

# The *Spring Times*



**January 2006**

[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”*

## **President’s Ramble**

**Mike Bayler**

### **Off Topica**

For the last few years the club has been using Topica’s list service for ad hoc communication between members and other interested cyclists. Many have experienced problems with not receiving messages and the inability to send attachments often frustrates many users.

Starting last year the Ride A Metric (RAM) series began using the Yahoo! Groups list service to send out messages about the series. In addition to being able to send messages, the Yahoo! Groups also provide an Interactive Calendar to which members can add events and Photo and File areas to which members can post.

It was agreed upon at the December meeting that we will proceed with transitioning the Topica groups to Yahoo! Groups. Hopefully this will provide more reliable message delivery and allow members to post renegade rides on the interactive calendar.

At some point in January, members of the Topica groups set up by the club (Roadies, Dirt, and Advocacy) will receive an invitation to join the corresponding Yahoo! Group. Shortly after the invitations are sent we will be disabling the Topica lists to help ensure that users transition to the Yahoo! Groups and communication among the subscribers continues.

### **Rating the Roads**

At the December meeting there was talk about making another attempt to update the Rides Atlas. We will try to work on that some this year, but another project that was proposed dealt with rating the roads in Madison and Limestone Counties. We may also expand this rating to Western Jackson County as the opportunity arises.

The goal of this project is to rate roads as either Suitable for Cycling, Marginal for Cycling, or Unsuitable for Cycling. A few of us will be heading up this effort and will likely be recruiting many others so that we can utilize riders familiar with different areas of the counties to help with rating the roads.

### **Club Meeting Dates:**

#### **General Meeting:**

Monday, January 9<sup>th</sup>  
7:00p.m.  
El Camino Real  
4116 University Drive

## **The TNT El Tour de Tucson**

**Mary Hinkson**

I was asked if I would write something about my recent participation in the El Tour De Tucson (Arizona) 109 mile Century Ride on 19 November 2005 as a member of The Leukemia & Lymphoma Society's Team In Training (TNT). It was an inspiring and awesome experience. I got into this program because last November 04 I was diagnosed with Leukemia. It was my first century and I hope to do some more.

Now for the info on the event: I was number 4001. They told me that was a good number. Guess it was. There were 7700 bicycle riders, oh what a bicycle heaven. Those mean and nasty vehicles couldn't take us all on. Safety in numbers. Yes, ride on forever. Tucson is truly a bicycle city, though the roads could use some new paving. Even the homeless were riding bicycles. Unreal. The local bicycle club has made a big effort in making it safe for bicyclists to ride. I hope their fever spreads across the country. The city was beautiful and we were so lucky. The day of the ride the wind stopped and the sun came out. We had to be there at 0530 to get ready to ride at 0700. Logistics you know. It was freezing standing around, about 42 degrees at that time. Floyd Landis (Lance's right hand man until a year ago) was there to race. I got my picture taken with him at the bike expo. I have it posted on my wall already at work. The faster/racing riders took off first. They finish the race in about 4+ hours. What an impressive site to see thousands of bikers ride by before you even started.

Since I was the lone rep from Alabama, the Georgia Chapter took me under their wings (28 of them) and they brought me into their group so I could have some riding buddies. They had peaches (fake) strapped to their helmets. Great people, those Georgia Peaches.

We had to cross two dry creek beds and carry our bikes. It was so dusty, but fun. I heard next year they want to add a third. The landscape was beautiful with the cactus and mountains. We went through Sabino Canyon which was great and the area where the climbing began. As my Alabama TNT rep says "eat hills for breakfast" and I did. Not a problem here. I bonked a little around the 80 mile mark and slowed down. My riding time was about 7 hrs and 50 minutes but then you throw in a little trouble with my chain, rest stops, and having to wait at 4-5 intersections for about 5 minutes each until the police would let you across (they were waiting for about 50 riders to be there), all that brought my time up to 9 hours. Little disappointed because I knew it could be less but I'll go faster next time. I wasn't sore at all the next day. I just had a big lactic acid build up (I think that was what it was) about an hour after I finished that felt like a bad case of the flu for a few hours. So really it all went well. They gave us 2 dinners (pre and a victory dinner) with some really heart wrenching cancer stories from individuals that have been afflicted. It really makes you think and be grateful for what you have at the moment.

If you would like to know more about the tour here is the website with the info:  
<http://www.pbaa.com/Home.html#ElTour> I recommend it to anyone.

My goal is still to raise \$8000 (I've raised \$7515) in funds to help individuals who are battling blood cancers. Just because the bicycle ride is over that doesn't mean our fight to rid this disease has ended. The fight will go on and we still need your help. So please if you feel like you would like to contribute or haven't yet, please do so. My TNT website will be up a while longer at: <http://www.active.com/donate/tntagc/tntagcMHinkso>.

I'm looking at doing another event, the Three State/Three Mountain century in Chattanooga in May. So if anyone has some information and tips I would sure appreciate it. I saw Morgan's name listed in the past results. Thanks everyone for all your support, love you all and please keep a special place in your heart to help others that don't have it as good as you do. A little more love and compassion and a little less hate and this earth could be a better place to live. Thanks for giving me a chance to live one of my dreams. I salute you and remember I'll see you on the road. Keep riding. Oh, I forgot to say that the TNT program raised 2.5 million dollars from this event. Not bad.

