

The *Spring Times*



October 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, October 3rd
7:00 p.m.

General Meeting:

Monday, October 10th
7:00 p.m.
El Camino Real
4116 University Drive
Program:
Fall Swap Meet

President's Ramble

Mike Bayler

Falling Into Place

Congratulations and many thanks to Dan Kruvand for another well-run century. This year's century drew 404 riders and went off with very few issues. There were a few incidents, but overall things went well.

Our RAM group graduated five new riders as they completed the metric century. Congratulations to Amy Lanteigne, Leah Tracey, Jeff Stewart, Jeremy Smith, and Hunter Chockley on completing the 64 mile ride. These riders were joined by several of last year's RAM riders and the group averaged about 15.5 mph for the ride.

As fall approaches the evening rides will be ending due to the time change and the ensuing post-work darkness. This turns the weekends into valuable riding opportunities. One way to get the most value out of these weekends is to combine cycling with other activities like camping, barbecue festivals, etc.

As the temperatures drop, this will provide some of the best cycling weather of the year, and the added bonus of the turning leaves can only add to the experience. In October we will be having our Tim's Ford and Joyce Kilmer campouts. These are both excellent outings and I would recommend either to anyone interested in some outdoor enjoyment.

If you are in need of any camping supplies you might want to check out The Trailhead. This is a new store that has been opened by Tommy Reagh of Southern Fried Mountain Biking (www.southernfriedmtb.com) fame. The shop is located in Five Points across from Mullins Restaurant and will be offering camping and cycling supplies.

Also, the October program will be the annual swap meet. Bring your unneeded items and try to get a little cash or swap others for things they don't want.

See you in camp.

21st Annual AYCE Century A Success

Dan Kruvand

Our 21st annual All You Can Eat Century was an unqualified success. We had 404 registered riders, 60 more than last year. Maybe not a record, but I've been told one of the very biggest.

A couple people got lost, but got back on course with help from the excellent SAG support and ham radio net coverage. We did have two or three riders crash on the sharp dogleg turns on the way back from Lexie Crossroads. Definately need to have some stand up Danger sign there...for riders who don't heed the highway caution signs and road markings.

One lady was transported by ambulance to the clinic in Winchester with a possible dislocated shoulder. SAG 2 was on the scene quickly. Fortunately, the SAG driver has personal experience with crash injuries. As a result, he was able to quickly determine an ambulance was needed, and to provide aid and comfort to the downed rider. Thanks Morgan!

We also had a dog bite incident near the County Lake rest stop. Again, the hams net provided details, so we could quickly contact the sheriff and get the law out to the scene. Animal Control took over to confine the dogs and locate the owners.

I overheard a couple of comments like "best ride ever" and "awesome roads and scenery".

Many thanks to all who worked this big event. Hauling of rest stop tables and chairs was again done by Michael Holderer. Andy Brown bought and set up all the rest stop food and provisions. Registration was smoothly worked by Cookie Kruvand, Rachel Marshall, Geanine Lehmann, and Morgan Andruilli. Over 200 riders registered day-of, and the waiting line never exceeded a minute or two. Rest stop leads were Morton, Steve Swann, Randy McFarland (HTC) and Marjorie Holderer leading the rest stops. Anne Harris worked two rest stops, despite being on crutches with a foot injury.

SAGs were driven by Tom of Madison Cycles, Morgan Andruilli, and Michael Holderer. The Huntsville Amateur Radio Club, led by Jake Polatty, provided operators for each SAG vehicle, plus the rest stops.

Thanks also to all the other folks who pitched in willingly on "little jobs" at the last minute. Dan Ferris and Mike Moran put out the club banner in front, Tom Greer helped pick up and haul coolers and equipment both ways. I'm sure there are other people I've forgotten, but anyone who contributed to the event this year should be proud.

We'll even make a few bucks. Preliminary results show roughly a \$3000 gross profit, but of course Ed will have to audit the books before we know the exact amount.

