

The *Spring Times*



July 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, July 3rd

General Meeting:

Monday, July 10th

7:00p.m. El Camino Real
4116 University Drive

President’s Ramble

Mike Bayler

Two Ton Heavy Things

There has been a lot of talk on the Roadies list and in the cycling community lately about interaction between bicycles and cars. Mostly this comes down to making a compromise between your legal rights and what will keep you alive. I know that some people in the club think that making this compromise is bad, but I’d rather live to ride another day than to know that I was within my rights as I’m being toted off to the hospital or mortuary.

Cyclists have certain “rights” provided to them by Alabama law. Actually the law provides regulations for the use of roads by bicycles and automobiles and their interaction, not actual rights. These can be found in the Alabama Driver Manual and the Alabama State Code. Many of us hold up those selected laws that benefit our situation as our inalienable rights, but don’t feel we should be burdened with annoying responsibilities like stopping at stop signs and traffic signals. .

I’m not preaching that one should always obey every single law. I know that I don’t, whether on the bike or driving the car, so preaching that message would be very hypocritical. Making intelligent compromises is what will keep you alive and off the hate list of motorists.

While you are riding put yourself in the motorist’s shoes. Yes, they are in a hurry to get somewhere, but most of us are when we’re driving down the road. Think about how you feel when you roll up behind a tractor or backhoe driving down the road. Most of us hate this because we think we’re never going to get to our destination on time. Bicycles move along at about the same speed as a tractor. The major difference is that we don’t take up an entire lane and can work with motorists to get them on their way (and out of our hair) much more quickly than the tractor. Helping to keep the road clear behind you will make for a much safer and more enjoyable ride.

In a recent editor’s message in Bicycling Magazine the editor recounted a recent ride in which an oncoming vehicle was driving in the left lane for no apparent reason. The editor tried to get the guy’s attention but he kept coming. At this point the editor determined that he needed to take evasive action and headed for the shoulder. After getting back on the road and chasing the guy down at his house the driver was very apologetic and said that if he had killed the cyclist it would have been the end of his life as well.

Granted there are motorists out there that hate cyclists. When riding out to Madison County Lake an oncoming driver went out of his way to tell me that I was “number one”. I was in no way impeding his drive, but he just felt the need to let me know he didn’t want me on the road. Other motorists are just momentarily annoyed and whatever we can do to reduce this annoyance will make us much safer.

Education of motorists would significantly help the situation, but we’ve all got to work together to improve things. It’s all about compromise and the physics of the matter is that a two-ton automobile will win out over a 19-pound bike every time.

Welcome New Members!

James Cadwell
Mychelle Greene
George Hamilton
Michelle & John Hunt
Chris Layne
Cindy Martin
Janine Nesin

Limestone County Parks & Recreation

Two Wheel Trail

Donation Form

The Two Wheel Trail (2WT) is currently a proposal to create a marked paved route of approximately 163 miles connecting Athens, Elkmont, Ardmore and rural Limestone County. Use of the trail is intended for cyclists, motorcyclists, wellness/fitness organizations, clubs and charitable organizations. This Trail is being built to promote the quality of life of our local residents including health and fitness and promote tourism to Limestone County as a destination.

Grant monies totaling \$470,000 from federal and local governments are in place. To receive these monies, an additional \$30,000 must be raised from other sources to pay for engineering and design services. Your donation will count toward this \$30,000 to secure the additional grant monies to make this Trail a reality. Your donation is tax deductible as Limestone County Parks & Recreation is a 501c3 organization.

Additional information may be obtained by contacting Carl Hunt, Board Member, of Limestone County Parks & Recreation. Telephone – 256 230.2121 Email – Chunt10013@hotmail.com

Please make checks payable to: Limestone County Parks & Recreation
Post Office Box 945
Athens, Alabama 35612

Donation Amount: \$ _____

Please cut at the dotted line above and return this form with your tax deductible donation.

