

# The *Spring Times*



**August 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**

Monday, August 1st  
7:00 p.m.

### **General Meeting:**

Monday, August 8th  
7:00 p.m.

El Camino Real  
4116 University Drive

Program:

Dr. Jonathan Krichev  
On lactate threshold testing

## **President's Ramble**

**Mike Bayler**

### **Give It Some Consideration**

As cyclists we desire to be taken into consideration when it comes to roadways, community planning, etc. As I've talked to a few people recently it has become very apparent that we, as a group, tend to demand that we be taken into consideration but often don't worry about being considerate of others.

A few weeks ago e-mails flew around the Roadies list regarding signs at the Madison County Marina that indicated “No Bikes”. Discussion with a few people in the know revealed that the restaurant actually desires to become more bicycle accessible, even to the extent of buying a rack for parking bicycles. The signs were posted in response to the behavior of a few cyclists that the management felt inappropriate.

It seems that these cyclists rode to the marina and decided to take a break at some picnic tables located outside the restaurant. Instead of sitting on the bench portion of the tables, these cyclists plopped their sweaty butts right down on the table. When they departed, they left large wet spots on the table. The management felt that this was unsanitary and that other patrons might not enjoy eating their meal where the cyclists had parked their sweaty bottoms. I've also heard concerns about cyclists riding on busy roads during early evening traffic. One of my coworkers saw a guy riding on Balch Road last week and expressed some concern to me. He agrees that the cyclist has a right the road but fears for the safety of the cyclist since the road is narrow, has many blind hills, and is undergoing major development. He now makes a conscious effort to look for cyclists but has concerns about the many hurried commuters that fly down this road.

Many who live on Monte Sano have expressed concern about riders climbing Bankhead Parkway during the 5:00 traffic hour. These people understand that cyclists have a right to use this road, but have concerns for the safety of the cyclists. No one wants to be driving home, tired from a hard day at work, and look up to see a cyclist that they are about to run down. Traffic on Bankhead usually subsides by 6:00 and given the longer, hotter days it should be much more enjoyable to ride in the cooler temperature with less traffic.

So every once in a while take a step back and think about what you are doing from someone else's perspective. Maybe you'll see that there are wiser and safer choices that you can make to help prolong your riding years and establish better relations with those around you.

## **Club Member Takes Alabama State Championship... Again**

**Mike Bayler**

While much adulation was rightfully being heaped on Mike Olheiser as National Champion, one of Spring City's own was competing for the Alabama State Championship. While Mike did his magic on the roads in arid Utah, this rider was fighting with rocks and trees in the woods on a generally nasty day complete with fog, rain, and the occasional torrential downpour.

On July 10, the Southeast Regional Championship Series ([www.goneriding.com](http://www.goneriding.com)) hosted its eighth and final race in Anniston on the Cheaha Mountain Express Trail. With two other state champion contenders in competition, Steve Chockley trudged through bog and rock to place as top Alabama rider in the race and defend the state championship he first won last summer.

In his first full season of racing, Steve finished fifth overall in the SERC Series while only participating in five of the eight races. He hopes to participate in more of the series next year in hope of snatching an invitation to the national championships.

While Steve won't be wearing the Stars and Bars (or even St. Andrew's Cross), he nonetheless proudly represents our club as state mountain bike champion.

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## **BRAG-ing around Georgia** **Kathy Fillenwarth**

Sometime late last year, after Tom said he wanted to ride more in 2005, I asked him if he'd be interested in a cross-state tour. He agreed to a cross state ride. "How about BRAG?" "Sure." And so our adventure began.

BRAG this year toured through southern Georgia. The ride began in Columbus, GA, on July 12. (There were options to ride around Columbus on June 11, but tropical storm Arlene showed up and almost everyone stayed inside to escape the wind and rain.) The week's route included overnight stops in Thomaston, Warner Robins, Dublin (where there was a layover day), Vidalia, and Jesup, and ended on Jekyll Island.