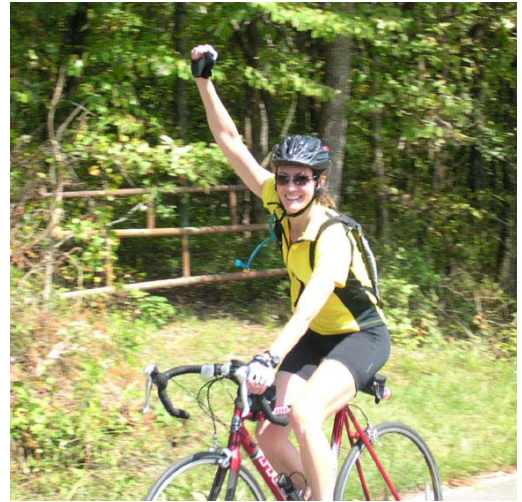
If you volunteered, but didn't get a volunteer shirt, let me know. If you want to purchase a grey wicking shirt, we have plenty of large, XL, and XXL shirts left to sell at cost, \$13. (Sorry, the smalls and mediums are sold out).

Thanks to all who worked and all who rode, the 21st annual Century was a great success. The great teamwork almost made the director job easy. It certainly makes it gratifying!

Century Pictures



RAM Riders (past & present) following ride
Back: Leah Tracy, Mike Bayler, Jeff Stewart,
Jeremy Smith *Middle:* Eric Schultz, Amy
Lanteigne, Laura Schultz *Front:* Keri Fletcher



Laura Schultz conquers Mountain Lane



Despite a bum foot, Anne Harris helped out at two rest stops

Photos courtesy of Mike Bayler

Officer Job Descriptions

With the officer elections coming up, here are some brief descriptions of the role of the officers.

These descriptions are unofficial and are intended to give a sense of what the role is.

President: The President acts as chief spokesman for the club, and leads the general meetings. The president also coordinates events and facilitates the tasks of other officers

Vice President: Selects Program material and speakers, and leads the meetings in the absence of the president

Rides Captain: The Rides Captain is responsible for coordinating and scheduling rides. He/She finds volunteers to lead Saturday rides, is the contact person for weeknight rides (as desired) and finds contact persons for the other weeknight rides. It's fairly easy to find people to lead Saturday rides, because we have a generous group of cyclists in our club who are going to be out riding anyway. (It is not too easy to find people to lead the slower rides) I wish that one of the people that think the rides are too fast would volunteer to be the Rides Captain. They are (probably) more familiar with the group of people who want slower rides and those are the rides that will attract new riders and keep them around. A pleasant side effect of being the Rides Captain is that complete strangers call you and talk about cycling.

Newsletter Editor: Although this position is a great outlet for creative writers, most of the material comes from other people. The tasks are simple: collect, edit, and compose written and graphic material into a format that you like. Send it to the printer, the Treasurer picks up the print newsletters and delivers them to the post office.

Treasurer: Manages the bank account for the club. Tracks expenses and income for important events and keeps a database of the club members. Also, after picking up newsletters from printer, labels and stamps the newsletters that are printed.

Community Relations: This officer forwards cycling advocacy issues to government and other groups and informs club members of important events related to bicycling facilities or legislation.

Public Affairs: This officer is responsible for publicizing all club events. The minimum requirement is to send the list of club rides to the Huntsville Times at the beginning of every month. Additional publication includes sending in radio announcements to the public radio station and distributing flyers and calendars at public locations. Finally, attendance and input at the monthly officers meeting is a responsibility. By performing these duties, you can dramatically increase the membership of the club as well as have a say in club activities.

Secretary – Take notes during meetings and send them on to the newsletter editor. The secretary also collects out-of-town ride information and sends it to the newsletter editor.

Beach Vacation, Cyclist Style

July 2005

Davy Haynes

One type of riding I really like doing is touring, specifically credit card touring. One travels relatively light and fast, enjoys showers, A/C, and restaurant meals, and a real bed. And during July in Alabama, did I mention the showers and A/C?

