Goldsmith-Schiffman Wildlife Sanctuary). Join us and hear about great new opportunities for riding and hiking in the beautiful Tennessee Valley. — *Andy Brown, SCCC VP*

Bikes, Bread & Beer: Annual St. Paddy’s Day Rides and Bash

Join your Irish, not-so-Irish or Irish wannabees at the SCCC’s Annual St. Patrick’s Day Rides and Party on March 13.

The post-ride leprechaun tossing and party is at John and Melodie Stanley’s house at 121 Thomas Woods Court (their back yard adjoins the clubhouse parking lot).

We will have the traditional Irish Beer Stew, starting at 2:00 PM. Non-riders welcome. Please BYOB and bring a side dish or dessert.

All rides start from the Hidden Creek Clubhouse. From US 72W, turn right on Jeff, right on Blake Bottom, right on Cloud Creek. Turn right on Hidden Creek at the 4-way stop; clubhouse on the left at end of the cul-de-sac.

See the calendar page for St. Pat’s Day ride options.

SCCC Litter Patrol 2004 – Cecil Ashburn Drive

By Marjorie Holderer

Many of you have participated in the club's litter patrol of Blevins Gap on Cecil Ashburn Drive – formerly known as Four Mile Post Extension. This year we will have three pickup sessions with 12 pledges per session. We have five slots spoken for and will need an additional 31 slots pledged before we will declare this year's project officially started.

For those who have not volunteered, please look at the club web site advocacy section for the new description of details, agreements, and duties of the project on SCCC Web: www.springcity.org/advocacy.html.

This year's pickup sessions are:

- March 27, Saturday (March 28th rain day)
- July 10, Saturday (July 17 rain day)
- November 6, Saturday (November 13 rain day)

This year I am the project manager and the session leader for two of the three sessions. We need a session leader for July 10 – and 31 pledges.

If you'd like to sign up, contact me, Marjorie Holderer, 883-9982, mjholderer@knology.net.

SCCC adopted Cecil Ashburn Drive as part of the City of Huntsville Operation Green Team program in 2000. Since the club has also participated in many other clean-up-city programs in the past, adopting a road section is aligned with the club's historic civic values.

Cecil Ashburn Drive is a city designated bike route and it is the best cycling, most scenic east-west crossing in the county. SCCC members and other cyclists in Madison County worked hard to have Four Mile Post be the first local road smooth paved with 8-foot wide shoulders.

Before we sign up for the job, we require a list of volunteers who select in advance one or more sessions to work. In the year 2004, we will have three sessions with 10 people and two backups; therefore 36 participant slots. We pick up 10-15 trash bags each session or 30-45 bags per year. Show up for two hours of pickup session or work on your own for two hours anytime during the week prior to a session. Wear long sleeve clothes and sturdy shoes. Bring water if hot temperatures.

Why should you volunteer to participate in Adopt-a-Mile for the club? We adopted this beautiful one-mile section to prove we have the civic generosity to give back to the community. And to prove we don't just speak up to complain but also to volunteer.

Subaru/IMBA Trail Care Crew Arrives in March

Submitted via Robert Murphy

The International Mountain Bicycling Association's (IMBA) Subaru/IMBA Trail Care Crew will be in Huntsville, March 25-8 to talk trails, teach people proper trail building technique, and spend quality time digging dirt. The visit is one of 70 stops on the 2004 schedule. Everyone is invited to attend the weekend's events.

For more information and to register for the IMBA Trailbuilding School, contact the park at 534-3757 or visit the MTB page on Spring City's web site.

Join local MTB enthusiasts and trail maintenance volunteers at the following IMBA events held at the Monte Sano State Park Community Center:

- March 25, 7:00 PM, Around the World with IMBA Slideshow
- March 27-8, IMBA Trailbuilding School (Pre-registration required)
- March 28, 2:00 PM, ride with the IMBA crew

The IMBA program includes two full-time, professional teams who travel North America, leading IMBA Trailbuilding Schools, meeting with government officials and land managers, and working with IMBA-affiliated groups to improve MTB opportunities. Crews have led more than 1,000 trail projects since 1997.