There were optional longer-distance hammerhead options every day and a century option mid-week. We ended up with 470 miles total over 7 days doing the regular routes and riding the non-century route on the layover day. The first 3 days were moderately hilly, but the terrain flattened out some in mid-Georgia, and the last day was mostly downhill. The average distance was about 65 miles a day; our longest day was 87 miles, and the shortest 52 miles. Around 1800 cyclists of all ages participated, including a fair number of children. We saw all kinds of bikes from 30 year-old road bikes to mountain bikes, recumbents, tandems, and bikes with trailers hauling kids. A few dogs were even along for the ride. There is one thing you need to know if you're going to ride in mid-June in Georgia -- it's HOT! And HUMID! Knowing this, we tried to score motel rooms months ahead of BRAG for the overnights; however, many of the hotels were already booked or were too far from the routes to be practical for us. We managed to snag a room in Dublin, for two nights of air-conditioned bliss. However, the rest of the time we camped outdoors at schools. Every afternoon there was a little breeze and we scientifically

**Continued on next page**

determined the direction to pitch the tent in order to catch the breeze. Then, at bedtime, the breeze would vanish. We'd turn on a little battery-operated fan that hung overhead, and then would nearly suffocate in the stifling heat. Some people chose to "gym camp," rolling out their sleeping bags indoors. This slightly cooler but noisier and less private option didn't seem to be the correct choice for us, especially in Warner Robins where for some reason the school didn't turn on the air conditioning for the cyclists (the temperature at 4 pm was 95 degrees.)



hmmm....



**We did it!!!**

We had a good week of riding overall, although cycling every day wasn't exactly a relaxing vacation and we encountered some frustrating and annoying situations. While it was hot, it only sprinkled one day (although it poured one evening, after most everyone had their tents set up.)

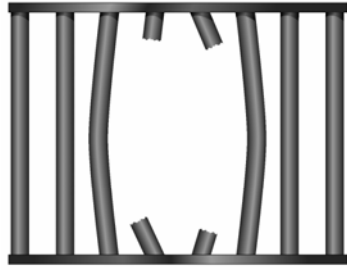
We'd generally start out around 7 AM and roll into our destination at 1 or 2 PM, stopping for rest stops and lunch along the way. The humidity was so high that the first two hours on the road we'd be swathed in fog. The fog would burn off, the sun would come out, and we'd bake. There were problems with food and PowerAde shortages at rest stops, especially the first day, but this improved later in the week. The routes were superb and well marked, the roads excellent with the exception of very rough "shake and bake" patches in some areas, and the sag support was great.

While it was important to get lunches on the pre-paid meal plan, we found that concerns about the ability of very small towns to feed dinner to over a thousand cyclists were unfounded. The best meal of all was in Jesup, where Mennonites set up a huge barbeque pit at the school and had a fantastic chicken dinner with homemade ice cream and pies. In general, the host towns really rolled out the welcome mat for the hoards of cyclists; in turn, we boosted their economy (bringing an estimated \$100,000 to host towns each night.)

There were lines to wait in for just about everything all week long, with the longest at the shower truck. Shuttle buses in the host towns often provided spotty service, and we almost got stranded at the Vidalia Onion Factory late one afternoon. And the experience of PowerAde mixed with sulfur water the last couple of days was, well, interesting (ptui, ptui, ptui!) After finishing the ride the last day, we boarded a coach bus for the 5-hour ride back to Columbus. Although it wasn't along the same route we'd cycled, the long ride back to the starting point gave us a sense of accomplishment at the distance we'd ridden.

We're looking forward to another cross-state trek, but probably will chose someplace COOLER next time.

