

# The *Spring Times*



**July 2005**

[www.springcity.org](http://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**  
Wednesday, July 6<sup>th</sup>  
Mike Bayler’s Home  
7:00 p.m.

**General Meeting:**  
Monday, July 11<sup>th</sup>  
7:00 p.m.  
El Camino Real  
4116 University Drive

## **Four Hills Feast: A Feast of Success**

**Morgan Andriulli**

The June 18<sup>th</sup> Four-Hills Century was a big success with 256 entrants on an unusually dry and cool June Day. The ride netted about \$5500 for Alabike and over \$500 for the Chief Ladiga Fund.

Early reviews from the course run positive to “fantastic”. A few rider misdirections happened due to inattentiveness or weak markings, but we found everyone and got them pointed in the right direction with some mid-day course painting. The first riders, Jim Everts and Hugh Sharp, finished in around 5:25. The lantern rouge finished around 9:45. (Our only dissatisfied customer. He complained that we did not “care about average riders” because we closed the last rest stop at 4:30 and sent the SAG ahead to help load equipment. Considering that he finished about 30 minutes after the next to last rider, his self-assessment as an average rider might be a bit optimistic.)

The pre-ride package pickup on Friday, June 17 at Village of Providence attracted over 100 pre-registered and walk-up riders. The Devere Pride Trio (with Tom Branch on drums) was a hit at the get together.

Press coverage was respectable with radio Public Service Announcements and on-air chats about the ride on ESPN 1450 and WLRH. The Times and Channel 31 also had reports of the ride.

Huntsville Police Department was please, and gave a tentative OK for doing the event again next year on May 20. That day places the Four-Hills two weeks after Three State and four weeks after Cheaha (a two-big-hill ride). Think of it as the 2006 “Southern Cycling Trifecta”.

Humphrey’s Bar and Grill saw steady business until 5 PM, but the Event Director got there too late and was refused free beer, even though he was the one who was responsible for scoring the free brew. ☹

HUGE thanks goes out to all the volunteers: SCCC, AlaBike, Spring City Triathletes, City of Grant Chamber of Commerce, plain old folks who wanted to

**Continued On Next Page**

help, Huntsville HAM Club, North Alabama BMW riders, Roger Chassay (aka, "The Devil"), rest stop leaders, SAG drivers and sponsors for helping us pull off a very successful first-year ride. Nearly 70 people were directly involved with the execution of the ride.

The Convention and Visitor's Bureau was pleased with the turnout, as were the event sponsors. We will shoot for 400 next year and cap it at 500 to keep things reasonable.

As event director, I have always wanted to see a big, tough century from downtown Huntsville to show off Huntsville and the spectacular riding we have in our very own back yard. I have always felt that Huntsville is one of the best kept secrets in road and mountain biking, with our good, year-round weather, decent, low-traffic roads, beautiful scenery and varied terrain offering many choices for all kinds of riders. I think with the first annual Four-Hills Century, we have taken a first big step towards solving that "problem."



First group bombs turn after Cecil Ashburn descent



Spring City Triathlete offers "service" at rest stop 2 in Owens XR

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### **The Long and Short Of It Shirley Feaux**

This is just a short report on some long rides that have been going on lately by a couple of super ambitious (and slightly mad) riders in the club. Davy Haynes and Charlie Feaux decided a few months ago that they would attempt the Cascades 1200 km Ride. Yeah, that is really 750 miles and must be completed in no more than 90 hours. The date of this monstrous mega-ride is the 25<sup>th</sup> of June. It starts just north of Seattle, Washington and sort of circumnavigates the state passing close to Mt. St. Helens and Mt. Ranier following the Columbia River Gorge. Davy's tandem has been shipped, the airline tickets have been secured, and both riders are pawing at the starting line.