It has become traditional for me to ride either to or from, each year on our family vacations to the beach. This allows me to ride to a destination without doing an out-and-back. It also allows me to ride somewhere I'd otherwise be going to in a car, with minimal time away from the family. I take back road routes, as much as possible, and sample the small towns of rural Alabama. It's a great way to travel and experience small town Americana.

I departed home on a Thursday for a ride down to the Gulf, planning to meet my family at Seacrest Beach, Florida. My plan was to make the trip in three days, staying the first night in Pell City, the second in Troy, finishing up at the beach on Saturday afternoon. MaryBeth would be driving down with the kids on Saturday, hopefully arriving about the same time.

I took one of my usual routes through Huntsville and proceeded over my first bit of work, Cecil Ashburn drive over Huntsville Mountain. The day was already hot, steamy, and sticky, and I was quickly soaked in sweat. Following the climb, I cruised the familiar roads of eastern Madison County, past Simpson's Point (the climb to Grassy Mountain) and onto Hwy 431. My route was to cross the Tennessee River at Guntersville, and from there precede more or less due south. I was making good time, arriving at Guntersville near lunchtime.

Leaving Guntersville, the highway ascends Sand Mountain with 4 lanes of heavy traffic. Fortunately, there is an unnamed road paralleling the highway, hidden just down the embankment, which must have been the original roadway. The climb was much shorter and easier than further to the NE, where I'd often climbed Sand Mountain after crossing the river at Scottsboro. This old, unmarked road was remarkably traffic free, and led to Turnpike Road that carried me all the way south of Boaz to Hwy 179. From there I skirted the west side of Attalla, picking up Pleasant Valley road. This road was pleasant, cutting south past Dunaway Mountain, then running adjacent to H. Neely Henry Lake (impoundment of the Coosa River). I then crossed the Beaver Creek Mountains, hills really, and stopped at a crossroads store for some refreshment (and to enjoy their A/C as it was HOT). The twenty-something clerk asked the typical questions and was utterly shocked when I told her I was headed to Pell City, still some 25 miles away. She was then flabbergasted when informed I'd left Huntsville that morning, and that I planned to make the Gulf Coast on Saturday. While she could not seem to comprehend a road trip by bicycle, her boyfriend that was also on the scene, was surprisingly intrigued and proceeded to pepper me with questions. As I left, he followed me outside and checked out my bike and gear. It was refreshing to meet a young person that was genuinely interested in bicycle touring.

I hammered the last 10 miles or so into Pell City, with a mean-looking thunderstorm threatening, arriving with 121 miles just as the rain began to fall. After showering and washing my cycling kit, I walked across the way to a Mexican restaurant and enjoyed a nice dinner.

For this trip, I was riding an older, lugged steel framed bike of early 80's vintage. It features longer chainstays and slack angles than today's bikes, and gives a remarkably comfortable ride. It was setup with a 9-speed drive train, traditional down tube friction shifters, conventionally spoked wheels, and normal reach sidepull brakes that allow comfortable and durable 28c tires. For baggage, I was using a small Carradice saddlebag, with in addition to not requiring a rack, is also waterproof. This setup is comfortable, reliable, and functional—I had no bike problems.

Continued on next page

Clothing wise, I carried arm warmers and a very light wind breaker (not needed), a pair of casual shorts and T-shirt, digital camera, and toiletries. I used SPD sandals, which work so well both on and off the bike that no additional footwear was needed. For spares, I carried 2 spare tubes, a spare folding tire, patch kit, chain link, emergency Kevlar spoke, multi tool and a tiny bottle of oil. (Of my spares, a little oil was all I used).