# JAILBREAK



OCTOBER 1, 2005

3 mi. Canoe  
8 mi. Mt. Bike  
2.5 mi. Trail Run  
Columbia, Tennessee



# TRIATHLON

## CANOES PROVIDED!

### Two-person Team

(Canoe together, then combined times),

or

### Two-person Relay

(Canoe together, then one bike and the other run when the bicyclist returns)

Recruit a friend and join us in Columbia TN, (75 miles from Huntsville) for a triathlon with some adventure. 30-boat wave starts make for competitive fun.

The \$45 entry fee covers the canoe rental, a long-sleeve shirt and Sonic Restaurant provided food for the whole family regardless of participation. Must pre-register; discount ends 9/16/05; fills up so don't delay; full refunds for cancellations available.

More info at [www.ColumbiaCyclingClub.com](http://www.ColumbiaCyclingClub.com)

Race director Duane Leach, 931-388-0135 or [duaneleach@charter.net](mailto:duaneleach@charter.net)

## Meeting Minutes

### Officer's Meeting – submitted by Geanine Lehmann

Morgan reported on the success of the Four Hills Feast. The date of May 20th is already booked for next year. Morgan has been sending thank you letters and tying up details from the ride. He has notes of what to change for next year, like SAG support, etc. The Tour De France Party was still on for 2 pm at Kathy and Toms and the annual picnic was planned for July 23 in Mooresville at Valerie's. Mike Bayler reported that he, Mike Holderer and Dave Stone will meet with the Huntsville Police to discuss issues. Dan reported he has signed the contract for the Fall Century with Madison County High School. An effort will be made to put the RAM rides on the general calendar. The club is discussing joining the Adventure Cyclist organization, which would give the club more exposure by being listed in their directory. Morgan brought up the issue of joining AlaBike again next year.

### July Membership Meeting – submitted by Rachel Marshall

The program for the evening was the "Spring City Film Festival - a study of Lance" brought to us by Morgan. There was one guest for the evening, Forrest Evans. Forrest has a website [www.montesanogreenway.com](http://www.montesanogreenway.com) which advocates against reopening Bankhead Greenway. Mike Moran announced that he is actively recruiting for August rides. Morgan reported for the race division and said that the races are on for July 30<sup>th</sup> and 31<sup>st</sup>. Michael Holderer announced there are plans to update the bike plan. Marjorie Holderer has requested input on ride routes. Please contact her with any information you may have. Dave Stone, Michael Holderer and Mike Bayler are to meet with the city regarding working together in the future. Dan Kruvad reported that century plans are going well. Ed Bernstein reported that there is \$5,000 in the club checking account and there are roughly 165 members in the SCCC. Morgan gave a final report of the Four Hills Feast. He extended thanks to Ed and Paulette Bernstein and to all volunteers. There were 256 entrants, with 192 from Alabama and 130 locally. Marjorie Holderer thanked all volunteers for helping with the litter patrol prior to the FHF. The canoe trip down Elk River has been planned for the 6<sup>th</sup> of August.



# MADISONCYCLES

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

## Welcome New Members

Jeremy Nuckols.....[jeremynuckols@yahoo.com](mailto:jeremynuckols@yahoo.com)  
 Phil Sanders.....[philsaunders@comcast.net](mailto:philsaunders@comcast.net)  
 Charles Hinton.....[charleshinton@hotmail.com](mailto:charleshinton@hotmail.com)  
 Greg Kirchofer.....[gkirchofer\\_6@hotmail.com](mailto:gkirchofer_6@hotmail.com)  
 Andy Whitaker.....[andrew\\_w@charter.net](mailto:andrew_w@charter.net)  
 Theresa Graham.....[mtnrabbit@hotmail.com](mailto:mtnrabbit@hotmail.com)  
 Thomas Branch.....[thomas.branch@rdec.redstone.army.mil](mailto:thomas.branch@rdec.redstone.army.mil)  
 Robert Murphy.....[robertemurphy@hotmail.com](mailto:robertemurphy@hotmail.com)