- Yes, I want to help make the Two Wheel Trail a reality. Enclosed is my donation.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please make check payable to: Limestone County Parks & Recreation

Please mail your donation to: Limestone County Parks & Recreation
Post Office Box 945
Athens, Alabama 35612

For Office Use Only:

Donation Amount: \$ _____

Date Received: _____

Cycle Zydeco - It's Not about the Bike, It's about the Food and Music

Ed Bernstein

The town of Mamou, Louisiana, is known as "The Cajun Music Capital of the World." And on Saturday mornings the place to be in Mamou is at Fred's Lounge, a nondescript looking bar about half the size of the Kaffeklatsch Bar in downtown Huntsville. On Saturday April 22, fiddle and accordion music filled the air inside Fred's, motorcycles lined the street in front, and 350 cyclists tried to make their way inside to sample boudin sausage, drink Abita beer, and hear cajun music at its best.



This was the scene about midway through the Cycle Zydeco Ride for 2006. Cycle Zydeco is a four-day 200-mile tour of the Cajun country of Southwest Louisiana. Sponsored by the Lafayette, Louisiana, Tourism Bureau, the ride travels through the countryside filled with the heritage and culture of French-speaking Cajuns and Creoles.



The ride started in Lafayette with a Cajun dinner and Zydeco music, with Zydeco dance lessons offered. The ride proceeded over mostly flat roads, some of which hadn't been repaved for many years, past sugar cane fields, ride paddies, oil wells, and crawfish ponds. On the way, we made stops in the picturesque towns of St. Martinsville, Breaux Bridge, Port Barre, Opelousas, Mamou, Eunice, and ended at Grand Coteau, where we were bused back to Lafayette. Every midday lunch stop featured Zydeco bands and local cuisine. At St. Martinsville we had red beans and rice and jambalaya under branches of the huge Evangeline Live Oak Tree. At Port Barre, the deli at Bourque's grocery featured boudin balls and jalapeno bread.



Evenings offered more food, and more music. Some of the highlights were the seafood platter at Mulates in Breaux Bridge with dancing to Ray Benoit's cajun band and a huge platter of boiled crawfish in Eunice, followed by a visit to a live radio broadcast, the cajun version of the Grand 'Ol Opry at the historic Liberty Theatre.



The ride was well-organized and supported, although rest stops usually had only water and Gatorade – but there were many opportunities for stops at local stores. We stayed at motels, and shuttles took us to the campsites and dinner locations. The weather was mostly pleasant, although there was one afternoon of rain. We lasted out the worst of it under a carport and finished the last ten miles of the ride in a light rain. In every community, the residents were very welcoming and seemed delighted to have us become acquainted with their town and way of life. The maps and cue sheets were easy to read, the roads were well marked, and sag support was ever present. The riders were from all over the country and were there for a good time, and many were repeat participants.

Cycle Zydeco is limited to 350 participants, but if you have an opportunity to sign up, "Laissez les bons temps rouler!"

CWI (Cycling While IPodding) **Sharon Bayler**

OK, I know, it's wonderful to go out on your bike, get in the zone and listen to your favorite playlist on your iPod or MP3 player. It definitely can enhance the experience to get a great cadence going to say, some INXS or Hendrix. I hear Willy Albanes listens to Britney Spears. That's probably one of the reasons that I like spinning classes, you can get into the beat of the music and just churn those pedals.

But it's a whole different story in a group bicycle ride. For starters, it's illegal in many states to use earphones while driving. The iPod manual states "Use of headphones while operating a vehicle is not recommended and is illegal in some areas." We as a club promote vehicular cycling, and indeed the Alabama Driver's Manual refers to us as "bicycle drivers".

In a group ride you have to be able to hear and be aware of the riders and cars around you to be able to react in a safe and timely manner, and use of earphones reduces that ability. Sorry to spoil the fun folks, but my official take is that earphones while riding in a SCCC group ride or paceline is prohibited. If you want use them at your own risk on a solo ride that's your prerogative.

Upcoming Events

Tom and Kathy's Tour de France Party

When: **Saturday, July 15th, starting around 2 pm.**

Where: Our house, 1211 Deborah Drive, Huntsville

What: Stage 13 (on July 15th) is a relatively flat stage (sorry, nothing but the Prologues and Time Trials on the other Saturdays!)

The route that day is:

Béziers Méditerranée to Montélimar, a 230 km stage (longest stage of this year's Tour!)

No Lance, but come and root for Team Disco or your favorite pick for the first post-Lance T de F winner...

