

The *Spring Times*



March 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, March 6th

General Meeting:

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

Welcome New Members!

Dennis A. Faulkner
Herb & Julie Haught
Jody Loyd
John Parker

President’s Ramble

Mike Bayler

Short Days and Wasted Weekends

The environs outside are currently less than optimal. The winter days are short and it seems that while the weather is pretty good during the week it always seems to take a downswing before the weekend rolls around. This wonderful combination has resulted in fewer and fewer ride opportunities. So what can a typical rider do about this?

Obviously, we can’t stop the cold and wind that shows up for the weekend and we certainly can’t make the sun set later in the day. The best thing is to explore other riding options. Since the days are so short, there is always the option of doing some night rides. Each Thursday evening there is a group that rides on the Wheeler Wildlife Refuge. All one needs to participate is a mountain bike with a decent light. There’s no need to purchase a \$500 HID lighting system, but a light that falls well below \$100 can provide sufficient illumination for riding on the refuge.

If getting muddy in the dark is not to your liking, there is always the possibility of doing some road riding after dark. While this may be a little more dangerous, adequate lighting and riding on familiar roads makes things much safer. It is best to pick roads that see little traffic after dusk and those with which you are intimately familiar (one really needs to know the pot holes, road seams, turn lanes, etc. on these roads). It’s also important to have sufficient lighting (headlight and Blinking taillight) to make yourself visible to the two-ton behemoths on the road.

If neither of these outdoor riding opportunities is appealing, one can always hit the gym. While spin classes and exercise machines do not give you the “feel” of riding your bike, keeping your aerobic capacity through the winter will avoid the necessity to get it all back in the spring.

If the gym is not your thing, there’s always the possibility of other outdoor activities like hiking, running, rollerblading, etc.

So get out there and do something active. This will make it less of a struggle to keep up with the pack when warm weather rolls around.

See you on the road.

Randonnee Schedule

Davy Haynes

This is a list of the "local" brevets and ultra cycling events located within a reasonable distance to Huntsville and US Randonnees scheduled this year. I've included links where I have them. Note that next year, 2007, will be a PBP (Paris-Brest-Paris) year. If you are entertaining thoughts of doing that classic event, I recommend that you give serious consideration to completing a brevet series and one of the US Randonnees this year.

Georgia Brevet Series hosted by Audax Atlanta: <http://www.geocities.com/garandon/>

Highly regarded and well-supported brevet series with some tough but beautiful climbing in the North Georgia mountains. *200 km Brevet* (Gainesville area) 4/15/06; *300 km Brevet* (Gainesville area) 4/29/06; *400 km Brevet* (Dawsonville) 5/13/06 (This new course includes 4 of the "6 Gaps", plus the long climb to Highpoint, NC); *600 km Brevet* (Atlanta area) 5/27/06 (New course departs/returns via Silver Comet rail-trail much of the course is actually in AL, including Cheaha mountain); *200 km Fall Brevet* (Dahlonaga) 9/9/06

Middle Tennessee Brevet Series hosted by the Harpeth Bike Club: <http://www.harpethbikeclub.com/Home/Ultra>

These are new brevets located a little closer to home, thanks to new RBA (regional brevet administrator) Jeff Sammons. *100 km Populaire* and *200 km brevet* (Nashville area) 3/25/06; *300 km Brevet* (Nashville area) 4/08/06; *Music City Double Century* 4/22/06; *100 km Populaire & 200 km Fall Brevet* 10/7/06; *300 km Fall Brevet* 10/21/06; *100 km Populaire & 200 km Turkey Trot Brevet* 11/25/06

There are three 1200 km (750 mile) Randonnees scheduled in the US for 2006:

Cascade 1200 hosted by the Seattle International Randonneurs: 6/24-27/06

<http://www.seattlerandonneur.org/cascade1200/>

This is the randonnee that Charlie and I did last year. I highly recommend it for both the best scenery of any 1200 I've done, as well as the best support.

Boston-Montreal-Boston: 8/17-20/06 <http://www.geocities.com/b-m-b/>

The original American Randonnee. Beautiful but steep Green mountains. Rain is guaranteed. Hosted since it's inception by Jennifer Wise. This is the last year she will be hosting the event, so potentially this could be the LAST BMB.

Colorado Last Chance (Venture to Kansas): 9/13-16/06 <http://www.rmccrides.com/lastchance.htm>

Some consider this a boring event. The cue sheet for the entire 750 miles fits on one page, and over 500 miles are on the same road. If you don't like driving across the prairie you might go crazy on this ride. Wind can be a MAJOR factor.

We now have a Race Across America (RAAM) qualifier:

The Heart of the South 500mi (Birmingham) 3/31/06 <http://www.heartofthesouth500.com/>

This event requires a specially lighted support vehicle and crew, much like RAAM. However, a 200 mile double is held in conjunction with the qualifier and it has no support vehicle requirement.

