

The *Spring Times*



June 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, June 6th
Ed Bernstein's Home

General Meeting:
Monday, June 13th
7:00 p.m.
El Camino Real
4116 University Drive

President's Ramble **Mike Bayler**

Feast, Not Famine

Hopefully everyone is aware that June is “The Month of the Feast”. The Four Hills Feast is a new century ride sponsored by the Alabama Bicycle Coalition and the Spring City Cycling Club. Morgan Andriulli, Spring City Vice-President and AlaBike Board Member, has taken on the monumental task of organizing the Feast.

The Huntsville “Four-Hills Feast” Century is a uniquely hilly bike ride featuring 7600 feet of climbing over its 99-mile, undulating loop. For those less inclined for big miles or big inclines, the event offers a variety of routes from 35 to 99 miles. With all routes featuring at least one decent climb, the course is designed to offer many options so riders can ‘mix and match’ the length of their ride and the number of climbs, a literal feast of hills and scenery for riders of various abilities.

The century, however, is a seriously challenging loop with 200 more feet of climbing, more winding, undulating roads and much steeper pavement than “The Toughest Ride in the South”, the venerable Cheaha Challenge. You may judge for yourself if this ride is tougher. For more information about the Four Hills Feast, visit the web site at <http://www.alabike.org/fourhillfeast>.

Of course, with a ride of this magnitude there are a lot of logistics that have to be coordinated. Given a mailing list of over 6600 there is potential for a large turnout and a corresponding need for help with on-site registration on the day of the event and at the night-before pre-party. There are many other opportunities to volunteer – driving SAG support vehicles, supervising or manning rest stops, assisting with parking, marshalling course locations, pre-event setup activities.

Any club member who works pre-event activities will get a free ride in the event. All workers will be fed lunch and can participate in the post-ride soiree at Humphrey's. If you are interested in helping fuel the Feast, contact Morgan Andriulli at morganandriulli@comcast.net or 536-7190.

Ride Review: The Dogwood 100

Tom Greer

The Dogwood 100 ride in Winchester, Tennessee, proved to be a good start to what one hopes will be a yearly event. More than 200 riders congregated near Woody's Bicycle Shop Saturday 16 April, for the chilly mass start. The ride was held in conjunction with the Dogwood Festival, a Winchester event featuring arts 'n' crafts, a foot race, home tours, street eats, live music and other activities.

The Dogwood offered the obligatory fun ride, a 30-miler and 62- and 100- mile (actually 102 miles) courses. SCCC'ers Ernie Thomas, Michael and Marjorie Holderer, Dan Kruvand, and Tom Greer were among the riders.

The metric and century riders rolled out with a Franklin County Sheriff's escort, with one intrepid rider drafting the cop car closely. The 3+ mile climb to Sewanee was tough but negotiable. Riders were rewarded by the ornate architecture and fieldstone construction of The University of the South – and especially an exhilarating descent after passing through a small part of what's called the Domain, the lovely 10,000 acre campus. The smooth road with banked turns and little traffic provided ample payback for those who suffered (except for Ernie Thomas who lightly danced on the pedals all the way) up the steep grade into gorgeous Sewanee atop the Cumberland Plateau.

The 62 and 100 mile route included Alto, Little Mountain, Buncombe, Cowan, Huntland and Elora as well as Falls Mill. Routes were well marked and the roads were generally very low traffic, highly scenic, and a few were a bit rough after the 62-mile turnoff on the century route. Area drivers were generally friendly and courteous except for the furniture truck, which nearly ran Dan and Tom off the road while the driver yakked on his cell phone.

The attractive ride T-shirt, included in the \$20 pre- or \$25 day-of registration, is red and emblazoned with dogwood blossoms. Rest stop comestibles in some instances were a bit sparse but adequate. Cookies from the Cumberland Street Bakery, at the street side rest stop in bustling Cowan, were particularly tasty. And at least one rider appreciated the ultra-cool jam music blaring gloriously forth inside as the baker labored among the hot ovens to produce bread and cookies.

The ride lived up to its billing, including limited support. At one rest stop, cycle shop owner and ride organizer Woody Duetsch raced off to rendezvous with a rider with a mechanical problem. A couple of SAG vehicles cruising the course would have been a welcome addition, but understandably, a ride of this size requires a good muster of volunteers. Some cyclists noted the lack of porta-potties while most others found the usual bushes no obstacle to rider relief. The ride featured a fairly accurate cue sheet but no map.