I left early the next morning, both to beat the heat, and to maximize daylight since I was planning on a 160 mile day. I cruised through downtown Talladega without difficulty and headed south into the Talladega National Forest. These rolling roads were just great with little traffic, although I did suffer the occasional logging truck. Leaving the south edge of the forest, I fetched up Goodwater and a good thing, since I was now in need of some.

Unfortunately, Goodwater was one of those rare places where you instantly get a bad vibe. It just seemed hostile and unwelcoming. Leaving, I picked up AL 9, a shoulderless, two-lane highway I'd have to deal with for the next 35 or so miles to Wetumpka. I immediately ran into road resurfacing and had to wait as traffic alternately proceeded on a ½ mile section. When our side was allowed through, I hammered through, drafting at the end of the line of cars. At the other end, one of ALDOT's finest yelled "well you need to get that g-- d--- thing off the road!" As I passed I offered him an opportunity to enforce compliance but for some reason he declined my kind offer.

The rest of the way to Wetumpka was bad in some ways, good in others. I knew this route might suck, being a major shortcut to I-65 just north of Montgomery. But given the limited crossing over the Tallapoosa River I didn't have much choice. (One truth I've noted about touring in Alabama is that in the northern half of the state, routes are ruled by the mountains and ridges; in the southern half, it's by the river crossings.) Given the lack of shoulders, it was fortunate that traffic was mercifully light, although I did have to leave the road twice when meeting semis and we were about to occupy the same space three abreast. But, after yesterday's heat, today I was enjoying a steady light rain (which would continue for most of the day) which in July is a good thing.

After lunching in Wetumpka, I had to make short dashes between traffic flows down Hwy 231 to the beltway around Montgomery. This was irritating as here was a major 4 lane US highway with narrow lanes and no shoulder. But, once inside the beltway, life was good again. I didn't have a specific route mapped through Montgomery, since I didn't have detailed map of the city. So I rode to about where I guessed I'd need to turn and stopped at a Subway. Here I encountered a worker that not only understood that I was looking for a neighborhood route through the city, but also lived on the very minor Woodley Road that I was seeking on the south edge of town. (So often, asking directions is problematic, since non-cyclists invariably give directions as they'd drive it, using major arterials instead of minor streets better suited to cycling).

The country roads south of Montgomery are excellent cycling roads; flanked by rolling farmland with little to no traffic. I was also beginning to encounter Spanish Moss hanging from the trees which added to the idyllic setting. This area was sparsely populated and without much in the way of services, so I continued south all the way to Ansley, only stopping once to water up at a convenient Church spigot. Along here, the road signs suddenly changed to a new numbering system that did not agree with my maps. I ran upon a curious local fellow, friendly, without a tooth in this head that was driving an open jeep in the rain. Of course I'm sure I was curious to him, traveling by bicycle, with baggage, in the rain. Though he couldn't see my maps without his glasses, he assured me I was on the right road.

I arrived in Troy just before dark. I stopped at one of the many motels to find out they were full, and many others were as well, due to a women's softball tournament in town. The sympathetic clerk called around and managed to secure me the last room at another hotel just down the road. Minor catastrophe averted. After 161 miles I suffered one final hitch as the next door bar-n-grill did not have draft beer. Since I wanted to get to the beach mid-afternoon, I left about 5 the next morning. I back-tracked about a mile up the road and like a true randonneur stuffed myself with a huge Waffle House breakfast.

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I headed south on AL 87 which I'd be on all the way to Elba. Given my early start and the fact that it was not a workday, traffic was non-existent. At Elba I had a choice of either remaining on 87 to Samson, or diverting a bit to the west. I chose the diversion for variety. I got a little more than I expected when I ran into a detour. But the detour was on some great backroads and didn't cost much extra distance. Near Samson, I picked up 153 which would carry me into Florida.

When I reached the state line, I wished I'd made a picture. The contrast of the roadway at the state line was remarkable. The Florida side had nice, new smooth pavement with wide lanes and a full-width shoulder; the 'Bama side, narrow semi-rough cracked chip seal with no shoulder and fading paint stripes. Nothing says welcome cyclists like a smooth, bike-friendly roadway.

