

THE SPRING CITY CYCLING CLUB
PRESENTS THE
20th Annual
All You Can Eat
Century
Saturday, September 18, 2004
Madison County High School
Gurley, Alabama

The Spring City Cycling Club (SCCC) invites cyclists from across the Southeast to enjoy a day of scenic cycling in North Alabama.

The event includes routes of 25, 50, 64 (Metric Century), 90 and 106 miles. The course meanders through the rural Appalachian foothills region of Madison County, Alabama, and the counties of Lincoln and Franklin in Tennessee. The 106-mile route includes two challenging hill climbs between the 55-mile and 70-mile marks.

After the ride, enjoy our delicious all-you-can-eat Italian dinner. Post-ride massage service is available; please see our web site for details.

Local law enforcement, emergency medical personnel, SAG wagons, and other volunteers will assist riders along the course. They are fully equipped with communication devices to aid those in need.

DATE/TIME:
Saturday, September 18, 2004
Registration check-in at 7:00 AM
Longer rides start at 8:00 AM
25 mile ride starts at 9:00 AM

LOCATION:
Madison County High School is approx. 10 miles east of downtown Huntsville, AL. Please see directions and map.

ELIGIBILITY:
Ride is open to all cyclists regardless of age, sex, or ability. All cyclists should be sure they are capable of completing the ride selected. **Helmets are required for all riders.**

RIDER SUPPORT:
Rest stops along the route will be stocked with fruit, light snacks, water, and sports drinks. SAG vehicles will be patrolling the course to assist riders until 4:00 P.M.

REGISTRATION:
Pre-register by September 8th to receive discount and order T-shirts.
You may fill out and mail the entry form that follows, or register online at <http://www.springcity.org/century/>.
Our all-you-can-eat Italian dinner and souvenir water bottle are included.
Day-of registration opens at 7AM.
A limited number of shirts will be available for day-of sales.

INQUIRIES:
Please see the century web page at <http://www.springcity.org/century/> or contact Dan Kruevand, dkruevand@aol.com, or by phone at (256) 880-9347.

SCCC All You Can Eat Century
Registration Form

Name _____
Address _____
City _____
State _____ Zip Code _____
Home Phone _____
E-Mail _____
Emergency Contact _____
Contact Phone _____

Planned Ride:
 25 50 64 90 106

Registration Fees:
Individual Pre-registration \$15 _____
Individual Day-of \$20 _____
Additional Family Members
Age 13+ (pre) _____ @ \$12 each _____
(day-of) _____ @ \$15 each _____
12 and under _____ @ FREE _____
T-shirts _____ @ \$10 each _____
___S ___M ___L ___XL ___XXL
Total _____

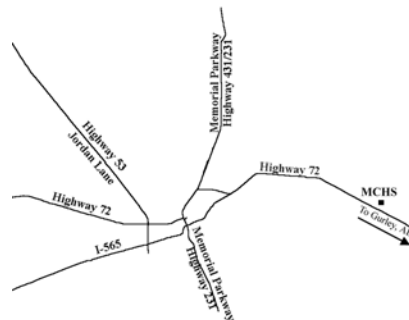
Rider information and signed release must be completed for each rider. Send a check for the total fee (payable to **Spring City Cycling Club**) to:
Spring City Cycling Club
P.O. Box 2231
Huntsville, AL 35804.

RELEASE OF RESPONSIBILITY
The person signing this release certifies that he/she has examined the information on this release form and that all information is complete, true, and correct. For the sole consideration of being allowed to participate in Spring City Cycling Club (SCCC) All You Can Eat Century, 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 the SCCC All You Can Eat Century. I fully realize, acknowledge, and assume the risks of the hazardous nature and dangers of participating in cycling 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.

Signature _____ Date _____
Parent or Guardian (if under 19)



Directions to MCHS



From Chattanooga: Highway 72 West. School is on the right four miles west of Gurley, AL.

From Nashville and Birmingham: I-65 toward Huntsville, I-565 East which turns into Highway 72 East. School is on the left ten miles east of Huntsville.