Additional info as well as schedules of other brevet opportunities throughout the US can be found at the Randonneurs USA website. <http://rusa.org/>

Additional info about ultra events as well as the 12 & 24 hr championships can be found at Ultra Marathon Cycling Association website. <http://www.ultracycling.com/>

Note that the Rocky Mountain 1200 Randonnee will return in 2008, going to a once-every-4-years format, and the Trans-America Cycling Challenge has been cancelled due to lack of an insurer, plus very significant logistical issues

See you on the road.

Dave's Safety Tip of the Month

Use the ABC Quick Check before each ride. Air, Brakes, Chain & cranks, Quick releases, and a Check ride around the parking lot ensures your bike is ready to go and helps avoid any nasty surprises.

Please support passage of Alabama HB 27 - the Dangerous Dog Law

Michael Holderer

Representative Cam Ward of Bibb and Shelby County has introduced HB 27, a "Dangerous Dog" law. This law establishes owner responsibility, and allows stiff penalties for dogs declared dangerous. They can be declared dangerous on site by an officer witnessing an attack. The law also provides for due process. Penalties will vary depending on severity of the attack, up to Class C felony.

From the text of HB 27:

Existing law does not provide for procedures for handling claims relating to potentially or proven dangerous dogs.....

BE IT ENACTED BY THE LEGISLATURE OF ALABAMA:

Section 1. The Legislature of Alabama finds that certain dogs are an increasingly serious and widespread threat to the safety and welfare of citizens of this state by virtue of their unprovoked attacks on, and associated injury to, individuals and other animals; that these attacks are in part attributable to the failure of owners to confine and properly train and control these dogs; that existing laws inadequately address this problem; and that it is therefore appropriate and necessary to impose a uniform set of state requirements on the owners of dangerous dogs.

Some web sites make it seem that a judge must make the decision as to whether a dog is dangerous. Section 9 permits a law enforcement officer to enforce the act and remove the dog. This one act of our legislature would make a swift improvement in our lives as cyclists, for little cost to taxpayers.

You may review the law for yourself at:

www.acca-online.org/legis_news/bills/HB27-int.pdf

I spoke about this at the legislative forum on February 6, but the more voices the better.

Please write to your state legislators and request passage of this bill.


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Treasurer's Report

Ed Bernstein

Income Statement for the Period 1/1/06 - 1/31/06

Beginning Balance 1/1/06	\$6,334.10
Income	
Membership	\$848.00
Advertising (Madison Cycles)	\$48.00
Century T-Shirt Sales	\$20.00
TOTAL Income 1/1/06 - 1/31/06	\$916.00
Expense	
Quality Quick Printing - Newsletter (Jan, Feb)	\$78.54
League of American Bicyclists Membership	\$55.00
Postage	\$59.66
TOTAL Expense 1/1/06 - 1/31/06	\$193.20
Ending Balance 1/31/06	\$6,337.63

119 members have renewed their memberships for 2006

Night Riding **Shirley Feaux**

The e-mail is terse and to the point. "Temps 54-42, winds 8-10. I plan to ride." This is the message that goes to about 45 persons who might ride on Tuesday and Thursday Arsenal rides. Don Loveless' low-key invitation is issued between 12:30 and 1:00 p.m. to encourage riders to gather in the parking lot behind Bldg. 5400 at 5:30. Darkness is just settling; usually the sky is still rosy red. Sunsets and the after glow are unusually beautiful when you have your yellow tinted shades on. I wear mine so I do not get wind in my eyes.

We roll out of the parking lot, all 15 to twenty riders, each with twinkling taillights and blazingly bright headlights. Everybody is bundled up against the chilly winter evening. Sometimes a brave soul appears without tights and I wonder if the cold will allow his muscles to function properly. The twenty-seven miles around the arsenal include a short brisk hill at the beginning and another longer hill on Neal Road. We proceed down along the river to the Officers Rec. Area and then back on Buxton Road near the gate. We turn north to Rideout Road and then proceed back to Patton. By the time we are ½ hour into the ride, it is very dark. The stars and early evening planets are shining brightly and on these past couple of night rides, the frogs are croaking their little romantic hearts out. People do not talk much on these rides and the stillness makes the scene more stark and stunning.

Danger can lurk out there in the dark too. Critters that we do not see during the daytime lurk in the darkness where we cannot easily see them. One big worry is the deer. Usually there is a rider or two with headlights on their helmets and if the rider just rocks his head from right to left, the beam scans the wooded areas along the roads or even the grassy meadows where deer like to romp. We do remember Mike Lackey and the damage a deer can do to a rider. We are also aware of other critters like raccoons. One raccoon took down a tandem a year or so ago. Right, Willie and Dawn? Another smaller but dreaded fellow is the skunk. We smell them in several places on this trip and have even had one run right in front of us on a dark night.