## 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:</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>

## 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)

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

**52 cm. Cannondale R300 road bike.** 2000 model, ridden next to none, stored properly. Like new.  
<http://cannondale.com/bikes/00/cusa/model-0RR3T.html>  
**Yellow CAAD3 AI frame**, 8-speed, triple, Conti tires and computer, 19 lbs. \$500 OBO.  
 Call Chris or Sandy at 534-3252 or Jamie Miernik 536-7190(neighbor)  
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**Trailer Bike** – nice, asking \$70.00 – Please call Steve Solomon at 536-9679

## **Safer Cycling**

**Michael Holderer**

Over the past few weeks, I have attended or led some club rides and have observed sloppy or dangerous cycling behavior. As CA officer, I'd like to point this out, hopefully for the benefit of everyone. The usual mantra is: "I have a right to be here." Yes you have a right to be here. But being a traveler on the road is a constant give-and-take of road space.

Also, remember that some auto drivers are very busy, so much to do.... changing CD's, reading a book, applying makeup, lighting a smoke, pouring coffee, getting an email update and of course yakking on the cell-phone. Getting the necessary time-slice of attention is not certain.

### *Weaving into traffic:*

When traveling on a shoulder, don't weave left into the travel lane without looking for oncoming vehicles. Regrettably, this is occurring frequently on Cecil Ashburn.

### *Turning into traffic:*

When entering a street, wait for traffic to clear, especially if leading a group. At a minimum, it is very bad PR to have a pack of cyclists enter a road apparently oblivious to stop signs and traveling vehicles.

### *Not giving way when feasible:*

Relative to motorized traffic, cyclists are usually "slow traffic". If motorists are following and are having difficulty passing, they are probably being courteous. Return the favor by pulling to the side when safe opportunities arise. Everyone benefits.

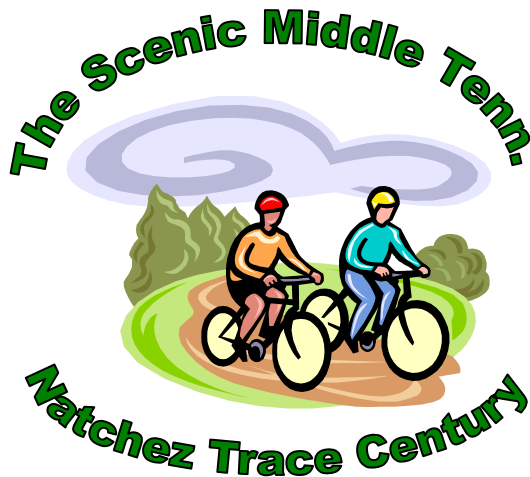
### *Groups that occupy both travel lanes on one-way roads:*

'nuf said.

Manage your space on the road, assertively but also with consideration for fellow travelers. Remember that every cyclist contributes to the image of "cyclists" for better or worse.



Columbia Cycling Club presents...



August 20, 8:00 a.m.  
From Spring Hill High School  
On U.S. 31, just south of Spring Hill, TN  
(80-miles from Huntsville)  
Choose from 22, 29, 62 or 100-mile  
routes. The 62 & 100 routes include  
portions of the Natchez Trace  
Parkway

\$20 in advance includes shirt  
Day-of is \$20 w/o shirt; \$25 with shirt

[www.ColumbiaCyclingClub.com](http://www.ColumbiaCyclingClub.com)

<b>Treasurer's Report</b> <b>Ed Bernstein</b>	
<b>Income Statement for the Period 6/1/05 - 6/30/05</b>	
<b>Beginning Balance 6/1/05</b>	<b>\$5467.48</b>
<b>Income</b>	
Membership	\$83.50
Atlas	\$5.00
SCCC Tag	\$5.00
<b>TOTAL Income 6/1/05 - 6/30/05</b>	<b>\$93.50</b>
<b>Expense</b>	
Postage	\$37.00
P. O. Box Rental	\$26.00
Rides Atlas Printing	\$143.50
Printing – Newsletter (May, June)	\$85.80
Charles Feaux – Joyce Kilmer Camp fee	\$150.00
Bike Box Deposit Return	\$100.00
Century Brochures	\$151.20
AlaBike Brochures (to be reimbursed)	\$17.82
<b>TOTAL Expense 6/1/05 - 6/30/05</b>	<b>\$711.32</b>
<b>Ending Balance 6/30/05</b>	<b>\$ 4849.66</b>
There are 179 members of the SCCC as of 6/30/05	