Many thanks to our sponsors:

Computer Sciences Corporation



MADISONCYCLES



**bicycle
works**



presents the

20th Annual All You Can Eat Century

benefiting
**Madison County High School
Girls Soccer Team**

**Saturday
September 18, 2004
8:00 AM**

**Madison County High School
Gurley, AL**

online registration powered by
active.com

SCCC Membership Application

NAME _____ PHONE (H) _____

ADDRESS _____ (W) _____

CITY _____ STATE _____ ZIP _____

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

Interest Group: Touring, Recreational Riding _____ Race Division _____ Mountain Bike Division _____

Mail this application to:

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

2004 Half Year Membership (July – December):

Individual _____ \$6.50 (email newsletter) _____ \$9.00 (USPS newsletter)

Family _____ \$8.00 (email newsletter) _____ \$10.50 (USPS Newsletter)

TOTAL (Check Payable to SCCC): Paid

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) _____

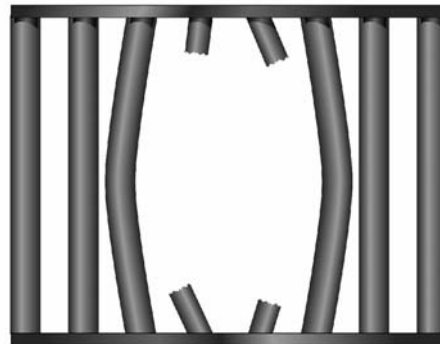
Newsletter Deadline

Deadline for the [month] newsletter is **Monday, August 23**. Please send submissions to 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-chomping, XO cognac-sipping, hard-bitten, Pearl Izumi poster boy Editor-in-Chief is fond of saying. Submissions should be in decipherable but not perfect U. S. English. For updated ride and club info, always check www.springcity.org early and often.

Welcome New Members...

Jeff Wilkins	wilkinsj4@comcast.net
Laura & Eric Schultz	lschultz@hiwaay.net;eschulz@hiwaay.net
Patrick S. Grant	psgrant@otelco.net
Alicia Lindsey	alicia.lindsey@comcast.net
Ken Kobayashi	kkobayashi1@yahoo.com
Anne Harris	anne.harris@tbe.com

JAILBREAK



TRIATHLON

3 Mile Canoe • 7 Mile Mountain Bike • 2.5 Mile Trail Run

OCTOBER 9, 2004

COLUMBIA, TENNESSEE

Canoes provided. Compete as 2-person team or relay.
Visit www.ColumbiaCyclingClub.com for details

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

Spring City Cycling Club

August 2004 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
1 Easy Breakfast Fast Breakfast Afternoon Rides	2	3 Intergraph Ride Arsenal Ride	4 Officers Meeting Monte Sano Informal Trail Ride	5 Williams Elem. Ride Alternate Thurs. Ride	6	7 Hurricane Valley RAM Putman Mountain (Mte Sano Trail Maint)
8 Easy Breakfast Fast Breakfast Afternoon Rides	9 General Meeting: John & Melodie Stanley Ride the Wild Wild West	10 Intergraph Ride Arsenal Ride	11 Monte Sano Informal Trail Ride	12 Williams Elem. Ride Alternate Thurs. Ride	13	14 A&M RAM Ride Morgan's Payback
15 Easy Breakfast Fast Breakfast Afternoon Rides	16	17 Intergraph Ride Arsenal Ride	18 Monte Sano Informal Trail Ride	19 Williams Elem. Ride Alternate Thurs. Ride	20	21 Spring City Races! Katpaugh RAM Ride
22 Spring City Races! Easy, Fast Breakfast Afternoon Rides	23	24 Intergraph Ride Arsenal Ride	25 Monte Sano Informal Trail Ride	26 Williams Elem. Ride Alternate Thurs. Ride	27	28
29 Easy Breakfast Fast Breakfast Afternoon Rides	30	31 Intergraph Ride Arsenal 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 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

