

The *Spring Times*



May 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
Monday, May 2nd
7:00 p.m.

Geanine Lehmann's home

General Meeting:
Monday, May 9th
7:00 p.m.

El Camino Real
4116 University Drive
Program: AlaBike

President's Ramble

Mike Bayler

Hail to the Chief

As most of you know, May is National Bike Month. In the past we have organized Ride to Work competitions, rides to raise public awareness of cycling, etc. This year the club is taking a slightly different approach. The Spring City Cycling Club is starting a fundraising effort to raise money to help complete the Chief Ladiga Trail. The Chief Ladiga Trail (<http://epic.jsu.edu/clt/>) is Alabama's first extended rails-to-trails project. The Chief Ladiga Trail has been under development for over ten years and is growing longer each year. It currently traverses 33 miles through the countryside of Calhoun and Cleburne counties. The long-term desire is for the Chief Ladiga Trail to hook up with the Silver Comet Trail (<http://www.trailexpress.com/silvercomet/index.php>) that runs from the Georgia state line to suburban Atlanta. When the trails join, this will provide 90 miles of traffic-free trails between Atlanta and Anniston. This connection is currently hampered by a 9-mile stretch of the trail bed in Cleburne County that has yet to be completed. Cleburne County is one of the poorest counties in the state and this is where our generosity is needed. The officers of the SCCC have determined that we will help initiate a campaign to raise money to help complete the Chief Ladiga Trail. Since this is a project of regional interest and our club alone will not be able to come up with the money we will be working in conjunction with AlaBike to challenge other organizations in Alabama and northwest Georgia to raise money for completion of the trail. During the month of May, the SCCC will be accepting donations on behalf of the Chief Ladiga Trail Fund. At the end of May, the total contributions will be tallied and provided to the Cleburne County Chamber of Commerce. The total collected will also be provided to AlaBike so that a report on the success of regional organization can be compiled and published. If you would like to make a tax-deductible donation to the completion of the trail, send a check payable to Cleburne County Chief Ladiga Trail Fund.

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So that the local contributions can be tallied and sent on to Cleburne County, send a check to the address below.

Spring City Cycling Club Attn: Chief Ladiga Trail Fund P.O. Box 2231 Huntsville, AL 35804

If the Chief Ladiga Trail does not suit your interest there are plenty of opportunities for charitable donations - both cycling and non-cycling related. You can try one of the many charity rides like the MS 150 or find other avenues of contribution. Others may be seeking individual "sponsorship" for events like the LAF Ride for the Roses. Rob Hammond is currently accepting "sponsorships" for his ride of Six Gap this year to raise money for the United Way. On the other hand, if you are not interested in making charitable contributions, quit griping about the efforts others put forth and go ride your bike.

Dave's Top 10 List on Why You Should Take a Bike Ed Class **Dave Stone**

I will teach the Road 1 class from LAB on May 21st, 8 am at Safety City. While this class is aimed at the RAM riders, it will benefit even experienced cyclists. If you can't make this one, don't worry, I'll teach more. Here's my top 10 list why you should take a Bike Ed class.

10. Because you forgot to reconnect your brakes before you started your last ride
9. Because "CAR BACK" means squeeze within inches of the edge of the pavement.
8. Because pace lines can be just as dangerous as cars.
7. Because paint lines can be just as dangerous as cars.
6. Because club rides don't teach you that the first thing to do when you get right hooked is turn into the car.
5. Because you don't know what a right hook is.
4. Because you ride a tandem, or a recumbent, or both, or neither.
3. Because No Cop/No Stop sounds too familiar.
2. Because you don't want to end up in the ER, OR, and ICU like I did.

And the number one reason is....

1. Because cyclists fare best when they **act** and are treated as drivers of vehicles.

Course topics include learning how to perform a bicycle safety check, fixing a flat, interactive discussion, and on-bike skills practice. Crash avoidance techniques and crash types will be discussed. A course manual and supplemental handout I've compiled will be provided.