The Crews teach "sustainable" trailbuilding, which means building trails that last a long time and require minimal maintenance. This helps reduce trail damage, protects the environment, and enhances visitor enjoyment.

Most Trail Care Crew visits last four days, allowing time to assess local trails, host an evening event at a bike shop, conduct a two-day Trailbuilding School, and ride with the locals.

The Subaru/IMBA Trail Care Crew program has inspired great volunteer trailwork across the U.S. and abroad. As a result, there are now thousands of new and improved trails in all 50 states, Canada, Mexico and several European countries.

Coming to Huntsville are Trail Care Crew members Mark Schmidt and Lora Woolner of Ontario, Canada. Both are experienced mountain bike instructors who now travel year-round through the western U.S. and parts of Canada. Prior to life on the road, Lora was a mountain bike coordinator and Mark was an industrial designer.

Trail Maintenance Day: May 6

Put what you learned from the IMBA school to work! Next trail work day is May 6. Meet 9:00 AM, Monte Sano Park office. Planned work includes Warrior Connector switchbacks. Contact: robertemurphy@hotmail.com

Off the Front (What the Voices Said to Do): You Want to Do *WHAT?*

By Alex "The Wrench" Harris, SCCC President

It started innocently enough. But most serious problems do. It was only on the weekends and I only tried it once. But that feeling was just so wonderful. Before long the big brown UPS truck became a regular sight on my street. Every day was like Christmas as I came home to find some new treasure on the front porch. One day it was a set of hex wrenches, the next a box of cone wrenches. I have often said "Cycling is as addictive as crack and twice as expensive." I was wrong. It is way more expensive and we don't have a 12 step program.

Next the garage got cleaned out. New shelving, pegboard, and wall hooks everywhere. My back hurt for days. Syngrease, extra dry chain lube, shop apron, work table. Man, I am set. I have a home bike shop. Haven't turned one bolt yet but I am ready.

I start on my Trek 5200 since the touring bike I built with my friend (actually he built and I watched or did what I was told) is too new to need work. What to do first? So I say to myself "Self, that Ultegra cassette looks awful. I think it needs a bath in degreaser." Out come the tools and before I know it I am whipping that chain whip around like an old pro. Off comes the cassette and into the bath it goes. Time to put it back on. Ooops, no torque wrench. \$60 later I have one. Oops, it is a 3/8" and I have a 1/2" cassette locking tool. Back to Lowe's.

I call Steve Swann, SCCC Race Division Manager and owner of Madison Cycles. I say "Steve, am I right to use a pin spanner to remove a crank bolt lockring?"

"Yes" he says. Hesitation..."But why are you removing that?"



"Because it is a crank bolt lockring." Silence.

"Don't I have to remove that to unscrew the bolt?"

Silence. More silence. And still more silence. I start to worry.

"Alex, don't you have Ultegra components?"

"Yes."

"Alex, those cranks are self extracting."

"And your point is?"

"That lockring is what MAKES them self extracting. Don't unscrew it."

Cranks are off in nothing flat and getting a nice bath in orange degreaser. Gee, look at that bottom bracket. That is filthy. It needs to come off too and get rubbed clean and re-greased. One problem...it is NOT coming off. Did I mention my friend Amy from Houston is on the phone with me during all this. No? There is probably a reason for that.

Amy is a racer and knows how to tear a bike down and put it back together in her sleep. She is trying to tell me how to do it but nothing is working and I am afraid I will strip out the splines which even I know would be very bad. I was cursing in languages that haven't been spoken in 5000 years.

Alright dangit, those jockey wheels need to be cleaned. Off come the jockey wheels and into the degreaser bath they go. 5 minutes later..." Amy, aren't these things supposed to be sealed?"

"Let me guess, the bearings came out?" <belly laughing>

"Is it a bad thing if the little silver ring in the center falls out?"

"Yep honey, that's bad." <Choking sounds>

"Why did they fall out?"

"Probably because you soaked them in degreaser." <snort>

"You knew that was a mistake?"

"Yeah." <sobbing>

"Then why did you let me do it?"

"You didn't seem like you wanted any input. Whew, thanks for the abs workout."