Rest stops were every 20 miles or so and included novel do-it-yourself sports drink replenishment. Woody provided innumerable cases of Power Bar Endurance Drink powder and cold bottled water since it was difficult to round up enough water containers. (Perhaps next year the SCCC could volunteer to lend Woody our coolers?) The stops did not appear to run out of water or goodies although one rest stop reported a dog absconding with an unattended loaf of bread. Each rider received an orange wristband, which entitled the wearer to a tasty post-ride meal at the 2nd Avenue Café and to presumably deter bandits or other poachers.

The Dogwood 100 offers great potential to become a classic area ride. According to Woody, the organizers were thrilled with the turnout, especially since planning and promotion began only in February. Helmets off in salute to Woody and crew for putting on an enjoyable ride, an auspicious start for what this reviewer hopes to be a yearly event.



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Check It Out!!

The SCCC has several club mailing lists on-line which are great ways to get the most up-to-date information about the happenings around the club. There are five always-entertaining lists that you can join including *advocacy, racers, dirt, roadies and randonneurs*. The link for more information or to join is:

www.springcity.org/maillists.htm

Many times updated ride information, etc. is posted on the lists and you can almost always find a ride companion.

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

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)

Tour De France Party

A tentative date of Saturday, July 16th has been set for the 4th annual Tour de France party at Tom and Kathy Fillenwarth's home. So far, their record for picking stages Lance wins is 3 for 3! Work is in progress and more details are forthcoming.

BRAWC - Bike Ride Across Wilson County

This event is sponsored in part by the Wilson County Fair and offers a 31 mile short ride and a 50 mile long ride. In addition to the normal ride goodie bag, each rider is given a ticket for free admission to the Wilson County Fair.

Saturday, August 20, 2005 7:30 AM

Wilson County Fairground, 945 Baddour Pkwy. East, Lebanon, TN

Online Registration at Active.com - http://www.active.com/event_detail.cfm?event_id=1213314



Treasurer's Report

Ed Bernstein

Income Statement for the Period 4/1/05 - 4/30/05

Beginning Balance 4/1/05	\$5,346.30
Income	
Membership	\$173.00
TOTAL Income 4/1/05 - 4/30/05	\$173.00
Expense	
Postage	\$37.00
Quality Quick Printing – Newsletter	\$49.85
Quality Quick Printing – RAM Posters	\$119.83
TOTAL Expense 4/1/05 - 4/30/05	\$206.68
Ending Balance 4/30/05	\$ 5,312.62
Chief Ladiga Trail Fund Contributions	\$425.00

Meeting Minutes

Geanine Lehmann

9 May 2005 General Meeting

New Member Mike Member was in attendance. Vice President Morgan announced the program would be on AlaBike Advocacy and the June 18 ride. Rides Captain Mike Moran still needed ride leaders for June. Webmaster Dean Della Pella has been working on the revamping of the website. Mike Holderer reported on the Bike Plan meetings for improvements on the bicycle routes in Huntsville. Limestone County wants some contributions for routes in eastern Limestone County. Members familiar with the area could help with the project. Morgan still needed about 30 volunteers for the club ride in June. The Road One Course, taught by Dave Stone, only had one opening left at the time of the meeting. A collection for the Chief Ladiga Trail Fund was held at the meeting. The June ride will also benefit the fund. Tour de France Companions were available for \$7.00 each. Contact Mike Bayler if you would like a copy. Also, the club license plates are still available. See Mike for those as well.

2 May 2005 Officer's Meeting

Morgan reported on his progress on the June 18th ride. He had done an extensive job on gathering sponsors for the event. He had a packet for the Alabama Outdoors to send to each of the bike clubs in the state. Morgan has talked to the City Engineer, Mayor and other officials in Athens about the bike paths and is seeking help for routes in eastern Limestone County. Morgan will work on planning the summer picnic. The next meeting is planned at Ed Bernstein's home.

***** **FOR SALE** *****

Mountain Bike: Jamis Dakar expert mountain bike for sale. Disk brakes, front and rear suspension, manitou suspension forks, used for 6 months and then stored indoors for 4 years. Seat pouch with 2 new bike tubes, bike tools, and brand new slim bike pump included. Bright blue and yellow paint job - sharp looking. Excellent condition. Bike size 17. Valued at \$1800, paid \$1400 for it on sale. Will sell for \$875. Call or email Kerry at 256 851-7655, out_kayaking@hotmail.com

Road Bike: Specialized Allez, 56-inch frame, aluminum frame, tiagra derailleur, tiagra brakes and shifters, triathlon aero bars included, and computerized speedometer. New bike stand included. Bought new for \$800, used for one year, and then stored indoors for 4 years. Excellent condition, sharp white and silver paint job. \$450. Call or email Kerry at 256 851-7655, out_kayaking@hotmail.com.