Pre-registration is required. The last day to register is May 14th. The \$30 course fee is due at signup. This is a bargain (and less than your insurance deductible) since the club reimbursed me last year for some of my certification expenses. Make your checks out to me and send them with your registration form to 12035 Runningmeade Tr, HSV AL 35803. Registration forms can be found at http://www.bikeleague.org/educenter/rd1_regist.pdf or you can get a copy from me. Class size is limited, so don't delay.

Bikes and helmets are required since we'll be doing parking lot drills and a short road ride. Bring money for lunch. We'll plan to ride to lunch. The class will end around 4 pm. If it rains, I'll reschedule for the second Saturday in June. The course is open for adults and teens 14 and over. Parental permission will be required

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if you are under 18 or act like a teenager. Safety City is on Drake, West of the Pkwy on the South side of Brahan Spring Park. If you have any other questions, just drop me a line.

So take a day to learn how not to end up injured and off the bike for months.

Dave Stone, LCI #1244
League Cycling Instructor
dstone@knology.net
256-883-5978



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steve@madisoncycles.com

Mountain Biking Trail Day

May 7th, 8:00 a.m.
Meet at the park office
Contact Tim Barnack at
trails@sorbahuntsville.org
for more information

Officers Contact List

<i>President:</i>	Mike Bayler	830-5956	mike@bayler.us
<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	852-7412	aussie303202@yahoo.com
<i>Webmaster:</i>	Dean Della Pella	890-0706	dean.della.pella@intergraph.com

Meeting Minutes **Geanine Lehmann**

General Meeting April 2005

The program was the psychological benefits of exercise by Dr. Barnhart. Rides Captain Mike Moran is looking for ride leaders, please call and leave a message if you are interested. Mike Holderer reported on the LAB Bike Summits. The LAB Group visited the all nine of our congressional member's staff. Mike also announced that the city of Huntsville is planning to update the Bike Plan. The previous revision was done in 2001. Mike and Marge were to have two meetings at their home on April 27 at 6 pm and on April 30th at 5 pm. There was no report from the race or mountain divisions. Organization Meeting for the Four Hills Century is April 13 at Morgan's home and it was also announced that The Chief Ladiga Trail will be a beneficiary of the century. The fundraising for the Chief Ladiga Trail is aimed at finishing the connection to the Silver Comet Trail. Checks for donations should be made out to the Chief Ladiga Trail and mailed to the club's post office box. Tom Brimley has organized a drive against opening Bankhead Parkway, a plan entailing redoing the road and closing Nolan road. Details are to be discussed later. General meeting programs scheduled thus far are: May will be AlaBike and June will be Ernie Thomas on the PAC Tour. It was reported that litter pickup was successful and appreciated by the Land Trust. The RAM Series has had two organizational meetings so far, with one more scheduled. Mike Bayler still needs ride leaders, so please contact him if you are interested. Early rides for the RAM program will start at 4 pm on Saturdays from either Williams Elementary School, Publix in Hampton Cove or Greenbrier. Dave Stone is conducting a Bike Ed course at Safety City on May 21 and RAM riders are encouraged to take the course. A request was made for volunteers to man a table at Earth Day on April 16.

Officer's Meeting April 2005

Morgan announced an organizational volunteer meeting was scheduled for Wednesday, April 13 at his home. Mike Bayler asked for ride leaders for the RAM series rides which will start from various locations this year. Outdoor Alabama was to have a meeting in Montgomery on April 20, 2005; Morgan suggested that an AlaBike representative in Montgomery might be able to attend. Mike Bayler was to send information to Greg Brennon about the club. The website for the June 18 ride is up and running and Morgan has an address list of 5700 potential participants. Potentially supportive businesses are Village of Providence, Tony's Italian Restaurant, The Furniture Factory, along with other possibilities. The new tourist center will be the start and finish for the ride, with Gold's Gym providing showers for all participants. Allied Photo Copy, ADT, Amsouth Bank and Poor Boy may also be on board. AlaBike wants to review the promissory note with our club concerning the financial arrangements. Hopefully, volunteers can come from the Track Club, Land Trust, AlaBike, HSV Young Professionals, SCCC race division and Madison Cycles. An embroidered cap will be the gift instead of a T-shirt, due to time restraints. Web page update is on line with more to come and the rides page has been updated. The All You Can Eat Century is September 17th at Madison County H.S. with their soccer club onboard for support once again. Sunday's new recovery ride had three new riders this past Sunday. It was also mentioned that two cyclists received tickets for running a stop sign on Hickory Hill. Mike also mentioned that he has not received any maps for the new rides atlas. The City of Huntsville is planning to update the Bike Path map. The next meeting will be at Geanine's home.