To prepare for the distance, they did the usual prerequisite-four qualifiers, beginning with the 200 km ride. Charlie and I did ours in the Arizona training camp last March. Davy and Charlie finished the 300, the 400, and the 600 km rides with the Atlanta Randonneurs Club in April and May. The hills and rainy weather during these events toughened their hides and fueled their enthusiasm for the BIG ONE. Davy has successfully completed two of these events, Paris-Brest-Paris in France and Boston-Montreal-Boston in the US and Canada. This will be Charles' first effort. The words of Father Francois rings in his ears—"If you have completed the 600, you just have to do it another time!"

## **'BAMA' TOURS BALDWIN, COVERS 457 MILES ON GULF COAST**

**Sid Burgess, Birmingham, AL**

Baldwin County, AL, one of the largest counties east of the Mississippi River, was the focal point of the 2005 Bike Across Magnificent Alabama--BAMA, held June 4 to 10. The group of some 75 cyclists got "up close and personal" views of Baldwin's posh estates and waterfront resorts, plus its sod farms, crop land, and pastures. Venturing outside of Baldwin, participants rode through historic downtown Mobile, toured the quaint fishing village of Bayou LaBatre, and crossed a beautiful bridge onto the bird sanctuary of Dauphin Island. The more adventurous of the riders swung west to circle Pascagoula, MS, for one "century," and then east to the Pensacola Naval Station in Florida, for a second 100-mile day. Altogether, the all-volunteer staff of Huntsville-based BAMA had scouted, mapped, and marked 457 miles of main arteries and remote back roads to give riders a rare view of Lower Alabama (a/k/a, "L.A.") and a portion of the fabled "Redneck Riviera." Participants came from as far away as Colorado, Illinois, Texas. They included riders on classic road bikes as well as mountain bikes, plus recumbents and tandems. There were retirees and vacationing workers, teenagers and octogenarians, couples and singles (both male and female), plus families (including at least one preschooler). A number of participants planned to continue on to BRAG, the Bike Ride Across Georgia, which was to begin on June 12. Delicious Gulf Coast seafood was a highlight of the trip. Organizers provided two catered seafood dinners during the six day event. Two nights in tourist-friendly Fairhope presented multiple fine dining options. And rest stops at strategic points during the daily rides offered fresh fruit and other treats. Most of the routes were on picturesque back roads, but the optional Pensacola century took riders the full length of the high-speed Foley Beach Express (No toll required for cyclists!) and busy US 98. Despite the suburban setting of the ride, the camping accommodations were relatively primitive. Among the sites provided were a remote ammunition bunker near--but not in--historic Fort Morgan; the unkempt lawn of an American Legion Hall; and, the grounds of a dormant winery near Perdido. Some nights the whole contingent made do with a single restroom, and never more than two. The only showers available were from BAMA's custom-made, four-stall shower trailer, but they were hot showers! The "primitive camping" notwithstanding, BAMA participants seemed to enjoy the ride and the making of new friends. BAMA's resourceful volunteers worked tirelessly trying to accommodate the needs of the group. There were no accidents or lost riders, and the event ended one day before tropical storm Arlene hit the Gulf Coast.

**Photos courtesy of Laura Lockhart Schultz**



**Waiting out the weather...again**



**Finally. Finished at last!**



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[www.madisoncycles.com](http://www.madisoncycles.com)  
[steve@madisoncycles.com](mailto:steve@madisoncycles.com)

## Way to Go Roger!!

An SCCC member, Roger Chassay, recently competed in the Senior Olympics in Pittsburgh, PA and came back with a bronze medal in the sprint triathlon, which is a 400m swim/20K bike/5K run and he also got a 5<sup>th</sup> place ribbon in the pole vault competition. All this in spite of a hip flexor injury less than a month before!

