

The *Spring Times*



March 2005

www.springcity.org

*Official publication of the Spring City Cycling Club
Huntsville, AL – Founded 1892*

Dedicated to providing “concerted plans and amusements for the bicyclist”

Club Meeting Dates:

Officers Meeting

March 7th
7 p.m.

Italian Pie on Jordan

General Meeting:

March 14th
El Camino Real
7 p.m.

Program: My favorite Ride

Please contact Morgan Andriulli

By March 11th

*If you would like to present your
favorite ride*

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President's Ramble

By Mike Bayler

Invite a Friend to Ride

Spring is coming and it's time to get back on the bike. This time of year is also a great time to try to get new people into cycling. We will be starting the Ride a Metric (RAM) series again this year in April, so March is a great opportunity for you to encourage potential new riders to build up some “base miles” so they can be prepared for the initial distances of the RAM rides.

This preparation is not as daunting as it may sound and is far different from the base miles necessary for those of us getting ready for long distance spring rides. The RAM candidates need to work up to being able to ride 5 to 7 miles without stopping or doing a great deal of coasting. Most people can manage to find a 2 or 3 mile route around their neighborhood and work up to doing several laps on this route. Working to ride the mileage quickly will also help them prepare.

If you have friends who might be interested in participating in the RAM series, try to give them good advice about equipment. Riding 65 miles on a Wal-Mart bike or a mountain bike will be a difficult task. These are fine for starting the series, but as the distances increase the need for a reliable bike with appropriate tires and proper fit will become very important.

As most of us know cycling is not an inexpensive hobby. Make sure that your friends are aware of this if they plan to go the distance. New riders who don't have a suitable bike can expect to spend \$700-\$900 to get “well equipped” by the time they ride their first metric. New entry-level bikes can be found starting around \$500 with some really good deals below \$700. A few hundred more buys the helmet, shorts, shoes, etc. that make cycling comfortable. Quality used equipment is also available from club members and local shops and can help to reduce the price tag.

After your friends have dealt with the sticker shock, make sure they know why an investment in cycling is worth the money. Cycling is easier on the body due to the lack of impact and several of our older riders are runners who can run no more. Cycling also allows riders to see much more scenery than the same three or four miles that most runners take in during their workout or the static view found at the gym. Add to this the physical and social benefits of riding in a group and it becomes apparent that many years of enjoyment can result from the initial investment.

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We'll be having RAM organizational meetings in April and I hope to have a few of these to help more people get to meetings they might otherwise miss due to schedule conflicts or location issues. Hopefully we will have meetings in South Huntsville, North Huntsville, and Madison. Look for more information about these meetings in the near future.

So if you have friends who might benefit from the RAM series, plant a bug in their ear so they will have a leg up when the riding begins.

Procedure for Borrowing Club Equipment **Ed Bernstein**

SCCC Members can now use bike boxes and other club equipment by following these simple procedures:

Bike Boxes:

The Club owns three bike boxes that can be borrowed by members. Each box requires a \$50 deposit.

The procedure is as follows:

Contact the club treasurer. State the dates when you intend to pickup and return the box(es). If the boxes are available, send a \$50 deposit to SCCC, PO Box 2231, Huntsville, AL 35804. After receipt of the deposit, the treasurer will contact the member and the Bicycles, Etc. manager, with authorization to pick up the bike box(es) at the Bicycles Etc. store, located at 8100 S. Memorial Pkwy, Huntsville, AL. The deposit will be refunded after the return of the box(es). Loss or damage to the boxes may result in forfeiture of all or part of the deposit.

In case the club treasurer is not available, the club president, vice-president, or secretary, can also authorize use of the bike boxes.

Please allow sufficient time for the deposit to be received and Bicycles Etc. to be notified.

All Other Equipment:

- Two canopy tents
- Eleven 8-gallon coolers
- Five 6-gallon coolers
- Projection Screen
- 2 push brooms
- Banner
- Road Marking Equipment
- Directional road signs
- Supplies for rest stops

This equipment can be borrowed by members for purposes that advance the mission of the Club if approved by a majority of the club officers.