From here the ride was smooth, albeit with a surprising number of rollers. As the day wore on, it got really hot, and being Saturday the beach traffic started to build. But the traffic was little concern with that nice big, wide shoulder. In fact, I was enjoying a nice draft from all the SUVs, laden with chairs, bikes and coolers, all of us headed to the same locale. I crossed I-10 at De Funiak Springs and stopped for lunch at what was apparently the world's busiest McDonalds. I dallied for an hour here, being ahead of schedule, plus I was enjoying the A/C. Did I mention it was HOT?

Leaving De Funiak, I was almost immediately passed by my sister from Jacksonville who was also joining us at the beach. They pulled over to check on me and inquired if I needed anything but weren't forthcoming upon my request for a cold beer. I cranked it on down the road with what was now a very heavy flow of beach traffic—love those big shoulders.

At Freeport, I got on Hwy 331 and rode on the 7-miles of causeway/bridge over the Choctawhatchee Bay. I was surprised by the wind here, which was both in my face and hot. Riding across water like that is always neat, but the wind made it less fun, particularly on the high bridge sections over Intercoastal Waterway. From here, it was just a matter of running east down the beach to Seacrest. I arrived with 126 miles, hot and a bit sunburned about 3 pm, beating MaryBeth and the kids by about 15 minutes. Another great Alabama tour, although did I mention, it was hot?

Limestone County Cycling Club Bike Ride

Athens-Limestone Hospital Wellness Center Park

October 15th 2005

7:00 a.m. Registration

8:00 a.m. Ride Begins

Distances: 32 Miles & 64 Miles

Registration Fee \$25.00

(Fee includes race t-shirt)

Helmets are required for all riders. An adult must accompany all riders under 12 years of age

Checks payable to and mail to:

LIMESTONE COUNTY CYCLING CLUB

P.O. Box 1513

Athens, AL 35612

SCCC Campout, Saturday Sept. 30th – Oct 1st

There's a new fledgling facility available for free to the SCCC at the **Southern Chassay Cycling Campground (SCCC)**, recently developed for **'primitive'** camping. It is located on the North end of Scott Orchard Road, about two miles North of the Tenn-Al state line, due North of Huntsville, and East of Taft, TN . Since the campground is new, it has very few rules, although more bureaucracy will no doubt develop over time. The present rules are: Rule 1) campfires only in the 1-2 acre 'front yard' near the road, i.e., no campfires/smoking in the 8-acre 'backyard' wilderness area (**mandatory**); Rule 2) quiet time from 2am-7am (not mandatory); Rule 3) cleanup similar to the Phantom Ranch (you bring it in---you bring it out) (not mandatory); and Rule 4) you must say something nice to the owner(me) sometime in the next three years (mandatory).

There are already two 3-10 tent primitive campsites available for reservations, the Cottonmouth Moccasin campsite #4, and the Water Moccasin Campsite #7, and a memorial similar to that at Joyce Kilmer is being envisioned---if we find anyone worthy of any memorial. Becca and Morgan inform us that there are two century rides nearby to my 'campground' on Oct 1st. One century ride departs from and returns to Fayetteville, TN (1st Annual Leaves of Lincoln Century, choice of 100, 62, 30, or 15 miles, with 5,000 ft of climb on the 100 miler). The other century ride leaves from and returns to Jasper, TN (Chattanooga Bike Club's Sequatchie Valley Century, choice of 100, 62, or 25 miles). In addition to the two ride options, Becca says she'd love to lead a ride (more from her later on this). Kathy said this could be a good alternative to the traditional "drink and get busted" Tim's Ford campout, and maybe SCCC (the club) could spring for a porta-john---if there are enough campers to justify it. So SCCC members can campout at my place (just East of Taft, TN, and just 0.7 miles South of Tenn. Hwy 110 on Scott Orchard Rd) on Friday night, Sept 30 and/or the night of Oct 1st. If you plan to camp out 30 Sept-1 Oct with us, and/or if you would like to be a ride leader, please let me know via email rchassay@comcast.net, or via phone 682-5758.