**Congratulations!**

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## Officers Contact List

<i>President:</i>	Mike Bayler	830-5956	<a href="mailto:mike@bayler.us">mike@bayler.us</a>
<i>Vice President:</i>	Morgan Andriulli	536-7190	<a href="mailto:morganandriulli@comcast.net">morganandriulli@comcast.net</a>
<i>Treasurer:</i>	Ed Bernstein	534-6574	<a href="mailto:sccctreasurer@knology.net">sccctreasurer@knology.net</a>
<i>Secretary:</i>	Geanine Lehmann	864-2591	<a href="mailto:gean31356@aol.com">gean31356@aol.com</a>
<i>Community Affairs:</i>	Michael Holderer	883-9982	<a href="mailto:moh@knology.net">moh@knology.net</a>
<i>Newsletter Editor:</i>	Rachel Marshall	883-7236	<a href="mailto:kdsmom2004@yahoo.com">kdsmom2004@yahoo.com</a>
<i>Race Division Manager:</i>	Steve Swann	461-9963	<a href="mailto:steve@madisoncycles.com">steve@madisoncycles.com</a>
<i>Rides Captain:</i>	Michael Moran	852-7412	<a href="mailto:aussie303202@yahoo.com">aussie303202@yahoo.com</a>
<i>Webmaster:</i>	Dean Della Pella	890-0706	<a href="mailto:dean.della.pella@intergraph.com">dean.della.pella@intergraph.com</a>

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## 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](http://www.springcity.org)

Dues are:

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

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## Welcome New Members

April Smith.....[aprilsmith@mchsi.com](mailto:aprilsmith@mchsi.com)  
Lee Foster.....[leefoster1704@yahoo.com](mailto:leefoster1704@yahoo.com)  
Brooks Radighieri.....[cradighi@smu.edu](mailto:cradighi@smu.edu)  
Jim Sledd.....[jsledd@knology.net](mailto:jsledd@knology.net)



<b>Treasurer's Report</b> <b>Ed Bernstein</b>	
<b>Income Statement for the Period 5/1/05 - 5/31/05</b>	
<b>Beginning Balance 5/1/05</b>	<b>\$5,312.62</b>
<b>Income</b>	
Membership	\$188.00
Bike Box Deposit (Escrow)	\$100.00
<b>TOTAL Income 5/1/05 - 5/31/05</b>	<b>\$288.00</b>
<b>Expense</b>	
Postage	\$37.00
Mike Bayler – RAM Room Rental, Supplies	\$27.15
Workman Publishing – Tour de France Books	\$68.99
<b>TOTAL Expense 5/1/05 - 5/31/05</b>	<b>\$133.14</b>
<b>Ending Balance 5/31/05</b>	<b>\$ 5467.48</b>

## Meeting Minutes

### **June 6<sup>th</sup> - Officer's Meeting – submitted by Ed Bernstein**

#### Report on Four-Hills Century –Andriulli

At this time there are over 60 registrants. The estimated attendance is over 200. All volunteer positions have been filled. A number of sponsorships have been obtained. Parking has been arranged for across the street from the starting point (Huntsville Welcome Center). All signs point to a successful event.

#### Future Programs and Events - Bayler

A Tour de France party will be held at the Fillenwarth's on July 16. The Summer Picnic and Ride will be held at the Mooresville Community Pool (next to the Connaughton's) on July 23. The program for the next meeting will be Ernie Thomas reporting on the PAC Training Tour. Dave Kyle will also talk about the MS 150. The canoe trip, which was planned for July 16, will be postponed and probably will take place in August.

#### Web Page – Della Pella

Samples of the proposed forums are on the sample web site. The forums are like bulletin boards and may replace Topica. The RAM schedule has been posted as has the Training Rides schedule. The missing large club banner has been found. It was in the Race Division supplies at Madison Cycles. It will be moved to the club repository at Bicycles, Etc. Chief Ladiga Trail donations of \$525 have been collected and will be sent to the Cleburne County Chamber of Commerce.

#### All-You-Can-Eat Century

The insurance certificate has been obtained. It is planned to purchase wicking t-shirts. The cost is \$10.50 for three colors front and back. A \$15 charge is proposed to include giveaways to volunteers. The flyers are now ready and will be distributed at the Four Hills Century. Mailings are planned to be sent to the Four Hills participant list.