Joyce Kilmer Campout

Tom Greer

Melodie Stanley points out Santeetlah Lake from the crest of Santeetlah Gap(3165 ft), one of the climbs on the 62-mile ride in North Carolina. Seven hardy riders experienced the exhilarating descents and the scenic climbs during the May 6-9 camp-out near Joyce Kilmer Memorial Forest. John and Melodie Stanley, former club members now living in Dayton, Ohio, joined about a dozen SCCC'ers for the camping and cycling outing. Cool nights and warm days made the expedition enjoyable. Intrepid, rain-soaked riders Terry Whitehead and the ever-irascibly lovable Charles Feaux made the 250+-mile cycling trek from Huntsville to the Rattler Ford Campground. Along with the usual crotch-rocket hotshots and humongous Harley straddlers, hundreds of Mini Coopers swarmed the twisting roads. John Stanley, Sam Russell, Jim Everts and Shahin Hadian enjoyed their high-octane 12+-mile climbs to the mile-high environs of Santeetlah and Hooper Bald on the Cherohala Skyway. Other trip highlights included the traditional short hike in the Beautifully primordial Joyce Kilmer Memorial Forest, which protects the only stand Of virgin timber east of the Mississippi. Among the moss, ferns and wildflowers, some of the giant trees boast 100 ft heights and 20 ft diameter bases.



Melodie Stanley points out Santeetlah Lake from the crest of Santeetlah Gap



Ready to roll out, from left, Dan Ferris, Anna Hadian (Directeur Sportif), John & Melodie Stanley, Jeff Belote, Sam Russell, Tom Greer, Dan Kruvand

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 **Wednesday, June 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 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

E-mail: aussie303202@yahoo.com

www.springcity.org

June 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 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

June Rides				
June 4 th 8 a.m.	100K	Dan Kruvand 880-9347 dkruvand@aol.com	Start at Madison Co. High School	15-16 pace; options for full century, 25 and 50 miles
June 4 th 8:30 a.m.	30	Matt Bucca 882-9798	Matt's flat as a pancake ride/ Publix Hampton Cove	12-14 pace
June 11 th 8:30 a.m.	50	Sharon Bayler 653-9244	Tick Ridge Ramble/ Athens Wellness Center	14-16 pace; very hilly; call Sharon for directions
June 11 th 8:30 a.m.	39	Anne Harris 859-6259	Killingsworth Cove Ride/ Publix Hampton Cove	14-16 pace
June 18 th		Morgan Andriulli	Four Hills Feast	Come volunteer or ride and support your club and AlaBike
June 25 th 8:30 a.m.	30- 35	Andy Brown 325-8311	Tour de Northeast/ Central School on Ryland Pike	12-15 pace

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

Upcoming Events

- June 4th-11th – BAMA Bicycle Across Magnificent Alabama – www.bikebama.com
June 5th – Bump & Grind MTB races – Oak Mtn. State Park – www.bump.org
June 5th – West Georgia 100 – Carrollton, GA – www.wga-net.com/westgeorgia100/
June 6th – Ride of Love – Tuscaloosa – www.rideoflove.com - benefits Camp Smile-A-Mile
June 11th – Cherohala Challenge Century – Tellico Plains, TN – www.smwbike.org
June 18th – 1st Annual Four-Hills Feast – www.springcity.org
June 25th – Cartersville Century – Cartersville, GA – www.notatlanta.org/eventcal/262
June 26 – Ride To Live Metric Century – Birmingham – Benefits LAF – Details TBA
August 20th – North Harbor Hot Hundred – Tuscaloosa – www.druidcity.org
August ? – Johnny Ray Century – Auburn – Details TBA – www.eastalabamacycling.org
September 3rd – Glassner Memorial Autumn Challenge – Montgomery –
www.mgmbikeclub.org
September 10th – 32nd annual BBC Century & 6th annual double century –
www.bhambikeclub.org
September 17th – SCCC all-you-can-eat century – www.springcity.org
September 25& 26th – John M. Whitaker MS150 Bike Tour – Orange Beach, AL –
www.nationalmssociety.org/alc
September 26th – Six Gap Century – Dahlonega, GA –
www.dahlonega.org/aboutus.asp?id06=124&par06=23



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