**Roger "Didi" Chassay**  
Devil of the Four Hills Feast



photo courtesy of Willy Albanes

**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 Divisi

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)** \_\_\_\_\_

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Deadline for the August newsletter is Monday, **August 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)

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**Moved? Changed email address?**

**Please send changes to:**

SCCC Treasurer

PO Box 2231

Huntsville, AL 35801

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

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Rides Captain: Mike Moran

## Spring City Cycling Club August 2005 Rides Calendar

Phone: 852-7412

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

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

August Rides				
August 6 <sup>th</sup> 7:00 a.m.	80	Jeannie Mackay 503-5915 <a href="mailto:mackay@uah.edu">mackay@uah.edu</a>	Falls Mill extended Ride/ Madison County H.S.	17-19 pace, 3 rest stops, maps provided
August 13 <sup>th</sup> 7:00 a.m.	42	Marjorie Holderer 883-9982 <a href="mailto:mjholderer@knology.net">mjholderer@knology.net</a>	Blueberry Ride/ 2060 Dug Hill Rd. Mary McBerry Farm	12 aver. pace, you can preorder blueberries for \$3 lb. Or u-pick after ride office: 534-5328
August 13 <sup>th</sup> 7:30 a.m.	59	Mike Moran 852-7412 <a href="mailto:Aussie303202@yahoo.com">Aussie303202@yahoo.com</a>	Madison Ardmore Ride/	15 - 17pace
August 13 <sup>th</sup> 8:30 a.m.	42	Michael Holderer 883-9982 <a href="mailto:moh@knology.net">moh@knology.net</a>	RAM mini Coldwater ride/ Sparkman Middle School	13-15 pace
August 20 <sup>th</sup> 7 a.m.	60	Don Lovelace 539-9008 <a href="mailto:lovelaced@msn.com">lovelaced@msn.com</a>	Sharon Johnston Park Ride/ Publix Hampton Cove	17-19 pace
August 20 <sup>th</sup> 8:30 a.m.	2 - 45	Mike Bayler 830-5956 <a href="mailto:mike@bayler.us">mike@bayler.us</a>	RAM Sparkman Mystery Ride/ Sparkman High School	13-15 pace
August 27 <sup>th</sup> 7:30 a.m.	55 & 70	Sharon Bayler 830-5956 <a href="mailto:sharon@bayler.us">sharon@bayler.us</a>	Grassy Mountain Ride/ Publix Hampton Cove	15-17 pace
August 27 <sup>th</sup> 8:30 a.m.	50 - 55	Geanine Lehmann 864-2591 <a href="mailto:gean1356@aol.com">gean1356@aol.com</a>	RAM Nuke Plant Ride/ Old Greenbriar Restaurant	16-15 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

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 24<sup>th</sup> – 25<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 – Dahlonega, GA –  
[www.dahlonega.org/aboutus.asp?id06=124&par06=23](http://www.dahlonega.org/aboutus.asp?id06=124&par06=23)  
October 1<sup>st</sup> – 1<sup>st</sup> Annual Leaves of Lincoln Century – Fayetteville, TN  
[www.leavesoflincoln.com](http://www.leavesoflincoln.com)  
October 7<sup>th</sup>-14<sup>th</sup> – Atchafalaya Red Claw Bike Tour – Louisiana –  
[www.RedClawBikeTour.com](http://www.RedClawBikeTour.com)



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