My baby is in the garage right now, no rear wheel, chain gone, cranks and chainrings on a table, jockey wheels in pieces. She looks so pitiful. I can almost hear her saying "Daddy? What did you do to me? Don't you love me anymore?" But hey, tomorrow I'll go spend some more money and get a fix. Some new jockey wheels and another new tool should make it better right?

Remembering Pantani

By Morgan Andriulli

I have always been a fan of Marco Pantani ever since we were in Italy and witnessed his remarkable arrival on the racing scene in 1994. The occasion was our honeymoon, but the debut for Italy was all Pantani, all the time.

Part of Pantani's sudden appeal to Italians was the shock of this singularly unattractive, runty little guy taking the fight to Miguel Indurain, considered then to be the serenely unassailable golden god of the peloton.

Indurain was the favorite to win the '94 Giro, but Pantani attacked and won two mountain stages and soundly beat Indurain in a tough uphill time trial to take second overall.

More shocking was the realization that this 40-ish looking balding little 125-pound man had won the "junior" Giro two years before and was, in fact, only 24 years old.

Italians did not know what to make him. They mocked his ears with the nickname "Il Dumbo" before "Il Elephantino" and the more respectful "Il Pirata" stuck. He gained their respect after winning stages in the 1995 and 1997 Tours de France and later their adulation in 1998 when he won the Giro outright and then bested Jan Ullrich to win the Tour. The fans had a bona fide Giant Killer.

Pantani's appeal arose from his underdog appearance and vulnerable look. He scored points for the schoolyard runts of the world. He looked like the guy all the jocks picked on, couldn't make the team and probably couldn't get a date. On the bike, however, he got respect.

He took down Golden Boys Indurain and Ullrich and he tried hard to take out Armstrong, attacking every time a look combining blind aggression with scared-rabbit vulnerability. Italians loved him for it. He gave the underdogs of the world someone to root for.

In the end, when he lost his ability to race bikes, he lost his identity. He may have been that lonesome schoolyard shrimp who really only found respect and happiness in competition and in the saddle. Maybe he did not develop relationships outside the competition world. Who knows?

When he was found dead in a hotel room due to a possible drug-induced heart failure, it seemed to be culmination of a long, slow spiral of rumor, accusation, bad luck and bad decisions. The real truth may never be known and that by itself is a tragedy.

The real tragedy for Pantani and his fans is that while he gave hope to the underdogs of the world, in the end, he saved none for himself.

This is Your Last Newsletter...

...if you have not yet renewed your membership. Do we have to remind you? See back page for renewal info. Fill out the form, mail it in.

Kilmer Kampout Announced

Mark your calendars and air out your sleeping bags. The Joyce Kilmer spring campout is scheduled for the weekend of April 16-18. Details to come soon.

Advocacy: Recent Letters to the Editor

SCCC members continue to make their cycling advocacy voices heard in *The Huntsville Times*. Dave Stone's letter follows. Other club members whose letters appeared recently include M. D. Smith and Jamie Miernik. —*Editor*

Insurance Enforcement (February 12)

I hope the Legislature is bold enough to do something about Alabama's disgraceful uninsured motorist law.

In September, the state admitted it did not have enough money to enforce the law. If there is no money to enforce this law, why do we even have it? What other laws should we not enforce due to a lack of money?

There is no reason for a driver not to show proof of insurance when he or she registers a car. Right now you just tell the clerk that you have insurance with no proof that you actually do.

The penalties also need to be increased. The lady who hit me last summer got a \$500 fine while my medical bills are expected to reach hundreds of thousands of dollars. It is cheaper to pay the fine than get the insurance. Should somebody with no insurance that is involved in a near fatal collision still be allowed to drive?

The Legislature must start taking its responsibility to regulate driving seriously. Right now it is a joke.

David L. Stone

Like hoofing it in the boonies? ... neither do we

Ask about our bike rides!

Service your bike now, or regret it later.