Meeting Minutes

Officer's Meeting

The suggestion was made to mark the course five miles and one mile out from the finish. Dan and Vern are marking the courts. Steve Swan, Morgan and Mike Holderer are driving SAG. Piggly Wiggly is donating 120 lbs of bananas and the bread for free. The club will buy 80 dollars of olives, peanut butter and grapes from them. Officers for next year are now being considered. Rachel Marshall (newsletter editor) and Mike Holderer (community affairs) have agreed to stay on for the 2006 year. Mike Bayler (president) and Geanine Lehmann (treasurer) will not be returning. Sharon Bayler is willing to resume the position of ride Goddess. Locations for the Christmas party were discussed and to be determined at a later date. The next mailing of the membership list will not disclose phone numbers, etc since the newsletter editor received complaints from the membership regarding the use of personal information.

Membership Meeting

The program was a DVD of Charlie Feaux's Peru Bicycle trip. Upcoming camp outs include: Tim's Ford, Tennessee on Oct 8th & 9th leaving from Sharon Johnson Park. There will be a brown bag lunch at Falls Church (bring your own). The club is renting a U-haul truck for the gear this year and Andy Brown is the point of contact person for this trip. The Joyce Kilmer campout is Oct 22nd and 23rd and Charlie Feaux is the point of contact for this trip. Please refer to this newsletter for details about these events. October 1st is the date of the new Leaves of Lincoln ride. All members are asked to consider being an officer in the club for 2006. Officer descriptions are in this newsletter. The October meeting will be the Swap Meet.

Etiquette Guide for Group Rides

David Stone

With the completion of another successful century, I finally got motivated to compile something that was needed a long time ago to address a perennial problem: poor cyclist etiquette. Naturally, when you're cycling in a group, there are bound to be a few that cause problems. Unfortunately, this has become the norm, not the exception. While new cyclists get some of the blame, I see too many experienced cyclists that are unwilling to follow good group etiquette. It seems to be especially bad at centuries. We see the evidence of that poor etiquette in the various paceline and parking lot crashes involving other cyclists. I had one after work ride where 9 people passed before I heard "on your left." It was from one of my Road 1 students. Some LCI's will not ride with others due to this fact. Where they see trouble, I see an opportunity to educate. I have had the occasion where I could have done better. The trike is especially hard to see in the group so my job of announcing position changes is more challenging. However, every cyclist can do a better job to keep group rides safe and enjoyable. If you have a question about any of these items, please let me know.

David L. Stone, LCI #1244

League Cycling Instructor

Huntsville, AL

(256) 883-5978 (h), (256) 348-6414 (cell)

BikeEd-HSV@knology.net www.bikeleague.org

Group rides follow the same rules of the road as driving – Remember, cyclists fare best when they ACT and are TREATED as drivers of vehicles.

Be Predictable – Others expect you to keep a straight line and constant speed.

Use Signals – Whether by hand or voice to let others know your intentions.

Give Warnings – Warn of changes in your direction or speed. Signal "slowing," "stopping," or "left/right turn."

Change Positions Correctly - Call out "on the left" as you pass. Avoid passing on the right since others do not expect it.

Announce Hazards – Call out "gravel," "hole," "dogs," or just "obstacle" to inform others that may not see it.

Watch for Traffic – Call out "car back," "car up," or "car left/right." Cyclists in large groups cannot see traffic. Acknowledge by repeating someone else's call.

Watch Out At Intersections – Unless course marshals or police are directing traffic, obey all traffic signals. Avoid groupthink. Just because others ignore traffic signals, does not mean you should too. Do not call "clear." Each cyclist is responsible for his or her own safety.