The procedure is as follows:

Contact a club officer, with the dates and proposed use of the equipment. Consent of a majority of the other officers will then need to be obtained. Upon approval, the treasurer will contact the member and the Bicycles, Etc. manager, with authorization to pick up the equipment at Bicycles Etc. store. The member should notify the treasurer when the equipment is returned.

In case the club treasurer is not available, the club president, vice-president, or secretary can also arrange for pickup of equipment after the officers' approval is obtained.

Lunch at Lake Ida Ride



photos courtesy of David Hall



Rules of the Road

Sharon Bayler

1. Don't use aero bars while in a paceline. Aero bars might be a great tool when you are riding solo or at the front of a paceline. However, if you are in the middle of a paceline, the time it takes to get from your Aero Bars to your brakes can be the deciding difference in whether you and those behind you have an accident or not. Keep your hands on your brakes or brake hoods while in a paceline.
2. Don't OVERLAP WHEELS!! This is especially important with some riders -- it can be a formula for disaster. Unless you are an exceptional bike handler riding behind a remarkably steady and predictable rider, the advantage gained by close following or a narrow echelon is not worth the risk of crashing.
3. When on the front, KEEP YOUR HEAD UP, CALL OUT THE JUNK, and WATCH THE RED LIGHTS and STOP SIGNS. You are responsible for the safety of many riders. Don't let them down. Don't worry about what gear you are in or if you have an acorn in your cluster. Go easy off the lights, give the back time to get going without getting the "whip syndrome".
 - 3a. When you move to the front of the paceline be sure to maintain the pace that has been set and avoid the desire to increase the intensity because you are fresh. You have been benefiting from the effort expended by others and should have respect for the work they have done and the pace they have set. Increasing the pace as you reach the front may cause the former front man to lose contact with the paceline and everyone will suffer as there will be one less person to help maintain the pace. Continued attacks on the front will splinter the group and make the ride unenjoyable for many (me).

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4. When pulling off the front of a double wide paceline and coming back on the left of the paceline, MAKE SURE THE TRAFFIC IS CLEAR behind the group so that you are not pulling out into traffic. If you are in a single wide paceline with room between the paceline and the shoulder, it is usually safer to pull off to the right of the paceline so that you are away from traffic.

4a. As the person dropping to the back of the paceline passes the last person in line, it is beneficial to call out LAST MAN so the rider knows it is safe to pull into the back of the paceline.

5. If you MUST chit chat in the pace line - SKIP THE EYE CONTACT and KEEP PEDALING. WATCH THE RIDER IN FRONT OF YOU AND THE TRAFFIC ON THE ROAD - ESPECIALLY AT THE FRONT. When on the front, don't talk: you have too much responsibility. You need to always be aware of what is in front of you, to the side of you and without looking back behind you.

6. Watch the rider in front of you, constantly. Depending on who it is, back off, especially when approaching a challenging rise in terrain or jump in pace. Some people, even on the best of days have an inconsistent speed that causes the bike to go back and forth. Other people brake suddenly or excessively. Know who these people are and stay back from them.

7. Ride in a straight line at a consistent pace. The key to a good paceline is to ride a steady speed. If there are accelerations within the paceline, it hurts everybody, so if one rider is stronger than the others, he doesn't go faster but pulls longer. The weaker riders maintain the speed but take shorter pulls. The paceline then runs at a steady speed which is key.

8. When moving from a seated to a standing position, stay on the power so you do not fall back into the bike behind you. Even some really strong riders tend to do that. It is also important to be cognizant of riders in front of you who may allow their bikes to fall back.

9. Never pass on the right unless you are ABSOLUTELY CERTAIN there is

a) Plenty of room and

b) The rider in front absolutely knows you are coming around. (Because you YELLED: COMING BY ON YOUR RIGHT and saw a visible reaction).

10. If you find that you can't hold with the paceline that you're in, signal, then pull out of the pace line and back off - don't start thrashing, weaving or gapping. If you are smart, you can jump back on AT THE REAR and get a break too. Unless you are at the tail end of a fast group who is determined to drop you (or you are about to be tandemectomized), back off on the steep or twisty descents.