Join The Club!!!

If you would like to become a member of the Spring City Cycling Club, 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)



Ride Of Silence

On May 18th, join cyclists nationwide in a silent slow paced ride (max.12 mph) in honor of those killed or injured while cycling on America's public roadways. Wear a black armband in honor of those killed or a red armband if you have been involved in a bicycle/motorist accident. For more information, you can visit the website at:

<http://www.rideofsilence.org/main.php>

For more on the local Ride Of Silence, please refer to the rides calendar or contact Dave Stone at: dlstone@knology.net

Welcome New Members

Steve and Claire Robinson.....ser@ll.mit.edu
Colleen McLand.....cmcland1@comcast.net
Amy Kemp.....amy.kemp@sanmina-sci.com
John Webster.....jwebster@knology.net
Jonathan Krichev.....jekrichev@yahoo.com
Leah Tracy.....leah-tracy@yahoo.com

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: _____

(Signature of Guardian, if under 19) _____

Date: _____

Deadline for the April newsletter is **Sunday, May15th**. 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 humorous or cycling related. You 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

Spring City Cycling Club

Phone: 852-7412

May 2005 Rides Calendar

E-mail: aussie303202@yahoo.com

www.springcity.org

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 2 p.m.	30	Tom Greer 655-0121 Dan Kruvand 880-9347	Sunday Recovery Ride/ Johnson Park On Mt. Gap Road	16-17 pace
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. 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 5:15 p.m.		Geanine Lehmann 655-6385 gean31356@aol.com	Thursday Alternate Ride/	JIT Services at 125 Electronics Blvd.
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. Badge, Government ID or escort required, fast and slow groups, pre-arrange for slower pace
Thursday 5:30 p.m.	25 or more	Charles Feaux 881-8479 cfeaux@comcast.net	Thursday Williams Elem. Ride/ Williams Elem. on Zierdt road	Slow and fast groups; usually fast

May Rides				
May 7 th 8:30a.m.	30	Ray and Carolyn Mulcahey 852-3177	Arsenal Ride/ Whitesburg Baptist Middle School	Must have photo I.D.
May 7 th 8:30 a.m.	61	Mike Moran 852-7412 aussie303202@yahoo.com	New Hope-Gurley Ride/ Publix in Hampton Cove	
May 14 th 8 a.m.	65	Mike Lackey 837-1545	Cotton Belt 65/ Creekside Elementary School	Lots of Rollers and Hills 16-18 pace
May 14 th 9 a.m.	42	Rebecca Mauldin 519-2455	Mini Coldwater Ride/ Sparkman Middle School	13-15 pace
May 18 th 7:00 p.m.	5-7	Dave Stone dlstone@knology.net	Ride of Silence/ East Clinton	Please see article
May 21 st 8 a.m.	45- 60	Dean Della Pella 730-3679 dean.della.pella@intergraph.com	Coldwater Ride/ Sparkman Middle School	15-17 pace
May 21 st 9 a.m.	30	Willy Albanes 883-0685 albanes@att.net	Dawn's Birthday Ride/ Central School on Ryland Pike	Tour de Northeast BBQ lunch following at Old Hickory BBQ
May 28 th 8:30 a.m.	41	Anne Harris 859-6259	A&M North Loop/ A&M parking lot	14-16 pace
May 28 th 9:00 a.m.	60- 65	Don Wallace 859-3019 wallace@mae.uah.edu	HHH Ride/ Publix in Hampton Cove	"Hard, Hilly and Horrendous" 17-19 pace

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



Spring City Cycling Club

P.O Box 2231

Huntsville, Al 35804