Will it be Basso? Jan (hey, he won a stage at the Giro!)? Salvodelli? Floyd? Vino (if he's got a team...)? Valverde?

Come after one of the morning rides; eat and watch the rainbow of jerseys pedal through France (OLN rebroadcast of the morning coverage).

Annual Club Picnic

Saturday, July 22nd

This year's club picnic will be at the Mooresville Community Pool. The party will be hosted by Valerie Connaughton. Come out and enjoy a day with your fellow SCCC members. There are several rides planned before the party, so be sure to check the rides calendar for the details. BYOB. Also, bring your favorite side dish to share. Of course, non-riders are also welcome.

Handy Festival 100

Saturday, July 29th

Supported ride with 22, 36, 66, 74 and 103 mile options. For more information visit the website at: www.handy100.com

Rocket City Race Weekend

Saturday, July 29th

Road race and time trial

Saturday, July 30th

Criterion

Contact: Josh Whitehead, whitehj@email.uah.edu, 426-4311

SCCC Annual Canoe Trip to Elk River in Kelso, TN

Saturday, August 12th

Meet at 8:00 AM at the former Sam's Warehouse parking lot on North Parkway to caravan. 8 miles, ½ day float trip, pack a lunch and beverages and bring appropriate weaponry to defend your honor on the river. Cost is \$20 per person, RSVP by August 5 to Mike Bayler mike@bayler.us, 830-5956.



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steve@madisoncycles.com

Treasurer's Report Ed Bernstein

Income Statement for the Period 5/1/06 - 5/31/06

Beginning Balance

Income

Membership

TOTAL Income

Expense

Limestone Co. Two-Wheel Trail Donation	\$500.00
Davy Haynes - Joyce Kilmer Firewood	\$30.00
El Camino Real – Meal for Presenter	\$22.29
McKay Insurance – Century Liability Ins.	\$630.00
Dan Kruvand – Century Brochures	\$161.46
Mike Bayler – RAM Room Rental	\$35.00
QQP – May Newsletter	\$46.97

TOTAL Expense 5/1/06 - 5/31/06

\$1,425.72

Ending Balance 5/31/06

There are 185 memberships as of 6/15/2006

Meeting Minutes

Officers Meeting-Ed Bernstein

Coming Events - The Fillenwarths will host their Tour de France party on 7/15. Valerie Connaughton will host the annual SCCC Picnic at the Mooresville Community Pool

Limestone County Two-Wheel Tour - A total of \$1200 has been raised by SCCC members and \$8000 in all has been raised by the supporters of the Limestone County Two-Wheel Tour toward the \$30,000 goal. A bluegrass concert will be held on 7/22 at 7PM at Athens Middle School to raise additional funds.

IPod Policy - The officers agreed that use of IPods and similar devices should be prohibited in pacelines and at club events for safety reasons.

Mapping Project - Marge Holderer is researching resources for developing maps of preferred bicycle routes in Limestone and Madison Counties.

Jerseys - Flavio Ortigao has offered to sponsor club jerseys through his company, Operon Biotechnologies, Inc. They have offered use of their graphic designer, with the provision that the company colors, Day-Glo green and navy blue be featured. Design ideas are needed.

Ride Route Issues - The situation at Madison County Lake has been resolved. Cyclists are once again welcome.

The owner of the gas station on Nebo Road in New Hope has requested that riders using his facilities maintain clean restroom habits.

Rides Atlas - Ed reported that parts of the Rides Atlas need to be updated. Some of the introductory materials such as the club history and safety discussions need to be rewritten. They have not changed since 1998.

General Meeting-Geanine Lehmann

Vice president Morgan Andrulli called the meeting to order. We had several new attendees including the Buchanans, Andy Whitaker, Michelle and Steve Hinckley. Treasurer Ed Bernstein reported the bank balance of about \$4600, with 160 members in the club. Mike Holderer, Community Affairs, reported that 35 people attended the Safe School Routes program on May 19 and also that Madison Pike would be raised to allow the greenway to go underneath it. Dave Stone reported that his Jun 10th LAB class had six participants. The Courtland ride, in April, raised \$250, which will be used to purchase a public bike rack. The Memorial Day Athens ride raised about \$770 for the Two Wheel Fundraising drive.