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Feb. 9 General Meeting Minutes

A True Saga By Geanine Lehmann, SCCC Secretary/PR Rep

Visitors were Craig Burrow, Vern Gibson and Rob Hemmens. Shirley made the announcement that Viji Sarathy was suffering pneumonia as a result of a tooth in his lung from an accident last summer. Dave Stone is back at work. The general meetings will be at El Camino Real on University starting in March. Treasurer reported the account has \$8,000 in it. Steve Swann, Racing Division Director, reported the March Saturday training race series is open to all at \$5.00 per rider. Racers will have a separate jersey.

The Alabama Sports Festival will be in June. Discussion centered around the use of club equipment and club volunteers. Marge Holderer moved and Steve Swann seconded a motion to use the club's equipment. The idea of a SCCC membership booth was also discussed.

Mike Bayler discussed the recreational riding jersey, separate from the racing jersey. The current idea is Spring City Lightning Bolt Lager, design underway. Marge Holderer discussed whether we wanted to continue trash pick up. Jamie Miernik made the motion and Shirley Feaux seconded. The motion passed. Marjorie will be sending out information on the plans. Charlie Feaux announced that he reserved Rattle Forward Campground for 17, 18, 19 April.

There are two officer positions open, Community Affairs and Century Director. Dave Stone was nominated for the position. Jamie Miernik was nominated by Roger Chassay. Alex is going to contact Dave Stone on this position. Dan Krivand graciously accepted the Century Director position. Thanks Dan!

The dilemma that arose from a Feb. officer's meeting concerned charitable donations. There issue centered around the Century and the August race benefiting a charitable organization. Should the Century and Race fundraise together or separately? Morgan Andruilli spoke with Rick Natividad of CSC with Alex's, Davis' and Steve's blessing. CSC wants a charity to benefit from the events. Despite the strong disagreement at the officer's meeting, the motion passed. Seemed a reversal of the January meeting.

Racers have used the Land Trust as a charity. The racers need corporate sponsors. Huntsville mayor sometimes is involved. It provides publicity and contact with the mayor. Racers need \$2,500-3,000 in sponsorship. Morgan's proposal is to combine the sponsorship levels for both events. This would involve the written proposal. The charity would be named up front and a timely proposal made. This would be a consolidation of efforts and a reciprocal relationship. Charlie Feaux stated that the history of this problem was too long to go into. The funding issue is a red herring.

Charlie is looking forward to not attending the officer's meeting. The Club has been fortunate to have had Davy Haynes as an officer. Davy Haynes feels now that he will be able to do whatever he wants as an individual cyclist.

Jim Horowitz asked what amount would go to the charity. The Soccer donation was \$1,000 for facility cost. When Morgan asked for sponsorship for both events caused CSC as for a formal proposal, Ernie Thomas explained that CSC's \$500 last year was a straight donation. Piggly Wiggly gave \$300 in support of the Madison County High School Soccer Club. The situation is that we propose the charity and CSC would concur.

M. D. Smith brought up that we should be more careful when speaking on behalf of the club. Also, that the emotion shown on this issue is a good sign. It indicates that people care enough. The meeting is a healthy process. Sharon Bayler brought up that the proposal should have been given more time for consideration. Since the proposal was in opposition to the decisions made at the January meeting and there were a lot of gray areas in the proposal. Gary Petersen brought up that he like the club's independence from corporate sponsors. Dan Krivand asked if Rick was the same person that we dealt with last year at CSC. He is. Mike Bayler brought up that these issues could/should be discussed on email. Ideally Robert's rules of order should be used. Some people prefer not to discuss issues in front of the presenters. The internet would help with this. Marge Holderer brought up the charity should be someone related to the cycling world. She also suggested the use of conference calling.

Jamie Miernik brought up the idea of becoming a 501(c)(3) organization. M. D. Smith says that his donation is a business expense, not a charitable contribution. Geanine Lehmann brought up that it would be nice to know about special proposals before the meeting. Mike Bayler brought up that the 501 (c)(3) would eliminate perks such as parties and campouts. Ed Bernstein brought up that the 501 (c)(3) would mean a lot of extra paper work. Jamie Miernik mentioned that \$10,000 in the account would attract attention.

