



*Spring City Cycling Club*  
Huntsville, AL – Founded 1892

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# The Spring Times

July 2004

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

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## TNT Cyclists Soar at Most Beautiful Bike Ride

By Alex Harris, SCCC President

Let me fess up, as with most things I do for the first time: my first century was a lesson in how a century is not supposed to go.

America's Most Beautiful Bike Ride is put on by Bike the West and is one of the major cycling events that the Leukemia and Lymphoma Society's Team iN Training participates in each year. Notice the "N" is emphasized to come up with TNT. If they capitalized the "I" it would be [never mind...please get your mind out of the gutter, El Presidente, there's room for only one and that's me – Ed.]

Of the 3,500 riders who participated, 1,800 were TNT riders and we raised a total of \$6.5 million which was a \$500 K increase over last year. So, each mile of the century is worth \$65 K. Talk about incentive!

I arrived in Tahoe on Friday night, June 5, with seven other riders from Alabama and one from Pensacola. The next day we took a training ride of 15 miles to loosen the legs a little and it was about three miles into that ride I discovered that I was in big trouble. The lake is around 6,000 feet above sea level. That means there is no dang air. They are flat out stingy with the oxygen. Maybe they think that less air makes people lose more at the blackjack table. After three miles I was breathing pretty hard. Hmmm...not a good sign.

Sunday comes and the riders start rolling out at 6:00 a.m. They do not make coffee strong enough that starting a century at that hour is fun. The temperature was in the 40's but the sun was out and after six miles or so the blood was pumping enough to stay warm.

Emerald Bay is the first climb and it starts at mile 10 and goes for five miles. At this point I was feeling really good, must have been the coffee, so that climb got knocked out easy. Lots of switchbacks and WHAT A VIEW! I just can't describe what it is like to be climbing a mountain and off to your right is a huge, deep blue lake with snow capped mountains on the other side. Breathtaking is the word. Which is not a good thing considering you are climbing for five miles at above 6000 feet. Who that heck

thought up this brilliant idea? The next area worth mentioning was about 10 miles of bike path that meanders along a bubbling river full of trout.

*Continued on page 3*

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### Bob Roll Touts SCCC Party Month: TdF Bash, Annual Picnic and Rider Dip

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Bob “Tour DAY France” Roll has nothing to do with this announcement but he'd like to scarf up the goodies at Tom and Kathy's on the 17<sup>th</sup> AND the Annual Picnic on the 24<sup>th</sup>.

Join us for the celebrated race party at **noon Saturday, July 17<sup>th</sup>, at Tom and Kathy Fillenwarth's, 1211 Deborah Drive, Huntsville.**



Come after one of the morning SCCC rides; you can shower first or dip in the pool to cool off. Eat and watch Lance and Tyler dance in the pedals in the Pyrenees (OLN rebroadcast of the morning coverage).

What to bring:

- Appetizer, salad, side dish or dessert
- Folding chair or cushion if you'd like
- Frosty adult beverages
- Swimsuit (especially Roger) and towel

T&K will provide ribs and chicken cooked to perfection in the Big Green Egg.

Directions: Memorial Parkway South to Drake. Go left (East) on Drake 2 miles. Turn left at Garth (blinking red light). Take 3<sup>rd</sup> right, Deborah Drive, 6<sup>th</sup> house on left.

If you plan to come, please let your gracious hosts know by July 14 so they can plan accordingly. Email [bikepath@comcast.net](mailto:bikepath@comcast.net) or [tfillen@comcast.net](mailto:tfillen@comcast.net) or phone 682-1963 or 653-1960.

**See page 4 for Annual Picnic & Rides details.**

## 2004 BAMA Ride Spins Smoothly

By Terry "T-Man" Whitehead

Another BAMA –Bicycle Across Magnificent Alabama– has come and gone. Starting on 5 June and ending on 12 June '04, this 10th Annual bike tour had 54 riders representing Alabama, Florida, Georgia, Iowa, Indiana, South Carolina, Virginia, Ohio, Kansas, Arkansas, Mississippi, Tennessee, and...Queensland, Australia.