Sunday Afternoon Ride - 1:00 PM. 40 miles (32 and 22 mile options) at 16.529 to 17.513 mph. Starts at Williams Elementary School. **Ride Contact:** Don Wallace, 859-3019, [wallace@mae.uah.edu](mailto:w 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

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

NEW RIDE Listing!! Wednesday Informal MTB Trail Ride - 5:30 PM. Monte Sano. **Ride Contact:** Robert Murphy, robertemurphy@hotmail.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

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

Saturday Rides

August 7 - Hurricane Valley RAM training ride - not restricted to RAM participants - 40 miles, 12 - 15 pace. Starts 8:30 AM at Madison County Lake. **Ride leader: Mike Bayler**, 830-5956, mike@bayler.us

Putman Mountain Ride - 7:30 AM start Publix in Hampton Cove, 80 miles. Climbs west side of Keel. Includes Putman Mountain (1800 ft elevation, 2.1 miles, ~9% grade), highest paved road in area. Roads are rough on this portion. Climbs north side of Keel (detour available). Rest stops planned. **Ride Leader: Josh Whitehead**, whitehj@email.uah.edu 426-4311 cell, 325-4998 home.

August 14 - A&M North Loop (Extended) RAM training ride - 44 miles, 13 - 16 average, starts from A&M parking lot Meridian Street at 8:30 AM. A peasant classic with rolling terrain. **Ride leader: Sharon Bayler**, 830-5956, sharon@bayler.us

The Payback Ride: Elora-Paint Rock Valley loop, 75 miles, 16.5-18 mph average speed. Start Madison County High School, 7:30 AM. Course rolling to flat; 2 stops. **Ride Leader: Morgan Andriulli** 536-7190, morganandriulli@comcast.net

August 21 - Katpaugh Ride (Extended) RAM ride - 47 miles, 13 - 16 average. Starts at 8:00 AM Sparkman High on Jeff Road. Mostly flat to rolling, with Burwell Mountain thrown in. **Ride Leader: Alex Harris**, 653-5221 alexharris@comcast.net

August 28 - Nuke Plant Ride - 55 miles, starts 7 AM Madison gazebo. Flat to rolling, 13 - 16 average. Maps for faster groups, but ride leader will ride at advertised pace. **Ride leader: Mike Lackey**, 837-1545. mrblutarski@mchsi.com.

Thrills 'n' Spills: Spring City Race Weekend

Join the Gathering of The Tribe the weekend of August 21 and 22 for the annual, action-packed race weekend. For details: Race Division Manager Steve Swann, 461.9963 (w); 509.2966 (cell), steve@madisoncycles.com.

Saturday, August 21 Road Race. Begins 8:30 AM. Start/finish on Electronics Blvd, off James Record Rd/Wall Triana; directions: www.springcity.org/race/2004raceflyer.pdf

Sunday, August 22 Criterium. 0.7 mile loop downtown Huntsville. Start/finish near Huntsville Hilton on Williams Avenue. First race 8:30 AM.

See it up close...and pitch in to support cycling in lovely Huntspatch. VOLUNTEERS welcome; contact Steve for details on how you can help.

SCCC GENERAL MEETING

Monday, August 9 - El Camino Real (University Drive)
Program: The Stanleys Ride the Wild Wild West

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.

Witness the Stanleys Wild West Cycling Adventure at the August General Meeting

Get enthusiastic about domestic touring as you become enthralled about John and Melodie Stanley's western cycling adventures at the August general meeting, **Monday, August 9, at El Camino Real Restaurant on University Drive at 7:00 PM.**

The Stanleys joined "America By Bike" on a two-week cycling tour through some of the most beautiful and remote parts of the country in Wyoming and Idaho, and are rarin' to give us their report and show their stunning photos.

John sent in dispatches of their adventures on a regular basis during the tour to the *Decatur Daily*, so the show is all ready for you. Apparently Melodie's super-human conditioning program for the trip paid off because she's ready for more.

Inside: Special 2004 Member List Issue of *The Spring Times!*



See stunning photos of the Wild Wild West August 9.

Huntsville, AL 35804
P.O. Box 2231
Spring City Cycling Club
SCCC