

The *Spring Times*



February 2006

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:

Officer's Meeting:

Monday, February 6th

General Meeting:

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

President's Ramble

Mike Bayler

Rating the Roads, Part Deux

As I mentioned in my January ramble, the club is undertaking an effort to rate the roads in Madison and Limestone Counties for cycling suitability. This effort will result in a two-county map that cyclists may reference to determine what roads they can combine together to come up with suitable cycling routes.

Since this will cover such a large geographic area it is essential that we have many people involved in the activity. We plan to split the two-county area amongst the participants and assign sections to those who are familiar with the area. Those participating will be provided with rating guidelines and a base map to make sure they cover all the roads in their section.

We will kick off this effort with a meeting at 6:00 on February 13 at the location of our general meeting (Camino Real on University Drive). If you are interested in participating in this effort, please attend the meeting. If you are interested but unable to attend the meeting, please send me an e-mail expressing your interest and an indication of which areas of the two-county region you are most familiar.

Flo Bradley to speak at General meeting

The presenters for the February General Meeting will be Flo Bradley and Tracy McKay. Flo set the Ultra-Marathon Cycling Association women's Trans-Bama Record back in the fall. Flo rode over 200 miles from the Mississippi state line to the Georgia State line. Race Across America competitor, Tracy McKay coached Flo through the training buildup for this ultra-marathon event. Tracy is a solo and team RAAM competitor. Tracy will have a presentation on coaching and training for an ultra-marathon event. Flo will discuss her experience in building up for the attempt, the actual ride itself and the huge recovery process. It should be a very interesting evening.

Dave's Safety Tip of the Month

Never call "clear" when proceeding through an intersection. It is each cyclist's responsibility to determine if the intersection is clear to enter. What is clear for you might not be for the next person.

TNT in need of coach

Mary Hinkson

The Alabama Leukemia and Lymphoma Society's Team in Training needs a Cyclist Coach for the Huntsville area to train individuals who have signed up to complete a century. There are several events through the year such as Lake Tahoe's Most Beautiful Ride in early June and the El Tour de Tucson in November. If you are interested or know someone that would make a great coach please contact Mary Hinkson at 519-2453 or mhinkson@earthlink.net for more details.

Let's put that talent to good use.

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

Welcome New Members

Alberta Cooley...earthtonemama@yahoo.com

Rob Glover...rob.glover@us.army.mil

Paul Moeller...p.moeller@knology.net

Denise Morell

Flavio Ortiago... flavio_ortiago@yahoo.com

Raymond Sheppard, Jr...prov35@comcast.net

Peter Vevon...vevfam@yahoo.com

Peter Wilson...pwilson@med-nets.com

Diane Winters...williams1204@bellsouth.net

Andy & Chuck Page...chuck@adc-chem.com; page4@fayelectric.com

David Shular...davidshular@aol.com



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461-9963

See What's New at Our New Store
— 8760 Madison Blvd. —
www.madisoncycles.com
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.

There's Still Time to Renew Your SCCC Membership!

If you haven't already done so, it's time to renew your SCCC membership. All memberships are renewable in January. Don't miss out on receiving your monthly newsletter. And you'll want to get a copy of the new cycling map being developed for Madison and Limestone Counties. Please print and complete the application in this newsletter. Send it with a check made out to "SCCC" for your dues to: SCCC, PO Box 2231, Huntsville, AL 35804. Or, you can renew online at 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

Meeting Minutes Leah Tracy

Officer's Meeting

The officers met at Mike and Sharon Bayler's home. The projector loan policy was discussed and Ed agreed to formalize the agreed terms. Mike Holderer discussed the litter patrol. Ed suggested creating an annual budget. The roads classification project was discussed. Officers considered methods to encourage riders to complete the RAM series.

