

The *Spring Times*



September 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:

Wednesday, September 6th

General Meeting:

Monday, September 11th
7:00p.m. El Camino Real
4116 University Drive

President’s Ramble

Mike Bayler

Centuries and Campouts

As fall approaches two great cycling opportunities abound – centuries and campouts. Starting in September there is a century almost every weekend and usually one within a four hour drive. These continue on through October and provide some great opportunities to ride through some wonderful scenery.

Two local centuries are coming up. The SCCC All You Can Eat Century will be held on September 16th at Madison County High School. Please come out and support your local club. If you have friends who have never done an organized century ride, ask them along to join the fun. If you are planning to ride the century, please register early as that will help Dan better plan the event. Another century that is coming up in October is the Tour de Pig. This is a century that will be held on October 14th and will benefit the Limestone County Two Wheel Trail. Look for more information in upcoming e-mails and next month’s newsletter.

Campout season is also just around the corner. Andy Brown will be hosting the Tim’s Ford Campout on the weekend of September 30th. This will leave from Sharon Johnson Park and overnight at Tim’s Ford State Park. Hopefully, we will have great weather for both riding and camping.

On the weekend of October 22nd, Charlie Feaux will be hosting the Fall Campout at Joyce Kilmer. This is a great event with many opportunities for hiking and cycling. There are some epic road routes that can be ridden from Kilmer and some great mountain biking (Tsali, among others) is just down the road. If you have never been on this campout before, consider taking the weekend and enjoying the experience.

See ya on the roads (or in the woods).

Welcome New Members!

Nolen Clark
Michael Hanuschik
William Hildebrand
Jeremy Jeffery
Annie & Carlos Lopez
Justin Meissner
Rebecca Royle
Charles Vaughan
Stephen & Susan Welstead
Tony White

September SCCC general meeting

The September SCCC general meeting program will feature Eric Janssen, M.D. Dr. Janssen practices at SportsMed in Huntsville. His specialties include ACL reconstruction and arthroscopic labral and rotator cuff repair of the shoulder. If you blow it out, Dr. Janssen can sew it back up.

Roadies: You still have time to hit your peak form this season

Bart Summers

If you're reading this around August or September time and you're up here in the Northern Hemisphere, it's likely that you fall into one of two camps: Either you've had enough of bike racing for the year and you're about to pack it in until you begin doing long winter miles later in the year or... You're about to make a last ditch attempt to find some form and start placing or even win a race before the season closes out! If this second camp is where you are right now then listen up because if you want to win a road race this season or you desperately need some ranking points to retain or move up a category then you've still got more than enough time to do it!

Here is why:

By the time you reach this point in the season you've probably spent the best part of 7 or 8 months or 200-250 days training and racing. That's a lot! But here's the good news:

If you've managed to remain mentally fresh over that period of time, taken regular R & R weeks and looked after yourself, even taken a week or two off the bike completely, then you may well be in a position to exploit all that good training to the full! And make what the Italians call a "Salto di qualita" or quality jump in form.

What all that training has given you is the most important bike racing asset of all... Time in the saddle.

Exactly what builds economy, a powerful aerobic system and a huge level of endurance. Now that you have built that economy and endurance, you're in precisely the shape you need to be in order to start the kind of training that will have you winning races again before the season closes out.

And by "that kind of training" I'm talking about intervals! What it boils down to is this.

What you need to win bike races and what we all want more of is to increase our sustainable power on the bike and that comes from having a huge aerobic base optimized by high quality interval training. Having built the base, now all you have to do is get the intervals right and you'll be flying in no time at all! So what kind of intervals should you do to make certain you increase your sustainable power on the bike? Well, try the following two interval sessions- you'll feel the increase in power almost immediately. I recommend you do these on the indoor trainer so you can concentrate fully on maintaining full effort throughout the intervals.

V02 Max Intervals

Ride for 3 minutes at a pace higher than you can maintain in a 10mile TT with full recovery between intervals. Repeat twice more or until you can no longer finish the 3 minutes in the same gear. Ignore Heart rate during these intervals and concentrate instead on pedaling smoothly and sustaining your power output.

One minute Anaerobic Capacity Intervals

Ride one minute absolutely flat out as hard as you can do it with one minute rest between intervals. Repeat as many times as you can without fading. Stop and warm down as soon as you can no longer maintain the same power or have to change down a gear. That's just two sessions that will make a massive difference to your power output on the bike. Make sure you allow at least 48 hours recovery between each interval session.

Good luck with the rest of your season and here's to you winning a race over the next few weeks!

Bart Summers is an active amateur racer and coach and author of:

<http://www.50topbikeracingtips.com>

Officers Raise Money For Cancer Research

Two Officers from the Huntsville Police Department will travel to Austin, Texas in October to raise money for cancer survivors and research. Officers Larry Cook and James Giddy will participate in the Lance Armstrong Foundation's 100 miles cycling fundraiser event on October 8, 2006. Officers Cook and Giddy are members of the Department's [Bicycle Patrol Unit](#). However, in preparation for the upcoming event, they will be [Team HPD](#). Officer Cook, who is a cancer survivor, spearheaded the effort to raise money for the foundation. Citizens can go the Team's link listed on the HPD website and donate any amount they wish. For individuals who wish to mail in contributions, preprinted forms are available at any of the three Precincts. They are also looking for corporate sponsors whose names and logos will adorn their Team HPD shirts. The Officers have each paid the \$50.00 registration fees and they are personally covering all other expenses related to the campaign. 100% of the money raised will go directly to the Lance Armstrong Foundation. For additional information on the Lance Armstrong Foundation, go to the website at www.livestrong.org. To donate on behalf of Team HPD, you can go to the City of Huntsville's website at www.hsvcity.com and click on Team HPD.