My toes are hurting now and the chill is making my face sting. I tuck my hands under my armpits; I can do that as I am on the back of the tandem and do not need to steer. I love this chill and that sounds strange. I am from Wisconsin and it reminds me of ice-skating nights when I was a kid. I skated for hours on a cow pond on a neighbor's farm. I always went home very cold but having had a great time. Night riding is good. Life is good!

And thanks to Don for leading these always interesting rides!

Meeting Minutes **Leah Tracy**

Officer's Meeting

It was announced that the SCCC has joined Adventure Cycling. Planning for the Four Hills Feast has begun. Michael Holderer is helping to organize the event and Dan Kruvand will help with set up/logistics and Ann Harris is responsible for signage. Volunteer positions are still being filled for the May 20th event. The projector policy was brought up for a vote and unanimously approved. Sharon Bayler proposed that there be 4-5 standing rides at 20-40 miles. Several budget proposals were discussed. The RAM series budget was reviewed and approved. The road classification budget was discussed with the focus for the project being on county roads. A donation to AlaBike and funding for advocacy resulted in \$320 budgeted for advocacy with \$120 for litter patrol and \$200 for AlaBike. The 2006 budget was approved as amended.

General Meeting

New members and guests included Marty Pols, Jason Ferrier, and Ed Blalack. Morgan Andruilli talked about upcoming programs. Mike Bayler took the officer reports. Rides Goddess Sharon Bayler assured us that there will be rides. Mike reminded everyone that the deadline for the newsletter is the 15th. Current Affairs Officer, Michael Holderer, discussed the updated bike plan for Huntsville. They plan to put bike racks on buses connecting to bike routes. Michael Holderer recommended writing your legislator to support House Bill 27, the dangerous dog bill. Leah Tracy reported that about 30 members attended the general meeting. The St. Patrick's Day party details were announced and volunteers are needed to help set up. The Road Classification Project kicked off before the meeting and Marjorie Holderer agreed to be the committee chairman. Michael Holderer is looking for volunteers for the Four Hills century on May 20. Sharon introduced the Show and Go ride series. She is looking for 20-35 mile routes starting from somewhere you can have a meal. She is also looking for ride leaders to support the rides until they are established.

Projected Budget for 2006
Ed Bernstein

Income		
Club Operations Income		
Membership General		\$3,100
Advertising		\$60
Subtotal		
Club Operations Income		\$3,160
Century Income		
Century Registration		\$7,200
Century T-Shirt Sales		\$2,000
Subtotal Century Income		\$9,200
Total Income		\$12,360
Expense		
Club Operations Expense		
Advocacy		\$320
Atlas		\$150
Insurance		\$330
Newsletter		\$550
Postage		\$415
Office Supplies & Expense		\$35
Organization Memberships		\$280
Parties, Picnics & Outings		
St Patrick's Day Party	\$100	
Picnic	\$220	
Tim's Ford	\$300	
Joyce Kilmer	\$150	
Xmas Party	\$240	
Total Parties, Picnics & Outings		\$1,010
Program Expense		\$100
Publicity		\$75
RAM Program		\$280
Local Roads Classification Program		\$50
Subtotal		
Club Operations Expense		\$3,595
Century Expense		
Meals		\$2,200
T-Shirts		\$1,500
Facility Rental		\$700
Food for Rest Stops		\$550
Insurance		\$775
Operations		\$240
Portable Restroom		\$320
Printing, Postage		\$430
Subtotal Century Expense		\$6,715
Total Expense		\$10,310
Century Profit		\$2,485
Operating Profit (Loss)		(\$435)
Donations		
MCHS Soccer team		\$300
Total Donations		\$300
Total Net Income		\$1,750

Annual St. Patrick's Day Party

The SCCC's annual St. Pat's party has been scheduled for Saturday, March 18th.

There are three rides scheduled for the day with leprechaun tossing to follow at the home of Jim and Gretchen Everts.

We will have the traditional Irish Beer Stew, starting at 1:30. Non-riders and family members are welcome.

Please BYOB and bring a side dish or dessert to share.



The three rides scheduled will all leave from Creekside Elementary. Directions are on the club website.

No Lads & Lassies Left Behind

25 miles, social pace, 1 rest stop, flat to gently rolling terrain. Starts at 11:00 a.m. Ride Leader: Ray Mulcahy 852-3177, raymulcahy@msn.com

Lucky Leprechaun Ride

42 miles, 14-16 average pace, 1 rest stop, flat to rolling. Starts at 10:15 a.m. Ride Leader: Mike Bayler 830-5956, mike@bayler.us

Kiss My Blarney Stone Ride

51 miles, 1 rest stop, rolling with a couple of small hills. No posted pace, join Jim for a good, fast ride. Starts at 10 a.m. Ride Leader: Jim Everts 837- 3389, gev@knology.net

March Meeting Program

The March Program will be a bike maintenance and spring tune-up clinic with Steve Swann of Madison Cycles. Steve will bring a stand and a couple of bikes to demonstrate and answer questions about basic repairs and maintenance to keep your bike running smoothly.