"We may run, walk, stumble, drive and fly (I like to add bicycle as well), but let us never lose sight of the reason for the journey, or miss a chance to see a rainbow on the way.

## Michael Olheiser to speak at General Meeting

The Speaker for the January General meeting is Michael Olheiser. Mike is a personal fitness trainer for Huntsville Hospital Wellness Center. He has a BS from the University of Minnesota and is certified by the American College of Sports Medicine. He is also a Category 1 road racer for the Memphis Motorworks Team who won the Elite Masters (30-34) National Championship road race and 5th in the time trial in 2005.

---

### For Sale

Trek 4900 (aluminum) mountain bike 19.5" frame with Shimano XT drive train-tubeless wheel set-tubeless tires (new) - Cane Creek headset (new)-Rock Shox Psylo fork. Great for Wheeler rides or Monte Sano. \$400

Fuji Track bike 58 cm (steel) frame with aero brake levers and front brake caliper. Can be ridden in fixed gear or single speed, rear cogs are 16T with 3 chain rings 42T, 44T, and 48T. A good winter training bike and fun to ride. Get back in touch with your childhood days. \$300

'98 Yeti Road Project Troy Lee Designs (aluminum) frame, carbon fork, Ritchey stem, Cane Creek head set, 57cm top tube length. Would be good for racing. \$550

Trek 60cm 370 series (steel) road frame, fork, headset, panier rack, and seat post. Good for long distance and light touring, very comfortable ride. \$125

For questions or test rides please call Steve Chockley at 837-5509 or email [schockley@bellsouth.net](mailto:schockley@bellsouth.net)

---



# MADISON CYCLES

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)

### Interested in A Coast to Coast Ride?? Mel Price

I am planning a slow coast to coast ride using the southern route of Adventure Cycling Assoc starting in June 06. It will be a fully supported ride with my wife driving our SUV. The plan is to stay in motels each night with no camping. So far, there is one man who will join me and his wife will ride along in the SUV. We would like one more rider (wife or husband allowed in the SUV) to accompany us and I offer this opportunity to the Club members. If interested, call me in the evening and I will provide more details. FYI, both rider's age are in the 50' to 60's and neither one is very fast. My number is: 881-9382.

---

### It's Time to Renew Your SCCC Membership!

Yes, it's that time again. All memberships expire December 31<sup>st</sup>. Please renew your membership for next year, now.

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

Dues are:

\$12 - email newsletter (individual)

\$15 - email newsletter (family)

\$17 - USPS newsletter (individual)

\$20 - USPS newsletter (Family)

Thanks for your renewal!

Ed Bernstein, Treasurer SCCC

## **The SCCC Litter patrol 2006 – Cecil Asburn Drive – This year is different Marjorie Holderer**

Many of you have participated in the club's litter patrol of Blevins Gap on Cecil Asburn Drive – formerly known as 4 Mile Post Extension. **This year our community service project will be different in 3 ways. More sessions, fewer people each session and gelato after each session for everyone.** Widening Governor's Drive will begin this year so that congestion and increased development east of the pass will generate a significant traffic volume increase. Consequently, more trash from more vehicles, more often. **This year we will have 5 pickup sessions with 8 pledges per session; 40 slots total.**

We believe volunteers need refreshment. **So this year, as a token of appreciation, the club will spring for gelato at the Roman Holiday Café 2030 Cecil Ashburn Dr. 881-4251.** Great place to lunch and chat with fellow cycling volunteers after each pickup session.

I volunteer to be the project manager and to lead 2 sessions. We will need all 40 slots and the remaining 2 session leader slots pledged before we will declare this year's project officially started. Please review the project description for details, agreements, and duties of the project.

This year the dates selected for pickup sessions are:

- 9-11am March 4<sup>th</sup>, Saturday** with Sunday March 5<sup>th</sup> being the rain day. Marjorie as session leader.
- 9-11am May 6<sup>th</sup>, Saturday**, with Sunday May 7<sup>th</sup> being the rain day. Session leader TBD
- 8:30-10:30 am July 8<sup>th</sup> Saturday**, with Sunday July 9<sup>th</sup> being the rain day. Marjorie Session leader
- 8:30-10:30 am Sept. 9<sup>th</sup> Saturday**, with Sunday Sept. 10<sup>th</sup> being the rain day. Session leader TBD
- 9-11am November 17<sup>th</sup> Saturday**, with Sunday Nov. 18<sup>th</sup> being the rain day. Sharon Bayler session leader.

This year I will be the project manager and the session leader for two of the five sessions. Sharon Bayler will be session leader for one session. We need session leaders for 2 sessions.

**Please contact me, Marjorie Holderer**, the project manager if you think you could do one or more sessions sometime this year. (**883-9982 or mjholderer@knology.net**). I will initiate contact with the folks that signed up and discuss with each person what dates work for them.