11. Fixed Gear bikes don't descend, corner, or stop as fast as Freewheel bikes. When riding in pacelines with Fixed Gear bikes, give the Fixed Gear cyclist more room to descend, corner, or slow down. A group of cyclists on Fixed Gear bikes should ride together behind a group on Freewheel bikes so the Fixed Gear bikes can descend, corner, or stop at a different pace.

The goal: have fun but be safe while cycling.

New Women's Sport Store **Geanine Lehmann**

There is a new store in town. Womensports, LLC specializes in women's athletic apparel, shoes and accessories. They carry high quality performance wear for cycling, fitness, running, swimming, yoga, pilates, hiking, golf and tennis. For cycling addicts, they have Terry Precision Cycling, InSport and Illuminite lines. They have women specific jerseys, shorts, capris, tights, saddles, gloves and hydration packs.

Womensports, LLC is located in Mason Plaza at 3023 Memorial Parkway SW, Huntsville. This is just south of Parkway Place Mall. Hours are 10:00 AM - 6:00 PM, Mon.-Fri. and 10:00 AM - 5:00 PM Sat. (256) 885-0100



MADISON CYCLES

Lights Helmets Hydration
 Kestrel & Felt Bicycles
 Summer Clothing New Stuff
 Mavic Wheels Vittoria Tires
461-9963
 See What's New at Our New Store
 — **8760 Madison Blvd.** —
www.madisoncycles.com
steve@madisoncycles.com

Creekside 35 Ride



Photo courtesy of David Hall

Officers Contact List

<i>President:</i>	Mike Bayler	830-5956	mike@bayler.com
<i>Vice President:</i>	Morgan Andriulli	536-7190	morganandriulli@comcast.net
<i>Treasurer:</i>	Ed Bernstein	534-6574	sccctreasurer@msn.com
<i>Secretary:</i>	Geanine Lehmann	864-2591	gean31356@aol.com
<i>Community Affairs:</i>	Michael Holderer	883-9982	moh@knology.net
<i>Newsletter Editor:</i>	Rachel Marshall	883-7236	kdsmom2004@yahoo.com
<i>Race Division Manager:</i>	Steve Swann	461-9963	steve@madisoncycles.com
<i>Rides Captain:</i>	Michael Moran	852-7416	aussie303202@yahoo.com
<i>Webmaster:</i>	Dean Della Pella	890-0706	dean.della.pella@intergraph.com

Last Chance to Renew Your SCCC Membership! Ed Bernstein

This is the last month to renew your SCCC membership. This will be the last newsletter for members who haven't renewed.

Please complete the application form in this newsletter and send your dues to: SCCC, PO Box 2231, Huntsville, AL 35804. Or, you can renew online at the club website: www.springcity.org

Dues are:

- \$12 - email newsletter (individual)
- \$15 - email newsletter (family)
- \$17 - USPS newsletter (individual)
- \$20 - USPS newsletter (Family)

Welcome New Members

Anita Tygart.....	anitatea@msn.com
Martin Pols	pols999@aol.com
Walter Hammond.....	Walter.E.Hammond@msfc.nasa.gov
Stephanie Cedillo.....	cedillostephanie@yahoo.com
Gordon Aiken.....	sgaiken@gmail.com



Club St. Patricks Day Party

The annual Saint Patrick's Day Party has been scheduled for Saturday March the 12th. There are two rides scheduled to start that morning and then ending at Morgan Andriulli's house at 1010 Hume Ave. for the party. Food and drinks will begin around 12:30. All members are invited to come even if you choose not to ride. You can get more information about the party on the website at www.springcity.org.

Meeting Minutes

Geanine Lehmann

SCCC Officers Meeting 7 February 2005

Ed Bernstein cautioned that we need to be careful with our club expenditures. If we were to have a bad century turn out, we could be in the hole. A new policy for lending equipment is now on the website. The idea of having reciprocal ads with other clubs to advertise other century rides was discussed. The racers cannot have the spring race if the \$150.00 fee is not paid in full and we have not yet received a bill for the fees. Morgan will see if he can track down a bill and Ed will pay it. Dan Kruvad announced that the Century is scheduled for September 17th 2005. Further discussion of the new rides atlas will be pursued in March. Geanine brought up the idea of a brief article in the newsletter highlighting a new store in the area. The next meeting will be at Italian Pie on Jordan on March 7th.