This year's tour started in Anniston with a train ride on the Amtrak Crescent to Meridian, Mississippi, where we camped at Bonita Lakes Park. We then spent the week riding back to Anniston with overnights in Demopolis, Marion, Clanton, Childersburg, Cheaha State Park, and Weaver City Park. The last day wrapped up with a loop to Esom Hill, Georgia, where some riders went on to the Bicycle Ride Across Georgia (BRAG), and returned on the Chief Ladiga Trail.

The scenery got better every day as we rode from the Gulf coastal plains through the Black Belt and into the foothills and mountains of east central Alabama. In my view, the 14 mile roller coaster ride through the forest at the bottom of Mt. Cheaha and the climb was the greatest part of the ride. This is a very challenging climb, so I was pleasantly surprised no one complained.

The weather was a little warm during the day but not too bad at night with soft breezes blowing through our tents. We received a little rain on the morning of day 2 but after that we were dry. Everyone enjoyed themselves and plans on coming back next year. Having a tour with only 50 riders means not having to stand in line for showers and restrooms; that appealed to riders.

Without counting troubles with the U-Haul truck, things went smoothly and BAMA was a success. Thanks to all those who worked from planning to execution and donated their time and funds. This was my sixth BAMA and I plan on being involved with many more. Join us next year, and as ride director Morton Archibald says, "See our state from the seat of a bicycle."



Unidentified BAMA cyclists relax near cranky U-Haul.

  
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## SCCC RAM Series on a Roll

By Mike Bayler, SCCC Community Affairs Officer

The first SCCC Ride A Metric (RAM) series is off to a rolling start. The organizational meeting was held on June 5 at the Southeast YMCA on Weatherly Road.

About twenty new riders of varying ages showed up to listen to my ninety minute informational spiel about how to be a safe and effective cyclist.

Steve Swann and other club members also joined in to help the beginners understand how to be a good cyclist and how the right equipment can help them achieve their goals.

After the meeting, 14 of the attendees joined me and five other club members for a five-mile ride. The following week only four of the original 14 returned for the seven-mile ride but 11 new riders also joined the ranks.

For the third week, nine of the riders returned for the ten-mile ride. In two more weeks the riders will be at a target distance to join in the shorter rides on the club calendar.

Given the short time between announcing the series and the initial meeting, the turnout is quite good. Hopefully, many of these riders will be able to bridge the gap between greenway rider and club weekend rider. I'm sure several will also be successful in their quest to complete our metric century in September.

There are a few rides for which I still need leaders. If you are interested and are willing to stick with some potentially slower riders, your help would be appreciated.

If you are interested in leading a slower-paced ride group at one of the weekday rides, many of the RAM riders could benefit from the company and advice that you can bring to the group. Please call or email me at 830-5956, [mike@bayler.us](mailto:mike@bayler.us)

## Most Beautiful Bike Ride

*Continued from page 1*

Can you say cruising boys and girls? I knew you could. At one point I was flying at around 21 mph up a slight incline and a paceline passed me like I was standing still. Talk about bringing you back to reality.

The halfway point was Truckee. We rode on a four lane highway for several miles to get there and did I mention they have paved shoulder on most of the roads? This was about six or seven miles of slight downhill.

Of course at that point I thought of a group of women riders I met from DC. They call themselves "The Hammer Girls" and they even have their own t-shirts that say "Hammer Girls...We Pound Harder" I am sure there were several men who have tested that theory and been left on the ground in a puddle of sweat.

After leaving Truckee we had to go back the same way we came to the beginning of the bike path. That meant the six or seven mile slight downhill ride was now a climb at between 1% and 2%. Easy right? After around four miles 1-2% feels like a lot more.

At the end of the bike path we continued around the lake until we came to North Tahoe. The organizers claim that the ride has "rollers" along a large part of the course? For the first half of the ride "rollers" is a pretty good description. There comes a point that half mile hill after half mile hill at 7% is no longer a roller...it's a climb. For me that came around mile sixty. I had been drinking water like a fish and eating Power Bars like Oprah eats Snickers.

The "roller" was about 3/4 of a mile long and around 7%. About a third of the way up both calves cramped within seconds of each other. So here I am flopping about on the side of the road, like a fish out of water, wearing a TNT jersey that says "Coach" on the side. That got some attention. I would have crawled off behind a tree to flop in private but my legs weren't working any more. Ten minutes pass and I get back on the bike. Another third of the way up I cramped again.