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: _____

Meeting Minutes

Officers Meeting(Sharon Bayler)

The decision was made to award the TDF Trivia prizes based on the current results regardless of the controversy over the winner. Dean advised that the Topica "Roadies" list has been turned off except for the list owners who still have digest options. The domain for the website will be switched to godaddy.com sometime in August. Dean will look into the 10 year option. Sharon and Morgan discussed recent near misses and crashes and decided to organize bike handling and pack riding skills clinics in fall or early winter.

General Meeting(Leah Tracy)

Mike Bayler called the meeting to order. Morgan announced that the Spring City Triathlon Club was seeking volunteers for the Rocket Man Triathlon. Ed reported 206 members, 25 century registrations, and an account balance of \$3909.65. Members were urged to get their century registrations in as soon as possible. Sharon Bayler reported that August rides were on the website and reminded everyone of the SCCC All-You-Can-Eat Century in September. Tour de France trivia winners were announced. Gary Petersen and Roger Chassay shared their experience of rafting the Colorado River through the Grand Canyon . About 20 members were in attendance.

Upcoming Events

September 9th - Hope on Wheels Century, Hope on Wheels is an annual women's cycling event in Middle Tennessee offering women an opportunity to ride and fundraise in their hope for a cure for breast cancer. 100% of participant entry fees are directed to Breast Cancer research by the event beneficiary The Minnie Pearl Cancer Foundation. The HOW100 start/finish will be at Hillsboro School, 5412 Pinewood Rd. , 37064, located in Leiper's Fork, TN. A great event for a great cause, plus they have a cool jersey. www.how100.org

September 16th – SCCC AYCE Century, starts at 8:00 AM at Madison County High School. 25, 50, 65, 90 or 102 mile options. \$15 pre-registration, \$20 day of download the registration at <http://www.springcity.org/century/> or register at active.com http://www.active.com/event_detail.cfm?event_id=1344153

September 30th – Annual Tim's Ford Overnight Camping Tour – Saturday,44 miles, Sunday, 52 miles. Hilly terrain. Maps provided. Gear wagon available for camping and cooking paraphernalia. Non-riders and family members encouraged to come and enjoy the camping. Bring a bag lunch for the Saturday stop at Falls Mill. START LOCATION:Sharon Johnston County Park. Take left off of Winchester Rd. at sign just before New Market. Go inside left entrance ½ mile and park alongside road. Overnight parking is permitted. COST: Camping fee: \$5.00 \$3.00 for tour of Falls Mill if desired. Also bring money for lunch on Sunday.

Treasurer's Report Ed Bernstein

Income Statement for the Period 7/1/06 - 7/31/06

Beginning Balance	\$ 4596.12
Income	
Membership	\$46.00
Atlas Sales	\$110.00
Century Registration	\$30.00
Century T-Shirt Sales	\$5.00
SCCC CarTag	<u>\$10.00</u>
TOTAL Income	\$201.00
Expense	
United Mailing – Mailing Century Brochures	\$259.00
Sharon Bayler – Picnic Food	\$179.82
Ed Bernstein – Mailing Envelopes	\$29.47
Gift Certificates for July Program	<u>\$ 80.00</u>
TOTAL Expense 7/1/06 - 7/31/06	\$548.29
Ending Balance 7/31/06	\$ 4248.83
There are 206 memberships as of 8/15/2006	
There are 28 Century Registrations as of 8/15/2006	



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Lights Helmets Hydration
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See What's New at Our New Store

— 8760 Madison Blvd. —

www.madisoncycles.com

steve@madisoncycles.com

Rides Captain: Sharon Bayler

Phone: 830-5956

E-mail: sharon@bayler.us

Spring City Cycling Club
September 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 Rd	Slow and fast groups; usually fast
September Rides				
Sept. 9 th 8:00 a.m.	50	Sharon Bayler 830-5956 sharon@bayler.us	Hurricane Half Century/ Publix in Hampton Cove	Pleasant classic from the rides atlas. All paces welcome. No ride leader
Sept 9 th 9:00 a.m.	31	Ed Bernstein 534-6547	RAM Ride-Greenbrier Ride/ Greenbrier Restaurant	All welcome. Restaurant is at corner of old Hwy. 20 and Greenbrier Rd.
Sept. 16th		SCCC	AYCE	CENTURY
Sept. 23 rd 8:30 a.m.	41	Mike Bayler 830-5956 mike@bayler.us	Creekside to Ardmore/ Creekside Elementary	14-16 pace; flat to rolling terrain
Sept. 30 th	44/ 52		Annual Tim's Ford Campout	See upcoming events for details

******* Please be sure to check club website prior to ride for any changes made *******

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 October newsletter is Friday, **September 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) _____

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