#### Police Relations

A spirited discussion was held concerning relations between the club and the Huntsville Police Department. This discussion arose because of the recent exchange of emails on the SCCC Roadies Topica forum. It was decided to set up a meeting between selected club officers and an appropriate member of the police department, perhaps a bicycle patrolman or a community relations officer. Mike Holderer will contact Dave Stone for advice on finding the proper individual. A written and concise definition of the issues involved will be codified before the meeting. One goal is to publicize a contact number so cyclists can report incidents to authorities. It was also emphasized that no one should give the impression of speaking for the club without obtaining prior approval.

#### Bankhead Parkway

The club will take no position on whether or not the closed portion of Bankhead Parkway should be reopened. However, if it is to be opened, the importance of allowing access for cyclists should be emphasized. Mike Holderer will write a letter to this effect to State Senator Jeff Enfinger and the appropriate state representative.

### **June 13<sup>th</sup> Membership Meeting – submitted by Geanine Lehmann**

The visitor present was Taylor of the MS 150 Ride. New members present were Lane Ingram and Mary Hinson. The evening's program consisted of a short program by Taylor on the MS 150 Ride and member David Kyle gave a testimony as a person with Multiple Sclerosis. Ernie Thomas presented the main program on his PAC Tour ride last March. Mike Moran, the rides captain asked for ride leaders in July. Century director Dan Krivand stated flyers for our century would be available this week and this year's shirt will be a base layer shirt instead of a T-Shirt. Morgan apologized for the shift in meeting location to Mullins Restaurant at the last minute as the Camino Real is remodeling their back room; Morgan still needs volunteers for the Jun 18<sup>th</sup> ride. Community Affairs Director Michael Holderer stated that the bike plan is being discussed with the downtown authorities and that there will be a long-range plan available in 2006. A trail from Huntsville to Decatur was discussed and the suggestion was made to have trail information on the web site. Mike Bayler announced he had club license plates for \$5.00 and Tour De France books for \$7.00 still available for sale. The club had raised a phenomenal \$525.00 for the Chief Ladiga Trail Fund, hopefully with more donations to come. The issue of communications with police was brought up and Dave Stone, Mike Holderer and Mike Bayler will discuss the process with the police in the near future. Upcoming dates planned thus far are the Tour De France Party at Kathy and Tom's on the 16th of July and the summer picnic is planned for July 23<sup>rd</sup> at Mooresville Community Pool. Tentatively there will be a canoe trip in Kelso, TN in August. The Club Races will be July 30-31 and there will be a volunteer meeting June 16<sup>th</sup> at Madison Cycles at 8:00p.m. Contact Steve at Madison Cycles if you would like to volunteer. The Walls of Jericho Hike on June 25<sup>th</sup>, led by Sam Russell will be weather permitting. The suggestion of moving up the litter patrol to before the Four Hills Feast Ride was brought up to make the area look better for the ride.

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### **\*\*\*\*\* FOR SALE \*\*\*\*\***

**Sedan Trunk Strap-On Bike Rack.** Purchased used for \$20, repaired and used for 3 years, will sell for \$5. Clara Welch, [cwelch@hiwaay.net](mailto:cwelch@hiwaay.net) or 881-6531

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### **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](http://www.active.com/event_detail.cfm?event_id=1213314)

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### **July 9<sup>th</sup> trash pickup cancelled**

The Cecil Ashburn pickup scheduled for July 9<sup>th</sup> has been cancelled. Thanks to some great volunteers, the roadway was cleaned up for the Four Hills Feast. Look for announcements to perhaps have a pickup day in September.

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### **Annual Club Summer Picnic and Ride**

The annual picnic and ride will be held Saturday, July 23<sup>rd</sup> at Mooresville Community Pool. Watch for more details in Roadies or on the website.