While recovering on the side of the road from that cramp I just stood over the bike with my head on the handlebars. I was just starting to feel a little better when I hear, "You can do it, you can see the top from here." I look up to say thanks. She must have been eighty years old and riding a hybrid bike. Humiliation is a strong motivator.

At mile 80.2 the last "major" climb starts. Spooner Summit is eight miles long with a rest stop after two miles. Whoever heard of a rest stop in the middle of a climb? That should have been a clue. The first two miles went just fine. The last five took me over an hour because I saw plenty of photo opportunities along the side of the road. There are times in life when a gum wrapper is worthy of a picture and this was one of those times. I really wanted to quit. But I refused to accept that a silly hill could win. Oh, did I mention that in the time it took me to climb Spooner once another coach from Pensacola did it four times? Yep, we admitted him to the

nearest psychiatric ward and the last I heard he was on heavy doses of Thorazine but still believes he is a mountain goat.

Eventually I crossed the finish line hand in hand with the coach I just mentioned. Somehow I just did not feel like partying so I went to bed.



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### ***Escape with an Escapade: Classified Ad***

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1980s Gitane Escapade 18 speed bicycle. 54cm frame with six speed freewheel, triple crank, and downtube shifters. New 27" tires and bar tape. Great shape for its age; excellent beginner, travel, or rain bike. \$125.00  
Mike Bayler, 830-5956, [mike@bayler.us](mailto:mike@bayler.us)

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## **Video Shows Monte Sano Trails**

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**By Jason Worley**

In May, I had the idea of putting together a video of the MTB trails on Monte Sano. I wanted to have a way to look back on my rides as they happened. (We all know how our riding stories evolve over time).

Jose Matienzo offered to bring his digital video camera and shoot whatever I wanted. Jose shot and edited the video and added the awesome soundtrack. Off we went with a camera & a vision....

The video is (in order) a mix of: The short technical trail at the end of the paved cabin road; Family Trail (fast); beginning of Mountain Mist; the trail from the woodpile near the cabins to Mountain Mist; and the Goat Trail

I had a great time making the video, especially since all I had to do was ride while Jose filmed. Watch for more Monte Sano videos to come. As soon as I have a helmet camera, I am going to put together videos for every trail on Monte Sano.

Download the video from the Culture section of Tommy Reagh's fabulous [www.southernfriedmtb.com](http://www.southernfriedmtb.com) or from [www.bikingalabama.com](http://www.bikingalabama.com) (where this story came from).

## July Program: Join Us for Dynamite Presentation on TNT

As the dude said, "Dine-O-Mite!" **Stephanie Vandernoot**, representative of Team in Training (TNT), Alabama/Gulf Coast Chapter, will present an overview of the many cycling and other athletic events held by Team in Training. The Leukemia & Lymphoma Society's Team In Training is the world's largest and most successful endurance sports training program. TNT is designed to help people achieve their personal best while contributing to the mission of finding a cure for blood cancers. From beginners to veteran athletes, all participants are encouraged to make a difference. Experienced coaches design a day-by-day training program that prepares participants for their race day events. Find out more at the July meeting, 7 PM, El Camino Real, University Drive.

### ***Jump in at the Annual Picnic July 24<sup>th</sup>***

The SCCC Annual Summer Picnic and rides are scheduled Saturday, noon, July 24, at the Mooresville pool and are hosted by Valerie Connaughton and the club. See the rides calendar page for details on pre-picnic rides.

Bring your swim suit for a refreshing leap into the pool for a post-ride cool off, and be ready for some great food. The club will provide entrees (barbeque pork, chicken, potato salad) and soft drinks as well as something for the non-carnivorous. Please bring a side dish (salad, dessert, etc.), un-soft drinks and a folding chair. If questions, call Andy Brown at 325-8311 or day of ride at 603-0689.

**Directions:** I-565 West to Mooresville Rd exit and turn left at end of ramp. When road ends, go right onto Old Ala 20. Take next left onto Market St., first house on right just before the church. Park on side street to the right.