Rides Captain: Sharon Bayler

Phone: 830-5956

E-mail: [sharon@bayler.us](mailto:sharon@bayler.us)

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

## Spring City Cycling Club January 2006 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 1 p.m.	30	Tom Greer 655-0121 Dan Kruvad 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, Military ID or escort required, fast and slow groups, pre-arrange for slower pace; bring lights
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 5:00 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.; Please come early to be on road by 5:00
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, Military ID or escort required, fast and slow groups, pre-arrange for slower pace; bring lights
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; bring lights <b>Suspended until warmer weather</b>

January Rides				
Jan 7 <sup>th</sup> 12:00 p.m.	45	Jean Jasinczuk 772-7915 <a href="mailto:jjasincz@knology.net">jjasincz@knology.net</a>	Jean's Coldwater Ride/ Sparkman Middle School	A perennial Favorite; 16-18 pace; School located At 2697 Carters Gin Rd intersection with Jeff Rd.
Jan 14 <sup>th</sup> 10:00 a.m.	37	Mike Moran 824-6323 <a href="mailto:aussie303202@yahoo.com">aussie303202@yahoo.com</a>	New Hope 37/ Hampton Cove Publix	15-17 pace; flat to gently rolling
January 21 <sup>st</sup> 11:00 a.m.	62	Don Lovelace 539-9008 <a href="mailto:lovelaced@msn.com">lovelaced@msn.com</a>	New Hope Gurley Ride/ Hampton Cove Wal Mart	17-19 pace; a pleasant Classic; Keel mountain Option
January 21 <sup>st</sup> 11:00 a.m.	33	Mike Bayler 830-5956 <a href="mailto:mike@bayler.us">mike@bayler.us</a>	Katpaugh Ride/ Sparkman High School	14-16 pace; school located 1 mi. south of Hwy 53
January 28 <sup>th</sup> 10 a.m.	50	Robin Pettey 852-4257 <a href="mailto:rpettey2021@comcast.net">rpettey2021@comcast.net</a>	Robin's Surprising b'day ride/ Contact ride leader for start location	There will be a climb
February 4 <sup>th</sup> 11 a.m.	40- ish	Don Watt 772-7744 <a href="mailto:don.watt@lmco.com">don.watt@lmco.com</a>	The Colonel's Arsenal Ride/ Fern Bell Park	15-17 pace; BRING PICTURE ID and snacks for rest stop; park located at 7022 Whitesburg Dr

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

Deadline for the December newsletter is Sunday, **January 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)

**SCCC Membership Application:** Required data is marked by an asterisk \*. Information will be published in a club directory. PLEASE DO NOT provide phone numbers if you do not want them published. You may also opt out of having your email address published (although we may need you to supply it so we can send you the newsletter).

\*NAME \_\_\_\_\_ PHONE (H) \_\_\_\_\_

\*ADDRESS \_\_\_\_\_ (W) \_\_\_\_\_

\*CITY \_\_\_\_\_ \*STATE \_\_\_\_\_ \*ZIP \_\_\_\_\_

\*E-MAIL \_\_\_\_\_  Do not publish my email address in the directory.

New Member       Renewal       I agree to receive the newsletter by E-mail only

Interest Group : Touring, Recreational Riding \_\_\_\_\_ Race Division \_\_\_\_\_

Check the option you desire. Mail this application with a check / money order made out to:

**Spring City Cycling Club / PO Box 2231 / Huntsville, AL 35804.**

**2006 Membership (January – December):**

Individual \_\_\_\_\_ \$12.00 (email newsletter)      \_\_\_\_\_ \$17.00 (USPS newsletter)

Family \_\_\_\_\_ \$15.00 (email newsletter)      \_\_\_\_\_ \$20.00 (USPS Newsletter)

**TOTAL (Check Payable to SCCC):** \_\_\_\_\_

**Release of Responsibility:** The person signing this document certifies that he/she has examined the information on this release form and membership application and that all information is complete, true, and correct. For the sole consideration of being allowed to participate in Spring City Cycling Club (SCCC) activities, the undersigned hereby releases and forever discharges SCCC members, agents, officers, volunteers, personal representatives, their heirs, successors and all other persons, firms, and corporations liable or who might have claimed to be liable (all and each "Released Person") from any and all claims, demands, damages, actions, causes of action or suits of any kind and nature whatsoever, and particularly on account of all future injuries both to the person and property which may have resulted, or may in the future, develop from participation in or traveling to and from SCCC activities or SCCC sponsored events. I fully realize, acknowledge, and assume the risks of the hazardous nature and dangers of participating in any club activities, including by way of example and not limitation, the following: collisions with pedestrians, vehicles, other riders, and fixed or moving objects; safety hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical injury associated with cycling (each and all of which shall be referred to as 'injury'). This release has been completely read by or to the undersigned and the terms hereof are fully understood and voluntarily accepted for the purpose of releasing each Released Person from any and all claims, disputed or otherwise on account of any injury.

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**(Signature of Parent or Guardian, if under 19)** \_\_\_\_\_

SPRING CITY CYCLING CLUB  
PO Box 2231 Huntsville AL 35804  
www.springcity.org