## "Bicycling and Health" Fact Sheet

- A 15-minute bike ride to and from work five times a week burns off the equivalent of 11 pounds of fat in a year. (The British United Provident Association:  
[http://www.bupa.co.uk/health\\_information/html/healthy\\_living/lifestyle/exercise/cycling/cycling\\_health.html](http://www.bupa.co.uk/health_information/html/healthy_living/lifestyle/exercise/cycling/cycling_health.html))
- 64% of adults and over 15% of kids are overweight today, resulting in 300,000 premature deaths and a cost to society of \$117 billion a year. More than 50% of U.S. adults do not get enough physical activity to provide health benefits: 26% are not active at all in their leisure time. (Center for Disease Control and Prevention – Overweight and Obesity FAQ: <http://www.cdc.gov/nccdphp/dnpa/obesity/faq.htm>, and Physical Activity and Good Nutrition: [http://www.cdc.gov/nccdphp/aag/aag\\_dnpa.htm](http://www.cdc.gov/nccdphp/aag/aag_dnpa.htm) )
- Inactivity is a factor in 10% of total deaths and 25% of chronic disease related deaths. (League of American Bicyclists: <http://www.bikeleague.org/educenter/factsheets/commutepublichealth.htm>)
  - One reason for Americans' sedentary lifestyle is that "walking and cycling have been replaced by automobile travel for all but the shortest distances." (CDC: October 27, 1999 issue of the JAMA)
- On 350 calories — one apple tart — a cyclist can travel 10 miles, a pedestrian 3.5 miles, and an automobile 100 feet. (Transportation Alternatives: <http://www.transalt.org/blueprint/chapter1/chapter1g.html>)
- For every extra 30 minutes commuters drive each day, they have a 3 percent greater chance of being obese than their peers who drive less. How much time a person spends driving has a greater impact on whether a person is obese than other factors such as income, education, gender or ethnicity. ("Obesity Relationships with Community Design, Physical Activity, and Time Spent in Cars," Frank LD, Andresen MA, Schmid TL. *American Journal of Preventive Medicine* 2004 Aug;27(2):87-96.: <http://www.scarp.ubc.ca/faculty%20profiles/frank-paper.pdf> )
- Even though cyclists breathe two to three times as much air as motorists during the same trip, motorists actually breathe in about 60% more carbon monoxide—and significantly higher levels of other air pollutants—due to being enclosed in their vehicle. Cyclists also benefit from the physical exercise, increasing their resistance to air pollution. ("The exposure of cyclist, car drivers and pedestrians to traffic-related air pollutants," Van Wijen, Verhoeff, Henk, Van Bruggen. *Environmental Health* 67 pp 187-193: [http://europe.eu.int/comm/environment/cycling/cycling\\_en.htm](http://europe.eu.int/comm/environment/cycling/cycling_en.htm))

Compiled by Sarah Hencke, Massachusetts Bicycle Coalition

### Upcoming Events

- July 23<sup>rd</sup> – Summer Picnic & Ride – Mooresville Community Pool – [www.springcity.org](http://www.springcity.org)**
- August 20<sup>th</sup> – BRAWC - [http://www.active.com/event\\_detail.cfm?event\\_id=1213314](http://www.active.com/event_detail.cfm?event_id=1213314)
- August 20<sup>th</sup> – North Harbor Hot Hundred – Tuscaloosa – [www.druidcity.org](http://www.druidcity.org)
- August 27<sup>th</sup> – Johnny Ray Century – Auburn – [www.eastalabamacycling.org](http://www.eastalabamacycling.org)
- September 3<sup>rd</sup> – Glassner Memorial Autumn Challenge – Montgomery – [www.mgmbikeclub.org](http://www.mgmbikeclub.org)
- September 10<sup>th</sup> – 32<sup>nd</sup> annual BBC Century & 6<sup>th</sup> annual double century – [www.bhambikeclub.org](http://www.bhambikeclub.org)
- September 17<sup>th</sup> – SCCC all-you-can-eat century – [www.springcity.org](http://www.springcity.org)**
- September 25& 26<sup>th</sup> – John M. Whitaker MS150 Bike Tour – Orange Beach, AL – [www.nationalmssociety.org/alc](http://www.nationalmssociety.org/alc)
- September 26<sup>th</sup> – Six Gap Century – Dahlonga, GA – [www.dahlonga.org/aboutus.asp?id06=124&par06=23](http://www.dahlonga.org/aboutus.asp?id06=124&par06=23)