*****For Sale*****

Shimano Cycling Sandals - Worn twice, cleats not included. Model SH-SD60, \$75.00 new. Size 43-44. Priced at \$45.00. Sharon Bayler, 830-5956, sharon@bayler.us

Specialized Rockhopper Mountain Bike-Well loved hard tail, rigid fork, basic Shimano 8 speed, size medium frame, good rubber, great for teenagers, beginners or just riding on Wheeler Wildlife Refuge. \$125.00. Sharon Bayler, 830-5956, sharon@bayler.us

Fixed gear rear wheel-Mavic MA-3 rim with Surly double flip-flop hub, 32h with 14/15 gauge spokes. Excellent condition, hand built by yours truly. Currently spaced 126mm, but can be spaced anywhere from 120-130 mm. \$65. Call Davy 683-5661.

2005 Litespeed Tuscany-53 cm., Ultegra triple 12/27, Supersonic 40 wheelset, Rubino Pro Slick tires. Real Design C.F. fork, C.F. seat post. (Real Design is Litespeed's own brand). Extra braze-on's for a lite touring rack. Computer with cadence and two water bottle cages. The MSRP is \$4,000.00+ the way the bike is equipped. Sale price \$2,800.00. Call Esco at (256) 565-8151 (cell).

Rides Captain: Sharon Bayler

Phone: 830-5956

E-mail: sharon@bayler.us

Spring City Cycling Club

July 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. Mostly on marathon route. Post breakfast Monte Sano 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 18 to 20 pace, sometimes harder!
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	Various groups and paces, mostly 16-18 pace
Thursday 5:15 p.m.	22-26	Geanine Lehmann 655-6385 gean31356@aol.com	Thursday Alternate Ride/	JIT Services at 125 Electronics Blvd.; show and Go, Usually relaxed pace, 12-16 mph
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
July Rides				
July 8 th 8 a.m.	58	Morgan Andriulli 536-7190 morganandriulli@comcast.net	The Other Coldwater Ride/ Taft, TN	Starts at intersection of Old RR Bed & Hwy 110; park i gravel parking lot on NE corner across from post office with o one stop;
July 8 th 9:30 a.m.	34	Mike Bayler 830-5956 mike@bayler.us	RAM Ride-Creekside Lunch Ride/ Creekside Elementary	Bring \$ for lunch, we'll stop and eat. After all, that's v we ride our bikes!
July 15 th 8:00 a.m.	37	Dan Kruvand 880-9347	New Hope Ride/ Publix in Hampton Cove	TdF Party Ride
July 15 th 8:00 a.m.	52	Sharon Bayler 830-5956 sharon@bayler.us	Col d'Grasse/Simpson's Point Ride/ Publix in Hampton Cove	TdF Party Ride-rolling hills with the climb up Simpson's Point-steady climb with no switchbacks and excellent pavement-great descent
July 22 nd 7:30 a.m.	67	Valerie Connaughton 337-1947 valeriec@hiwaay.net	Hostess Ride/ Valerie's home on Market Street in Mooresville	Club Picnic Ride; no hammer pace of 18-20; hilly between 28 & 39 miles; no steep climbs
July 22 nd 8:30 a.m.	54	Sharon Bayler 830-5956 sharon@bayler.us	Nuke Plant Ride/ Valerie's home on Market Street in Mooresville	Club Picnic Ride; Can you say FLAT??
July 22 nd 8:30 a.m.	40	Andy Brown 604-9219	RAM Ride-Nuke Plant/ Valerie's home on Market Street in Mooresville	Club Picnic Ride
July 29 th 8:30 a.m.	40	Mike Bayler 830-5956 mike@bayler.us	RAM Ride-Hurricane Valley Ride/ Madison County Lake	
July 29th		Josh Whitehead 426-4311 whitehj@email.uah.edu	ROCKET	CITY
July 30th			RACE	WEEKEND
August 5 th 8:30 a.m.	42	Jeff Biggs 726-0206	Mini Coldwater/ Sparkman Middle School	

**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 August newsletter is Saturday, **July 15th**. Please send submissions to Rachel Marshall at:
kdsmom2004@yahoo.com. Members are asked to submit articles, pictures or just about whatever 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

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 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) _____