Gary Petersen brought up the good weather has contributed to the success of recent centuries. Alex brought up his desire to spend some of the money on projects like a youth racing team. Marge Holderer brought the idea of a fold out map with the club rides at various tourist information sources. Morgan suggested putting resources into the race and century. Jamie Miernik suggested that the club sponsor the races. Alex ended the discussion at 8:35 pm.

Clarification of officer responsibilities will be defined to prevent confusion in the future. The racers will operate on their own. The mountain bikers group will probably petition to be a section of the club like the racers. Ed Bernstein stated that the current membership is 100. The Century will do its own fundraising. Mountain bikers group has become more active. Ernie Thomas stated that the Mountain Biker Division fizzled out in about 1994. Mike asked for details of what the Mountain bikers had been doing.. They have been doing trail building and maintenance at the park. There is an IMBA Trail Building Seminar at the park. The meeting ended at 8:45. *Whew!*

April Newsletter Deadline

"April is the cruelest month" penned T. S. Eliot. Don't let it happen to your SCCC editor. (It's unknown whether this great poet [Eliot, that is] ever rode a bicycle). Deadline for the April newsletter is **Friday, March 26**. Please send submissions to tpgreer@ingr.com. Submit articles, pictures, and useful links. Members may also run free bike-related (non-commercial) classified ads.

Ad: Buy My Shifters, Wheels

For Sale: 2000 Dura Ace STI front/rear shifters, rear derailleur, and built 32-spoke Dura Ace/Mavic wheelset with 9-speed 12-23 and 12-27 cassettes. Straight, maintained, good condition and never wrecked. \$300 (\$225 minus front wheel). Morgan Andriulli, 536-7190 morganandriulli@comcast.net

This is Your Last Newsletter...

...if you have not yet renewed your membership. Do we have to remind you, again? See back page for renewal info. Stop cycling for a few minutes and fill out the form, mail it in. Treasurer Ed Bernstein will have no mercy; you'll be cut off from this valuable benefit of membership.

RoadBikeRider: Join List Now

If you're a roadie and have not subscribed to the best e-newsletter for road cyclists on the planet, click to roadbikerider.com/manage-my-account.php and sign up for RoadBikeRider.com Newsletter. After you sign up, browse the great site and its links. The newsletter is published every Thursday by Ed Pavelka and Fred Matheny of RBR Publishing Company. This informative and valuable (and entertaining) resource will become habit-forming and indispensable to your cycling life.

The SCCC membership roster boasts 100 cyclists, including our New Members

Brent Congo thecongob@juno.com
Anthony Houssain fazal69@msn.com
Taryn Preuit taryn.d.preuit@lmco.com
David Hall drhall@bellsouth.net
David Purinton Family purinton@arilion.com



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Centuries and Cycling Events

The electronic newsletter century listing provides active links to century pages, where available.

The chilly grip of winter is fading and regional rides are appearing on calendars. Riders are urged to check www.springcity.org/century/otherides.html for the latest updates.

March 13, GA – [Wheels O'Fire Century Cycle Tour](#),

March 20, AL – [Woodland-Calhoun Century Challenge](#)

April 4, SC – [After the Bridge Run Spring Century](#)

April 17, TN – [Murfreesboro Two County Metric](#)

April 17, VA – [Virginia Creeper Trail Ride](#)

April 18, AL – [Boll Weevil 100](#)

April 19, TN – [Tanassi Challenge](#) MTB Festival, Race.

April 24, FL – [Century Ride in Pensacola](#)

April 25-May 1, LA – [Cycle Mainstreet](#)

Spring City Cycling Club Officers

President	Alex Harris	653-5221	alexscce@comcast.net
Vice-President	Andy Brown	325-8311	brownfalcon@knology.net
Rides Goddess	Sharon Bayler	830-5956	sharon@bayler.us
Secretary/Public Relations	Geanine Lehmann	864-2591	gean31356@aol.com
Treasurer	Ed Bernstein	534-6574	scctreasurer@msn.com
Community Affairs	Open	—	—
Newsletter Editor	Tom Greer	655-0121	tpgreer@ingr.com
Webmaster	Dean Della Pella	730-3679	ddellap@ingr.com
Century Director	Dan Kruvand	880-9347	mailto:dkruvand@aol.com
Race Division Manager	Steve Swann	461-9963	steve@madisoncycles.com

For latest information:
 Sharon Bayler, Rides Captain
 Phone: 653-9244
 E-mail: sharon@bayler.us
www.springcity.org

Spring City Cycling Club

Weather policy
 If the weather is questionable before the start time, call the ride leader to confirm whether the ride will take place.