City of Huntsville Bicycle Plan revisions underway

Marjorie Holderer

January 30th, the City of Huntsville Bicycle Advisory Committee (BAC) was presented a second draft of the new plan that will replace the 2001 City of Huntsville Bicycle Plan. Included with this draft document were 2 maps, one of proposed bike routes and one of bus routes.

SCCC members George Hamilton, Marjorie and Michael Holderer, Jamie Miernik, and David Stone attend the meeting. The planning department scheduled a tight deadline for comments within four days. They are targeting the Feb. 28th Planning Commission meeting for approval.

Jamie and Michael primarily focused on the bike routes, nixing numerous portions of the draft routes and modifying the tables that describe the routes by each segment. Evenings were spent up late, plus Jamie took 2 hours off work to be with the planning department personnel face to face as they went over every part. Meanwhile David Stone and Marjorie Holderer primarily looked over the document and provided more than 7 pages of detailed comments.

The bad news is that the BAC and its members have no approval rights and comments are treated as individual opinions to be considered by the planning department. Unlike the city Surface Water Management Committee, the BAC does not have a standing status nor is there an annual review process. Consequently, there is little accountability for actually implementing the plan. There is little insight into how and if all transportation projects are reviewed with cycling and pedestrian modes in mind. We believe the success of the bike plan depends upon consistent reviews and approval processes.

The good news is that many individuals employed by the city, such as Shundreka Givan, the developer of the plan, support quality of living investments for Huntsville. As advocates we have a positive reputation with them and we look forward to continuing our working relationships.

The SCCC Litter patrol 2006 – Cecil Ashburn Drive – This year is different

Marjorie Holderer

Update: Roman Holiday Café is temporarily closed until May so those of us on the March 4th pickup go to Buffalo Wings for lunch and Cold Stone Creamery for our treat. 29 slots are pledged so we have 11 more to fill. The first session, March 4th and the last session Nov. 18 have been filled.

Many of you have participated in the club's litter patrol of Blevins Gap on Cecil Ashburn 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 a treat 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 a treat at some local restaurant after each session. It is a great time to sit, eat, and chat with other cyclists.

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:

Filled 9-11am March 4th, Saturday with Sunday March 5th rain day. Marjorie is session leader.

2 slots left 9-11am May 6th, Saturday, with Sunday May 7th rain day. Session leader TBD

4 slots left 8:30-10:30 am July 8th Saturday, with Sunday July 9th rain day. Marjorie Session leader

6 slots left 8:30-10:30 am Sept. 9th Saturday, with Sunday Sept. 10th rain day. Session leader TBD

Filled 9-11am November 18th Saturday & Sunday Nov. 19th is rain day. Sharon Bayler is 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

Spring City Cycling Club March 2006 Rides Calendar 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 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
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

IF YOU WOULD LIKE TO LEAD A RIDE, PLEASE CONTACT RIDES CAPTAIN

March Rides				
March 4 th 10 a.m.	50	Sharon Bayler 830-5956 sharon@bayler.us	New Market Loop/ New Market Elementary	No posted pace; maps provided; may include Falls Mill;
March 4 th 11 a.m.	30	Claire Robinson 489-1850 Claire.robinson@knology.net	Providence Ride/ Providence School, Hunting Trail	Social pace; maps provided; lunch after at Providence Main Street
March 11 th 8 a.m.	100	Host: Davy Haynes 544-9198 davy.haynes@nasa.gov	Joe Wheeler Century/ Creekside Elementary	Century Season is officially open! Maps provided; Your own pace; no sag but several store stops
March 11 th 11 a.m.	40	Geanine Lehmann 864-2591 gean31356@aol.com	Geanines 39 th B'day ride/ Sparkman Middle School	Your own pace; 1 rest stop, maps provided;
March 11 th			Post-Rides Chili Celebration	Chili, birthday cake & soft drinks, bring a snack & adult beverages you may require
March 18 th			St. Patrick's Day Party!!	See article for rides available
March 25 th 8:30 a.m.	62	Rob Hammond 520-6660 crazybobs@knology.net	Rob's Natural Bridge Ride/ Publix in Hampton Cove	14-16 pace; 3 stops; on significant climb; bring your camera for a Kodak moment on the bridge!
March 25 th 10:30 a.m.	30	Matt Bucca 882-9798	Matt's Flat as a Pancake Ride/ Publix in Hampton Cove	13-15 pace; lunch after at group's choice

**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 April newsletter is Wednesday, **March 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

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) _____