**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 options you desire. Mail this application with a check / money order made out 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):** \_\_\_\_\_

**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 Parent or Guardian, if under 19)** \_\_\_\_\_

Deadline for the August newsletter is **Friday, July 15<sup>th</sup>**. Please send submissions to Rachel Marshall at: [kdsmom2004@yahoo.com](mailto: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](http://www.springcity.org)

**Moved? Changed email address?**

**Please send changes to:**

SCCC Treasurer  
PO Box 2231  
Huntsville, AL 35801

[sccctreasurer@knology.net](mailto:sccctreasurer@knology.net)

Rides Captain: Mike Moran

## Spring City Cycling Club

Phone: 852-7412

E-mail: [aussie303202@yahoo.com](mailto:aussie303202@yahoo.com)

[www.springcity.org](http://www.springcity.org)

### July 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 <a href="mailto:jamorgan10@comcast.net">jamorgan10@comcast.net</a>	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 <a href="mailto:albanes@att.net">albanes@att.net</a>	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 <a href="mailto:wallace@mae.uah.edu">wallace@mae.uah.edu</a>	Sunday Afternoon Ride/ Williams Elem. School	32 & 22 mile options 16.5 to 17.5 pace
Tuesday 5:30 pm	28	Don Lovelace 539-9008 <a href="mailto:lovelaced@msn.com">lovelaced@msn.com</a>	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 <a href="mailto:dean.della.pella@intergraph.com">dean.della.pella@intergraph.com</a>	Tuesday Intergraph Ride/ Wellness Center parking lot	At the "new" old Intergraph
Thursday 5:15 p.m.		Geanine Lehmann 655-6385 <a href="mailto:gean31356@aol.com">gean31356@aol.com</a>	Thursday Alternate Ride/	JIT Services at 125 Electronics Blvd.
Thursday 5:30 pm	28	Don Lovelace 539-9008 <a href="mailto:lovelaced@msn.com">lovelaced@msn.com</a>	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 <a href="mailto:cfeaux@comcast.net">cfeaux@comcast.net</a>	Thursday Williams Elem. Ride/ Williams Elem. on Zierdt road	Slow and fast groups; usually fast

July Rides				
July 2 <sup>nd</sup> 8am	40	Mike Moran 852-7412 <a href="mailto:aussie303202@yahoo.com">aussie303202@yahoo.com</a>	Cherry Tree/New Hope Ride/ Publix in Hampton Cove	15-17 pace
July 9 <sup>th</sup> 7:30 am		Dan Kruvand 880-9347	East Metric Century/ Madison County H.S.	15-16 pace, options for full century and 50 miles,
July 9 <sup>th</sup> 8 am	30	Matt Bucca 552-9798	Matt's flat as a pancake ride/ Publix in Hampton Cove	12-14 pace
July 16 <sup>th</sup> 8 am	40	Michael Holderer 883-9982 <a href="mailto:moh@knology.net">moh@knology.net</a>	Keel Mountain & New Hope/ Publix in Hampton Cove	14-17 pace
July 23 <sup>rd</sup> 8:30 a.m.	40	Mike Bayler 830-5956 <a href="mailto:mike@bayler.us">mike@bayler.us</a>	RAM Ride/ Valerie's in Mooresville	Picnic afterwards at Valerie's
July 30 <sup>th</sup> 6:30 am	100	Jean Jasinczuk 772-7915	Joe Wheeler Century/ Creekside Elementary	17-19 pace, option for 58 miles

**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**