

The *Spring Times*



November 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, November 6th

General Meeting:

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

President’s Ramble

Mike Bayler

Just the (Ride) Facts

Over the last few months there has been a good deal of lively and colorful discussion on the SCCC Roadies mailing list. Discussions have run the gamut from the benefits (or not) of helmets in motor vehicle incidents to how to get stains out of jerseys to what lights are ideal for night riding. Occasionally, there is even a post about a ride. With over 600 messages posted in the last three months, complaints have grown from those who are primarily interested in rides and aren’t that concerned about the witty banter the Roadies list provides.

In response to these requests, the officers have agreed to create a new discussion group named “SCCC Rides”. This group is solely for the purpose of disseminating information regarding scheduled rides, sending e-mails to announce/plan renegade rides, or to find riding partners. This group will be managed based on an Acceptable Use Policy that dictates the list may only be used for the above purposes. Those violating the policy will be warned for a first offense of the policy and will be removed from the list if further offenses are encountered.

A message announcing the new list will be sent to the SCCC Roadies list with information on how to join the list. Those who are not members of the Roadies list or don’t wish to wait for the announcement may join by sending an e-mail to sccc-rides-subscribe@yahoogroups.com. The Roadies will still be used as a general discussion forum for road cycling.

*******Officer Elections Coming Up*******

There are several positions open for anyone willing to serve the SCCC in the upcoming year.

The job descriptions for the officers follow in this newsletter, so check them out and call Mike to let him know you would be more than happy to serve next year! You can reach Mike by phone at 830-5956 or mike@bayler.us.

We would all greatly appreciate your effort!

Welcome New Members!

Eric Hayden
Mark Rosewell

SCCC Riding Clinic a Big Hit

Morgan Andriulli

The SCCC threw its first group ride skills clinic in several years on a splendid Saturday, October 28. Over 35 riders with affiliations from SCCC, Spring City Triathletes and the Huntsville Track club attended the clinic held at the Hampton Cove Middle School on Old Highway 431.

Veteran racer and SCCC *Maggiore* Mike Steffen and USCF Coach Jack Bice conducted the clinic, which was broken into three sessions: classroom, low-speed bike handling drills and on-road practice. The classroom session covered the basics of group riding, pedaling technique (rollers demonstration by Jack), cornering, drafting, pacelines and etiquette. Steffen emphasized the two most important points of riding in a group: What's behind you DOES matter and know which way the wind is blowing. "If I'm on a group ride and you waste my energy by exposing me to the wind, I get irritated. If you do something to make me avoid you, I get irritated," says Steffen, only half-kidding.

In the end, says Steffen, riding well in a group and as a group improves the efficiency of all. In a good group ride, all riders share in the work, resulting in a faster ride with fewer people getting dropped. The idea is of cooperation, versus the combative competitive environment. But even there, says Steffen, the concepts of good group etiquette still apply. Oftentimes more so than the average group ride.

After the classroom lecture, the clinic moved outdoors to the soccer field, where riders practiced slaloming around plunger caps, "pole touch" drills and tire rubbing. The pole touch drills involved riding up to a basketball goal very slowly, touching the pole with the front tire then pulling away. The other maneuver on that drill was to lean the front wheel against the pole, then backing the bike off the pole and then pushing off with the front wheel. Not very easy!

Using these techniques, each rider paired off with a similarly sized rider to do wheel rubbing exercises. Here, one rider rolls at a steady pace across a grass field while the second rider rubs his front tire against the rear tire of the leader. Scary!

For the road portion, the clinic broke into three groups, Fast, Moderate and Slow. Jack Bice coached the Fast and Moderate groups from his scooter on the finer points of a pace lines. The brisk winds for the day made for excellent conditions to demonstrate drafting and echelons.

Even the slow-rider group overcame their inhibitions about riding in close proximity and fanned out across the lane in a bona fide echelon *with* rotation.

Jack and Mike collected many positive comments and requests for more clinics in the future. One suggestion was to have a Cycling for Dummies clinic to cover the basics for absolute new beginners.