March 2004 Rides Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easy Breakfast Fast Breakfast Afternoon Rides	1 Officers Meeting	2 Arsenal Ride	2	4 Wildlife Ride Arsenal Ride	5	6 Killingsworth Cove
7 Easy Breakfast Fast Breakfast Afternoon Rides	8 General Meeting NEW LOCATION: El Camino Real	9 Arsenal Ride	10	11 Wildlife Ride Arsenal Ride	12	13 St. Patrick's Day Rides & Party
14 Easy Breakfast Fast Breakfast Afternoon Rides	15	16 Arsenal Ride	17	18 Wildlife Ride Arsenal Ride	19	20 Coldwater Variation
21 Easy Breakfast Fast Breakfast Afternoon Rides	21	23 Arsenal Ride	24	25 Wildlife Ride Arsenal Ride	26	27 • Cherry Tree Loop • Preparation H Ride • Cecil Assburn Litter Pickup
28 Easy Breakfast Fast Breakfast Afternoon Rides Carol's SOUP RIDE	29	30 Arsenal Ride	31			April 3: Fast No Breakfast Ride

Standing Rides

Sunday Fast Breakfast Ride - 8:00 AM 43 miles, 17-19 mph pace (Sometimes Harder. Sometimes Not). Starts at Mullin's Restaurant.
Ride Contact: Morgan Andriulli 536-7190, jamorgan10@comcast.net

Sunday Slow Breakfast Ride - 9:00 AM (9:15 AM) 18 (10) miles to Mullins Restaurant and back @ low mph. Post-breakfast Monte Sano option. Starts at Grissom High School (Winn Dixie - Airport & Whitesburg)
Ride Contact: Willy Albanes, 883-0685, albanes@att.net

Sunday Afternoon Ride - 1:00 PM. 40 miles (32 and 22 mile options) at 16.5 to 17.5 mph. Starts at Williams Elementary School.
Ride Contact: Don Wallace, 859-3019, wallace@mae.uah.edu

Tuesday Arsenal Ride - 5:30 PM, 22 miles, fast & slow groups. Starts at Building 5400 south parking lot (badge, government ID or escort required).
Bring lights.
Ride Contact: Don Lovelace, 539-9008, lovelaced@msn.com

Thursday After-Dark Wildlife Ride - 5:00 PM, 12 mile loop, 1 to 1.5 hour ride time. Lights required. Fat tires and warm clothing highly recommended. Starts at Wheeler Wildlife Refuge Handicap Parking Lot.
Ride Contact: Mike Lackey, 464-2604, mbl9@dcx.com

Thursday Arsenal Ride - 5:30 PM, 22 miles, fast & slow groups. Starts at Building 5400 south parking lot (badge, government ID or escort required).
Bring lights.
Ride Contact: Don Lovelace, 539-9008, lovelaced@msn.com

Everyday - M.D.'s Lunch Ride - 12:00 PM. 10 to 18 miles, 13-14.5 mph pace. Starts at Big Spring Park Duck Pond.
Ride Contact: M.D. Smith, 536-8521 x103, 527-8521 (Cell), call ahead

Saturday Rides

March 6 - Killingsworth Cove Ride - 42 miles of beautiful rolling Eastern Madison County. 16-18 avg. Start 9:00 AM at Publix in Hampton Cove. Ride leader Ernie Thomas, <mailto:ernie.thomas@tbe.com>, 776-3756.

March 13 - St. Paddy's Day Rides and Annual Bash. See details below.

March 20 - Coldwater Variation - 58 miles, start at 9:00 AM from Sparkman Middle School (on Jeff Road, north of 53). Pace 16-18 mph, rolling hills. Ride leader Dean Della Pella, 890-0706.