Leave a Gap for Cars – Motorists will be less likely to harass you if they can pass large groups in a timely manner, especially on climbs.

Move Off the Road When You Stop – So you do not interfere with other traffic.

Ride One or Two Across – Alabama law only permits 2 abreast, not 4, 5 or 6. Passing is easier if slower cyclists move to the right to allow faster cyclists to pass.

Be Careful in Pacelines – Only paceline in groups you know and that follow paceline rules. If you are not familiar with these rules, do not join a paceline.

For More on Group Etiquette, Take a Bike Ed Class or Contact a League Cycling Instructor in Your Area.

Courses Available From the League of American Bicyclists

Road I - This initial course is perfect for all cyclists who wish to gain a full understanding of how to operate a bicycle in a variety of situations. The class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and student manual. Students will gain confidence knowing that they are riding legally and safely. Crash avoidance techniques and crash types will be discussed. Recommended for adults and children above 14 and all experience levels.

Road II - For more advanced students with an understanding of vehicular cycling principles, this 12 hour course includes fitness and physiology, training for longer rides, advanced mechanics, paceline skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals included with each class.

Commuting - For adult cyclists who wish to explore the possibility of commuting to work or school by bike. This three hour follow-up to Road I covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflection, and foul weather riding. Included with the class are handouts and student materials.

Motorist Education - A 3-hour classroom session, this course can be easily added to a driver's education curriculum, such as diversion training for reckless drivers or a course designed local bus drivers. Directed towards motorists in general, topics covered include roadway positioning of cyclists, traffic and hand signals, principles of right-of-way and left and right turn problems. Materials include Share the Road literature for bicyclists and motorists as well as other fact sheets.

Kids I - A course designed for parents, instructors help parents understand how to teach a child to ride a bike. Parents learn how to perform a bicycle safety check, helmet fitting and bike sizing. Includes 10-minute 'Kids Eye View' video and a brochure for parents.

Kids II - This 7-hour class for 5th and 6th graders covers the same topics as Road I, including on-bike skills as well as choosing safe routes for riding.

League Cycling Instructor Certification Seminar – Build on your own knowledge and experience base to become a certified Bike Ed instructor to teach others to ride better.

Muscle Shoals Music City Fest Bicycle Tour

The Shoals Optimist Club and the Shoals Cycling Club are pleased to announce the First Annual Muscle Shoals Music City Fest Bicycle Tour to be held on October 8, 2005, in conjunction with the Muscle Shoals Music City fest. Riders may choose from a 31 mile ride or a 62 mile ride through the rolling hills of eastern Colbert County. The ride will begin at 8:00 a.m. at Muscle Shoals High School, 1900 Avalon Ave, Muscle Shoals. Registration will begin at 7:00 a.m. and the cost of the ride is \$20. All proceeds will benefit the Shoals Optimist Club to aid them in their various service projects for the children of Colbert County. Following the ride, participants may enjoy the entertainment and excitement of the Muscle Shoals Music City Fest. A Car, Truck, and Motorcycle show will begin at 12:00 p.m. Musical Entertainment begins at 3:00 p.m. and the country music group DIAMOND RIO will be performing at 8:30 p.m. All these events are FREE and open to the public. For more information concerning the tour, please contact William Bonee at 256-627-9578.



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
steve@madisoncycles.com

Welcome New Members

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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

Dues are:

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



Treasurer's Report

Ed Bernstein

Income Statement for the Period 8/1/05 - 8/31/05

Beginning Balance 8/1/05	\$5,144.35
Income	
Membership	\$121.00
Century Registration	\$742.00
Century T-Shirt	\$375.00
Advertising	\$72.00
Car Tags	\$20.00
Jerry Damson Donation to Race Division	\$100.00
Chief Ladiga Contribution	\$8.00
TOTAL Income 8/1/05 - 8/31/05	\$1,438.00
Expense	
Postage	\$37.00
Printing - Newsletter (July, Aug, Sept)	\$142.28
Mail With Us - Century Brochure Mailing	\$246.72
HARC - Comm. Equipment for Century	\$150.00
Morgan Andriulli - Race Division Exp.	\$350.14
Morgan - Picnic, TdF party expenses	\$108.82
Bike Box Deposit Refund	\$50.00
Expense 8/1/05 - 8/31/05	\$1,084.96
Ending Balance 8/31/05	\$5497.39
There are 199 members in the SCCC as of 9/14/05	