"I was sure it would be good but it turned out even better than I expected. I left with a better understanding of how I should ride if I had the necessary skills and I also left with some drills I can practice on my own to make riding safer for me and everyone around me," said runner Randall Roland during a brief brake between sessions.

Stay tuned to the SCCC for more clinics on group riding and Cycling for Dummies for the newest riders

Meeting Minutes

Leah Tracy

Officers Meeting - The officers' meeting was hosted by Sharon and Mike Bayler. Meeting location options were discussed and it was decided to address the issue at the general meeting. Due to an increased volume of chatter on the roadies list, a rides list was proposed. Officers discussed adding ride maps to the website. Officers will appeal to the club to fill vacancies for 2007. The century was recapped and a profit of \$1500 was reported. The Christmas party and swap meet were discussed.

General Meeting - El Presidente, Mike Bayler presided over the meeting. Members discussed possible new meeting locations and a committee was formed to resolve the issue. Dan Kruvad reported 450 registered riders at the SCCC AYCE Century. Mike Holderer discussed the widening of Balch road. Sharon Bayler asked for volunteers to lead rides in November and December. She also proposed adding ride maps to the website. Sharon is leading litter pickup on November 11th. Mike Bayler announced a FREE group riding and skills clinic on Oct 28th. Andy reported that 9 people went to Tim's Ford and that they enjoyed a tail wind in both directions. Seventeen members attended the October general meeting. The meeting program was cancelled.



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

For Sale

Large size Giant TCR2, year unknown, a size 56 Cannondale CAAD6, and some Shimano Dura Ace 7800 components for sale. Please call Scott Payer (h)256-880-8636, (c)256-698-0057 or e-mail me at: spayer@gmail.com

Treasurers Report Ed Bernstein

Income Statement for the Period 9/1/06 - 9/30/06

Beginning Balance	\$ 5066.25
Income	
Membership	32.50
Century Registration & T-Shirt Sales	7695.00
Chief Ladiga Contribution	5.00
TOTAL Income	\$ 7732.50
Expense	
Carolyn Mulcahy - Gatorade, Rest Stop Supplies	\$160.01
Tellini's - Century Catering	\$3,781.34
Dan Kruvand - Century Supplies	\$70.00
Dan Kruvand - T-Shirts	\$2,039.00
Marge Holderer - Rest Stop Food	\$85.18
McKay Insurance Agency - Club Liability Insurance	\$300.00
Morgan Andriulli - Meals for Program Presenters	\$10.50
Office Depot - Century Registration Forms	\$9.72
Piggly Wiggly - Rest Stop Food	\$237.60
Postage	\$39.00
Quality Quick Printing - Newsletter (Sep, Oct)	\$77.37
R&R Services Porta-Potty (Century)	\$67.74
TOTAL Expense 9/1/06 - 9/30/06	\$ 6877.46
Ending Balance 9/30/06	\$ 5921.29

There are 214 memberships as of 10/18/2006

2006 Century Income Statement

Income	
Century Registration & T-shirt Sales	10,880.00
TOTAL Income	\$ 10,880.00
Expense	
Catering	3,781.34
T-Shirts	2,039.00
Insurance	630.00
Publicity	420.46
Supplies & Facilities	301.21
HARC (Ham Radio Club)	150.00
Rest Stop Food	482.79
Porta-Potties	322.74
MCHS Soccer Team Donation	1000.00
TOTAL Expense	\$ 9127.54
Profit	\$ 1752.46

Officer Job Descriptions

President: The President acts as chief spokesman for the club, and leads the general meetings. The president also coordinates events and facilitates the tasks of other officers

Vice President: Selects program material and speakers, and leads the meetings in the absence of the president

Rides Captain: The Rides Captain is responsible for coordinating and scheduling rides. He/She finds volunteers to lead Saturday rides, is the contact person for weeknight rides (as desired) and finds contact persons for the other weeknight rides. It's fairly easy to find people to lead Saturday rides, because we have a generous group of cyclists in our club who are going to be out riding anyway. (It is not too easy to find people to lead the slower rides) I wish that one of the people that think the rides are too fast would volunteer to be the Rides Captain. They are (probably) more familiar with the group of people who want slower rides and those are the rides that will attract new riders and keep them around. A pleasant side effect of being the Rides Captain is that complete strangers call you and talk about cycling.