March 27 - Cherry Tree Loop - 33 miles, 12-14 average. The New Year's Day Ride Redux. Starts from Publix in Hampton Cove at 10:00 AM. Ride Leader TBA.

March 27 - Not a ride but civic cycling duty: Cecil Ashburn Adopt-a-Mile Litter Pickup. 9:00 - 11:00 AM; meet at parking lot at crest of hill. Sign up with Marjorie Holderer, 883-9982 or mjholderer@knology.net

The HHH Ride: Hard, Hilly, Horrendous Ride - 60-65 miles at what Don claims will be a 17-19 pace, just to lure you in. Starts at Publix, Hampton Cove 9:00 AM. Ride Leader Don Wallace 859-3019, wallace@mae.uah.edu

April 3 - Fast Not for Breakfast Ride - 44 Miles - Morgan's Sunday ride, starting at a decent hour. Starts at East Clinton School at 9:00 AM, goes over Monte Sano and 4 Mile Post. 16-18 on the flats, regroup after climbs. Eat yer Wheaties. Ride Leader Sharon Bayler, 830-5956, Sharon@bayler.us

Directions to rides: see Web: <http://www.springcity.org/directions.html>

March 13: St. Paddy's Day Rides and Annual Bash

Three great ride options:

Shamrock & Roll Ride - 27 Miles, 12 -14 average, 1 rest stop, flat to rolling. Starts at 11:00 AM. Ride Leader Andy Brown, 325-8311
brownfalcon@knology.net

Kiss My Blarney Stone Ride - 45 Miles, 15-17 average, 1 rest stop, flat to rolling. Starts at 10:00 AM. Ride Leader Sharon Bayler, 830-5956,
Sharon@bayler.us

Pot o' Gold Ride - 64 Miles, 16-18 average, 2 rest stops, rolling to hilly. Starts at 9:30. Ride Leader John Stanley, 895-8001

Party suggestions and driving directions on page 1.

SCCC GENERAL MEETING

**Monday, March 8 - El Camino Real (University Drive)
 Program: Susan Weber, Naturist (not a Nudist)**

Spring City Cycling Club Rides Policy

All rides free and open to the public. Helmets mandatory. Choose a ride appropriate to your ability. Properly maintained equipment highly recommended.

SCCC Membership Application

NAME _____ PHONE (H) _____

ADDRESS _____ (W) _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____ ****I agree to receive the newsletter by E-mail only.**

VISIT www.springcity.org !

Check the options you desire. Mail this application with a check / money order made out to:

Spring City Cycling Club / PO Box 2231 / Huntsville, AL 35804.

or renew online: www.active.com/event_detail.cfm?event_id=1103251

2004 Full Year Membership:

Individual _____ \$12.00 (email newsletter) _____ \$17.00 (USPS newsletter)

Family _____ \$15.00 (email newsletter) _____ \$20.00 (USPS Newsletter)

TOTAL (Check Payable to SCCC): _____

Release of Responsibility: The person signing this document certifies that he/she has examined the information on this release form and membership application and that all information is complete, true, and correct. For the sole consideration of being allowed to participate in Spring City Cycling Club (SCCC) activities, the undersigned hereby releases and forever discharges SCCC members, agents, officers, volunteers, personal representatives, their heirs, successors and all other persons, firms, and corporations liable or who might have claimed to be liable (all and each "Released Person") from any and all claims, demands, damages, actions, causes of action or suits of any kind and nature whatsoever, and particularly on account of all future injuries both to the person and property which may have resulted, or may in the future, develop from participation in or traveling to and from SCCC activities or SCCC sponsored events. I fully realize, acknowledge, and assume the risks of the hazardous nature and dangers of participating in any club activities, including by way of example and not limitation, the following: collisions with pedestrians, vehicles, other riders, and fixed or moving objects; safety hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical injury associated with cycling (each and all of which shall be referred to as 'Injury'). This release has been completely read by or to the undersigned and the terms hereof are fully understood and voluntarily accepted for the purpose of releasing each Released Person from any and all claims, disputed or otherwise on account of any injury.

Participant's Signature: _____ **Date:** _____

(Signature of Guardian, if under 19) _____