Safety & Confidence for Adult Bicyclists

League of American Bicyclists Certified Instructor, [Charlton Jones](#) will offer one more adult class on the art and science of road cycling before he moves to a new home in Missouri.

The Jacksonville State University Police Department will co-sponsor an LAB Bicycle Safety Course with the Calhoun County MPO.

October 22, 2005 - Saturday

8:00 a.m. – 12:00 p.m.

at the JSU Police Department in Jacksonville, AL

This **4 hour course** is targeted to **riders of all ages**. It's the classroom portion of the nationally recognized **Road One** Bike Class. **No bicycle is required**. (You **are** expected to know how to ride one.) Bicycle selection, fit, operation, and accident avoidance techniques will be taught by a nationally certified cyclist with over 200,000 miles of cycling experience. Put the fun back in your cycling. Learn what our culture has largely forgotten about the joys of proper cycling. **Answers to questions such as:** How can I drive a bicycle so that I can cooperate with other drivers and drive around those who otherwise would cause me trouble? What simple, easily learned bicycle driving techniques or style allow me to get to my destination in reasonable time with good cooperation with other drivers -- while avoiding many faults of other drivers? **Pre-registration** is requested as class size is limited. The course and textbook are **FREE**. For info & registration-contact Dr. Charlton Jones at (256) 236-6993 or by e-mail at: cj.trainer@juno.com. [LCI #799KC, USCF Coach](#)

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 **Saturday, October 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

Moved? Changed email address?

Please send changes to:

SCCC Treasurer

PO Box 2231

Huntsville, AL 35801

sccctreasurer@knology.net

Rides Captain: Mike Moran

Spring City Cycling Club

Phone: 852-7412

E-mail: aussie303202@yahoo.com

www.springcity.org

October 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 pace
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

October Rides				
October 1 st 8:30 a.m.	50 & 70	Mike Moran 852-7412	Grassy Mountain Ride/ Hampton Cove Publix	14-17 pace; 2 rest stops; non roadies Renegade rides for the non-camping club members
October 1 st 8:00 am	43	Rebecca Mauldin www.elegantglasswork.com	Mini-Coldwater Ride/ Sparkman Middle School	Gather food, etc for Roger Chassay's invitation; primitive camping that night
October 8 th	42 & 52	Andy Brown 489-8311	Tim's Ford Camping Weekend/ Sharon Johnston Park off Winchester Road	Contact Andy for details; bring camping gear and Food, brown bag lunch for ride up
October 15 th 8:00 a.m.	70	Michael Holderer 883-9982	Starts at Woodville Municipal Bldg Hwy 53 off 72 East	Crowe and Nat Mountains; 14-17 pace
October 22 nd 9:00 am	30	Matt Bucca 882-9798	Matt's flat as a pancake ride/ Publix Hampton Cove	12-16 pace
October 22 nd 9:00 am	70	Jean Jasinczuk 772-7915	Elk River Ride/ Madison Gazebo	16-18 pace
October 22 nd		Charlie Feaux 881-8479	Joyce Kilmer Campout Weekend	

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

Upcoming Events

October 1st - Annual Leaves of Lincoln Century – Fayetteville, TN

www.leavesoflincoln.com

October 8th – Tim's Ford Camping Weekend

October 22nd – Joyce Kilmer Camping Weekend

October 7th-14th – Atchafalaya Red Claw Bike Tour – Louisiana –

www.RedClawBikeTour.com

SPRING CITY CYCLING CLUB

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