Membership Meeting

President Mike Bayler chaired the meeting. Attendance was estimated around 40 people. New members and visitors included Flavio Ortigl, Davy Schuver, Alberta Cooley, Timothy Hoff, and Rob Glover. The kick-off meeting for the Limestone and Madison County roads classification project is scheduled for 6:00 PM before the next general meeting. All those interested in participating should attend. Litter Patrol sign up sheets were passed around. This year we have 5 sessions with 8 slots each. The newsletter deadline is the 15th. Dan Kruvad has agreed to be Century Director this year. Ann Harris will help. Ed reported \$5500 in the account and reminds everyone to renew. Mike Bayler discussed switching from Topica to Yahoo Groups. Non-member RAM riders will be asked to pay a \$20 fee which will include club membership and entry into the century. The reason is to encourage people to make a commitment to finish the RAM series. Morgan is working on the details of the St. Patrick's Day party. Mike Olheiser of Huntsville Hospital presented a program on the basic use of a heart rate monitor. The next meeting will include a presentation by Flo Bradley.

SCCC Year-End Income Statement 2005

Beginning Bank Balance Jan 1, 2005		\$4819
Income		
Club Operations Income		
	Membership General	\$2,948
	Advertising	\$60
	Car Tags, Jerseys, Etc	\$136
Subtotal Club Operations Income		\$3144
Century Income		
	Century Registration	\$7193
	Century T-Shirt Sales	\$3733
Subtotal Century Income		\$10,926
Total Income		\$14,070
Expense		
Operations Expense		
	Atlas	\$156
	Equipment (Projector)	\$690
	Insurance	\$300
	Newsletter	\$532
	Office Supplies & Expense	\$91
	Organization Memberships	\$205
	Parties, Picnics & Outings	\$1072
	Postage	\$377
	Program Expense	\$78
	RAM Program	\$147
Subtotal Operations Expense		\$ 3647
Century Expense		
	Meals	\$2175
	Operations	\$2906
	T-Shirts	\$3996
Subtotal Century Expense		\$9077
Total Expense		\$12,724
Century Profit		
		\$1849
Operating Profit (Loss)		
		(\$503)
Donations & Special Projects		
	MCHS Soccer team	\$300
	Race Division	\$250
Total Donations & Special Projects		\$550
Total Net Income		\$796
Year End Bank Balance Dec 31, 2005		\$5615

Rides Captain: Sharon Bayler

Phone: 830-5956

E-mail: sharon@bayler.us

www.springcity.org

Spring City Cycling Club February 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 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 1 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, 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 dean.della.pella@intergraph.com	Tuesday Intergraph Ride/ Wellness Center parking lot	At the "new" old Intergraph Will return with Daylight Saving Time
Thursday 5:00 p.m.		Geanine Lehmann 655-6385 gean31356@aol.com	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 lovelaced@msn.com	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 cfeaux@comcast.net	Thursday Williams Elem. Ride/ Williams Elem. on Zierdt road	Slow and fast groups; usually fast; bring lights Suspended until warmer weather
February Rides				
February 4 th 11 a.m.	40- ish	Don Watt 772-7744 don.watt@lmco.com	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
February 11 th 10:30 a.m.	45- Ish	Geanine Lehmann 864-2591 gean31356@aol.com	Tick Ridge Ramble/ Fitness Park, across from Athens Wellness Center, 209 fitness way	14-16 pace; Little hilly with no long climbs, maps provided, bring snacks & water, not many stores. Faster groups welcome
February 18 th 9:00 a.m.	42 & 56	Morgan Andriulli 536-7190 morgan.andriulli@comcast.net	Morgan's Sad Sack Tour/ Intersection of Old Railroad Bed & State Route 110	15-17 pace; short hills, frequent regrouping; bring supplies for entire ride, no store stop
February 25 th 10:30 am	30	Keri Fletcher 468-2608	Matt's Flat as a Pancake Ride/ Publix in Hampton Cove	13-15 pace; Lunch after ride at group's choice
February 25 th 9 am	55- Ish	Mike Holderer 883-9982 moh@knology.net	New Hope Guntersville Ride/ Publix in Hampton Cove	15-17 pace; Going out to dam & looping back; 2 rest stop options; maps provided

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

Guidelines for Cold Weather Rides: Ride leaders are not obligated to host the ride if the temperature is below 40 degrees at start time. Riders that want to go ahead with the ride are welcome to do so. If you are not sure if there will be a ride, call the ride leader to verify.

Deadline for the December newsletter is Wednesday, **February 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

scctreasurer@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) _____