SCCC General Meeting 21 February 2005

President Mike Bayler called the meeting to order. Guests were welcomed. Morgan announced that the program would be a travelogue of their trip to Spain. Morgan asked for suggestions for March and other meeting programs. Please contact Morgan with your ideas. Treasurer Ed Bernstein announced that members that have not renewed their membership will be dropped from the rolls at the end of the month. Community Affairs Officer Mike Holderer announced that the City of Huntsville is working on a bike plan. He is attending the National Bike Summit put on by the League of American Bicyclists in March. Rides captain Mike Moran announced that he had two rides for each of the Saturdays in March. Please contact him for rides in April. A suggestion was made to make the ride calendar interactive on the web site like other sites. The letter to the Madison County High School has been sent asking for September 17th to be the date for this year's century. The St Patrick's Day party will be held on March 12 at Jamie and Morgan's home. There will be 40 and 60 mile ride options. Tentative ride day is June 18 for the spring ride. Problems with the parade permit played a role in the delay. The new policy for borrowing club equipment is now on the web. Contact Ed, Geanine or Mike for the bike boxes and other club equipment. Mike brought up revision of the rides atlas and the plan to put it on CDs. Submissions should have a map and cue sheet. At this time the likely software will be Microsoft Streets and Trips. Dave Stone announced that the tentative Road One Course in the Effective Cycling series from the League of American Bicyclists, will be May 21, 2005. Morgan and Jamie presented an entertaining program on their trip to Spain.

SCCC Membership Application

NAME _____ PHONE (H) _____

ADDRESS _____ (W) _____

CITY _____ STATE ____ ZIP _____

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

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

Check the option you desire. Mail this application with a check / money order made out to:
Spring City Cycling Club / PO Box 2231 / Huntsville, AL 35804.

2005 Membership (January – December):

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) _____

Deadline for the April newsletter is Tuesday, March 15th. Please send submissions to Rachel Marshall at: kdsmom2004@yahoo.com. Members are asked to submit articles, pictures or just about anything that they may find cycling related. Members may also run free bike-related classified (non-commercial) ads.

For updated ride and club information, please visit the club website at: www.springcity.org

Rides Captain: Mike Moran
 Phone: 852-7416
 E-mail:
aussie303202@yahoo.com
www.springcity.org

Spring City Cycling Club

March 2005 Rides Calendar

Recurring Rides

Date/Time	Miles	Ride Leader	Ride Name/Starting Point	Ride Comments
Sunday 8:00 am	43	Morgan Andriulli 536-7190 jamorgan10@comcast.net	Fast Breakfast Ride/ Mullins Restaurant	17-19 mph pace, sometimes harder, sometimes not.
Sunday 9:00(9:15) am	18 (10)	Willy Albanes 883-0685 albanes@att.net	E-Z Breakfast Ride/ Grissom H.S.(Winn Dixie)	To Mullins Restaurant and back, at a social pace. Post breakfast Monte Sane option
Sunday 1:00 pm	40	Don Wallace 859-3019 wallace@mae.uah.edu	Sunday Afternoon Ride/ Williams Elem. School	32 & 22 mile options 16.5 to 17.5 mph
Tuesday 5:30 pm	28	Don Lovelace 539-9008 lovelaced@msn.com	Tuesday Arsenal Ride/ Bldg. 5400 south parking lot	13 & 21 mi. options, 17-19 pace, bring lights. Badge, government ID or escort required, fast and slow groups, pre-arrange for slower pace
Tuesday 5:30 pm	32-38	Dean Della Pella 730-3679 dean.della.pella@intergraph.com	Tuesday Intergraph Ride/ Wellness Center parking lot	At the "new" old Intergraph
Thursday 5:30 pm	25-35 or more	Charles Feaux 881-8479 cfeaux@comcast.net	Thursday Williams Elem. Ride/ Williams Elem. on Zierdt road	Slow and fast groups; usually fast
Thursday 5:30 pm	28	Don Lovelace 539-9008 lovelaced@msn.com	Thursday Arsenal Ride/ Bldg. 5400 south parking lot	13 & 21 mi. options, 17-19 pace, bring lights. Badge, government ID or escort required, fast and slow groups, pre-arrange for slower pace