## SCCC Membership Application

NAME \_\_\_\_\_ PHONE (H) \_\_\_\_\_

ADDRESS \_\_\_\_\_ (W) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

Check the options you desire. Total the dollar amount and mail this application with a check / money order made out to:

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

### **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)** \_\_\_\_\_

**For latest information:**  
 Sharon Bayler, Rides Captain  
 Phone: 653-9244  
 E-mail: [sharon@bayler.us](mailto:sharon@bayler.us)  
 www.springcity.org

# Spring City Cycling Club

## July 2004 Club Rides Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easy Breakfast Fast Breakfast Afternoon Rides		Intergraph Ride Arsenal Ride		Williams Elem. Ride Alternate Thurs. Ride		RAM Training Ride
4	5 <b>Redneck Rand-O-Nay</b>	6 Intergraph Ride Arsenal Ride	7 <b>Ossifers Meeting</b>	8 Williams Elem. Ride Alternate Thurs. Ride	9	10 RAM Training Ride New Hope - Gurley
11 Easy Breakfast Fast Breakfast Afternoon Rides	12 <b>General Meeting 7 PM: TNT Program</b>	13 Intergraph Ride Arsenal Ride	14	15 Williams Elem. Ride Alternate Thurs. Ride	16	17 RAM Training Ride <b>TdF Party &amp; Ride</b>
18 Easy Breakfast Fast Breakfast Afternoon Rides	19	20 Intergraph Ride Arsenal Ride	21	22 Williams Elem. Ride Alternate Thurs. Ride	23	24 <b>Club Picnic &amp; Rides</b>
25 Easy Breakfast Fast Breakfast Afternoon Rides	26	27 Intergraph Ride Arsenal Ride	28	29 Williams Elem. Ride Alternate Thurs. Ride	30	31 RAM Training Ride Goshen Hollow 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](mailto:jamorgan10@comcast.net)

**Sunday E-Z 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](mailto:albanes@att.net)

**Sunday Afternoon Ride - 1:00 PM.** 40 miles (32 and 22 mile options) at 18 - 20 mph. Starts at Williams Elementary School. **Ride Contact:** Don Wallace, 859-3019, [wallace@mae.uah.edu](mailto: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](mailto:lovelaced@msn.com)

**Tuesday Intergraph Ride - 5:30 PM.** 32 - 38 miles. Starts at the "new" old Intergraph at the truly new Wellness Center parking lot. **Ride Contact:** Dean Della Pella, 730-3679, [dean.della.pella@intergraph.com](mailto:dean.della.pella@intergraph.com)

**Thursday Williams Elementary Ride - 5:30 PM.** 25 - 35 miles or more depending on route. Starts at Williams Elementary on Zierdt Rd. Slow, fast groups, typically fast. **Ride Contact:** Charles Feaux, 881-8479, [cfeaux@comcast.net](mailto:cfeaux@comcast.net)

**Alternate Thursday Night Ride - 5:15 PM.** Starts Boeing Recreation Center. Various routes (12-22 miles) and speeds. **Ride Contact:** Geanine Lehmann 313-0631 at work, or cell 256-655-6385.

**Every Day - 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

### SCCC GENERAL MEETING

**Monday, 7 PM, July 12- El Camino Real (University Dr.)  
 Program: Stephanie Vandernoot - TNT Cycling & Events**

### 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.

### Saturday Rides

**July 10 - RAM Training Ride** (not restricted to RAM participants), Tour de Northeast, 24 miles, 12 - 14 pace. Starts at Central School, Ryland Pike, 9:00 AM. **Ride leader: Mike Holderer,** [moh@knology.net](mailto:moh@knology.net), 883-9982.

**New Hope - Gurley Ride,** 61 miles, 17-19 pace. Starts 8:00 AM at Publix, Hampton Cove. Pleasant classic with or without Keel Mtn. option. **Ride Leader: Don Lovelace,** [lovelaced@msn.com](mailto:lovelaced@msn.com), 539-9308.

**July 17 - RAM Training Ride** (not restricted to RAM participants), Matt's New Hope Ride, 30 miles, 12 - 14 pace. Starts Publix at Hampton Cove 8:30 AM. **Ride Leader: Matt Bucca,** 882-9798.

**TdF Party Ride - Col de Grassé,** 50 mile scenic ride over Grassy Mountain to Grant. Climb of 600 ft. averages 10% grade. 15-17 pace, faster groups welcome, but leader rides at advertised pace. 70 mile option available. Starts 8:00 Publix Hampton Cove. **Ride Leader: Sharon Bayler,** 830-5956, [sharon@bayler.us](mailto:sharon@bayler.us). See front page for party details.

**July 24 - Club Picnic Rides:** All 3 start at Valerie Connaughton's, Market Street, Mooresville. See back cover for party details and directions.

**RAM Training Ride** (not restricted to RAM participants) - Mooresville, Triana & More, 33 miles, 12-14 pace. 8:30 AM. **Ride Leader: Mike Bayler,** 830-5956, [mike@bayler.us](mailto:mike@bayler.us)

**Nuke Plant Ride - 54 miles,** 15-17 pace. 8:30 AM. Can you say FLAT? **Ride Leader: Sharon Bayler,** 830-5956, [sharon@bayler.us](mailto:sharon@bayler.us).

**Hostess Ride - Mooresville, Elk River, Athens.** 67 miles, peppy, no-hammer pace (18-20). Hilly between 28 and 39 miles, no steep climbs, 2 stops. Start 7 AM. Caveat: gravel on steep descent Patterson Hill. **Ride Leader and Party Hostess: Valerie Connaughton,** 337-1947, [valeriec@hiwaay.net](mailto:valeriec@hiwaay.net).

**July 31 - RAM training ride** (not restricted to RAM participants) - New Hope Ride, 37 miles, 12 - 15 pace. Starts 8 AM Publix Hampton Cove. **Ride leader: John Stanley,** 895-8001, [john.t.stanley@delphi.com](mailto:john.t.stanley@delphi.com).

**Goshen Hollow Ride - 75 miles,** starts Woodville High School, 7:30 AM, behind gym. Take Hwy 72 through Gurley and Paint Rock, turn left onto County Road 63. School is a mile on left. Includes climbs up Nat Mountain, Peter Gold Pt, and Goshen Hollow...and some of the best views in the area. Goshen Hollow climb is a real winner to make Morgan Andriulli proud (~14% grade for 1.25 miles with 13 switchbacks, recently re-paved); 3 stops; bring lots of water and cash. **Ride Leader: Josh White,** [whitej@email.uah.edu](mailto:whitej@email.uah.edu) 426-4311 cell, 325-4998 home.



**The Bike Devil and his evil green cohort make an unholy appearance on Keel Mountain, visiting evil upon hapless riders struggling up the hill during the recent Alabama Spurts Festival ride. Leo Flynn is the masked man.**

## Welcome New Members...

Richard Rodenhausen	<a href="mailto:Richard.Rodenhausen@Engelhard.com">Richard.Rodenhausen@Engelhard.com</a>
Scott Bradley	<a href="mailto:sgbradley-email@att.net">sgbradley-email@att.net</a>
John & Darlene Ehinger	<a href="mailto:darlehin@hiwaay.net">darlehin@hiwaay.net</a>
Syd Keel	<a href="mailto:syd.keel@regionsbank.com">syd.keel@regionsbank.com</a>
Buddy Dawson	<a href="mailto:buddstr@hotmail.com">buddstr@hotmail.com</a>
Randall Belk	<a href="mailto:randall.belk@bigfoot.com">randall.belk@bigfoot.com</a>
Greg Quillin	<a href="mailto:gquillin@hotmail.com">gquillin@hotmail.com</a>
Lynn Phillips	<a href="mailto:lynncarolp@webtv.net">lynncarolp@webtv.net</a>

Deadline for the August newsletter is Monday, July 26. Please end submissions to [Tom.Greer@Intergraph.com](mailto:Tom.Greer@Intergraph.com). Members are asked to submit articles, pictures, and useful links. Members may also run free bike-related classified (non-commercial) ads. "The Spring Times AIN'T The New York Times," the gruff, cigar-puffing, XO cognac-sipping, hard-bitten, Pearl Izumi poster boy Editor-in-Chief "G-Man" is fond of saying. Submissions should be in decipherable but not perfect U. S. English. For updated ride info, always check [www.springcity.org](http://www.springcity.org) often.

### Inside This Exciting SCCC Party Month Issue...

- TNTers, El Presidente Harris Ride Tahoe • Ride-A-Metric Report
- Thrilling Monte Sano MTB Video • BAMA Ride Concludes
- Tour de France Party July 17<sup>th</sup> • Annual Picnic and Rider Dip July 24<sup>th</sup> • Exciting Classified Ad