March Rides

March 5 th 7:30 am	57	Morgan Andriulli 536-7190 jamorgan10@comcast.net	Lucky Break Ride around Taft, TN/ Meet at Morgan's house	Celebrate the anniversary of Morgan's wreck. Will caravan to TN or meet group at 8am in Taft Contact Morgan for directions 15+ pace
March 5 th 9:00 am	40	Mike Holderer 883-9982	Keel Mountain and New Hope/ Publix in Hampton Cove	14-17 pace
March 12 th 8:30 am	55	Morgan Andriulli 536-7190 jamorgan10@comcast.net	St. Pats Day massacre/ Morgan's house, 1010 Hume Av	Keel Mountain, 16 pace Club St. Pat's party afterwards
March 12 th 9:30 am	45	Sharon Bayler 830-5956 sharon@bayler.com	Kiss my Blarney stone/ Start at Morgan's	12-15 pace; Club party afterwards
March 19 th 10:00 am	45-60	Dean Della Pella 890-0706 dean.della.pella@intergraph.com	Coldwater Ride/ Sparkman Middle School	15-17 pace
March 19 th 10:00 am	33-35	Geanine Lehmann 864-2591	Starts at 109 Bordeaux Lane in Madison	14 pace
March 26 th 10:30 am	30	Andy Brown 325-8311	Tour de Southeast/ Starts at Grissom H.S.	14-16 pace
March 26 th 9 am	62	Don Lovelace 539-9008	New Hope Gurley Ride/ Meet at Publix in Hampton Cove	16-18 pace

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

SCCC Will Co-Sponsor AlaBike Fund-Raising Ride Planned for Spring

Morgan Andriulli

AlaBike had a pretty busy first year and the board of directors has been deciding on planned projects and activities for 2005. It will be spring soon and AlaBike is gearing up to stage its first fundraising event. This event will be a challenging, hilly, near-century, hopefully starting in Downtown Huntsville.

At the last 2004 AlaBike board meeting, we agreed: 1) there was a need to raise funds for AlaBike, 2) an annual fundraiser was in order, 3) one tenth of the current AlaBike funds would be allocated to begin planning for the event, and 4) since Morgan Andriulli volunteered, he would be the event director. Since the Spring City Cycling Club has never had a spring event, they have agreed to co-sponsor this ride, but all funds raised will go to AlaBike towards Safe Routes to School (SRTS) program planning. The federal transportation bill, anticipated approval in 2005, is expected to feature a new set-aside fund for SRTS. Many states have already begun these programs with TEA-21 or state grants. AlaBike would like to start planning SRTS programming appropriate for Alabama schools. This is a giant undertaking and AlaBike must enlist volunteers from the community. While some volunteers may come from local community groups, helps to have "expert" volunteers in key positions in a cycling event such as this. For a successful event, there are many positions to fill, some right away, others on the day of the event. Please contact Morgan Andriulli, AlaBike Spring Event Director, if you can help support cycling in Alabama by volunteering to: Contact/Enlist Sponsors, Flyer and poster distribution, Sign coordinator, Sag Drivers, Rest stop workers, Course marking.

Editors Note: There have been changes made to the date, time and fashion of the spring ride. As I get more information, I will let you know or check the website periodically.

Upcoming Regional Rides

March 12 – Wheels O' Fire Century, Hamilton, GA – see www.harriscountychamber.org/CycleTour

April 2nd & 3rd - Heart of the South 500, Birmingham, AL – visit www.heartofthesouth500.com

April 10th – Boll Weevil 100, Enterprise, AL – www.enterpriseliions.com

April 16th-17th – Tour of Springtime Rural Vistas (TOSRV) – www.cccyclists.org - Florida and Georgia

April 17th – Cheaha Challenge Century+, Piedmont, AL – visit www.neabc.org -“toughest ride of the south”

April 19th-24th – Tour of Georgia – Pro cycling at its best in the southeast

May 7th – 3State, 3Mountain Challenge Century+, Chattanooga – www.chattbike.com

June 4th-11th – Eleventh Annual BAMA – www.bikebama.com



Spring City Cycling Club

P.O Box 2231

Huntsville, Al 35804