Newsletter Editor: Although this position is a great outlet for creative writers, most of the material comes from other people. The tasks are simple: collect, edit, and compose written and graphic material into a format that you like. Send it to the printer, the Treasurer picks up the print newsletters and delivers them to the post office.

Treasurer: Manages the bank account for the club. Tracks expenses and income for important events and keeps a database of the club members. Also, after picking up newsletters from printer, labels and stamps the newsletters that are printed.

Community Relations: This officer forwards cycling advocacy issues to government and other groups and informs club members of important events related to bicycling facilities or legislation.

Public Affairs: This officer is responsible for publicizing all club events. The minimum requirement is to send the list of club rides to the Huntsville Times at the beginning of every month. Additional publication includes sending in radio announcements to the public radio station and distributing flyers and calendars at public locations. Finally, attendance and input at the monthly officers meeting is a responsibility. By performing these duties, you can dramatically increase the membership of the club as well as have a say in club activities.

Secretary – Take notes during meetings and send them on to the newsletter editor. The secretary also collects out-of-town ride information and sends it to the newsletter editor.

Swancott Time Trial - Monthly Series

When: Starts Saturday, November 11 at 2pm

Where: Corner of Swancott and County Line Road

Contacts: Time Trial Directors Amelia Baldwin and Gretchen Everts, contact Amelia.baldwin@uah.edu or Gretchen.everts@intergraph.com

Come out and pit yourself against the clock. Our plan is to repeat the time trial each month (at least until spring) so you can measure your progress over time. This is not a race against other cyclists. No award will be given to the fastest finishers. This is a race against the clock to measure personal fitness. All cyclists are welcome and encouraged to participate. **YOU DO NOT HAVE TO BE A RACER OR RACER WANNABE TO PARTICIPATE!**

Mr. Bibb, of the Swancott Grocery and Deli, has graciously agreed to let us use his store as our starting point. Please try not to block access to the store when parking.

Please do not park on Swancott west of County Line (so as not to block the view of cyclists on the course). Some folks may want to plan to park away from the start and do a warm up ride to the starting area.

The course is 9 miles and includes Swancott, Rockhouse Rd, Henderson Rd and Wall Street.

It is mostly well-paved and traffic is very light. Please take note of the left turn onto Rockhouse and take particular care there. The course will be clearly marked for the time trial series and a map will be available if necessary.

Show up at the store around 1:45 to sign up. Cyclists will start in the order they sign up. We will have a normal time trial start, with a cyclist starting every minute until all are out on the course. Timing will be provided. Results available shortly after the last rider finishes.

It's Time to Renew Your SCCC Membership!

Don't miss out on an exciting new year of cycling events. Please send your membership renewal in now! All memberships expire December 31.

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.

Dues are:

\$12 - email newsletter (individual) \$17 - USPS newsletter (individual)

\$15 - email newsletter (family) \$20 - USPS newsletter (Family)

Thanks for your renewal!

Rides Captain: Sharon Bayler

Phone: 830-5956

E-mail: sharon@bayler.us

Spring City Cycling Club
November 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 w 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; bring lights
Tuesday 5:30 pm	32-38	Dean Della Pella 730-2315 dean.della.pella@intergraph.com	Tuesday Intergraph Ride/ Wellness Center parking lot	Will resume in April
Thursday 5:15 p.m.	22-26	Geanine Lehmann 655-6385 gean31356@aol.com	Thursday Alternate Ride/	Will resume in April
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; 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 Rd	Will resume in April
November Rides				
Nov. 11 th 9:00-11:00 am		Sharon Bayler 830-5956 sharon@bayler.us	Litter Pickup	Meet at the top of Cecil Ashburn for collection.Lunch on the club afterward.
Nov. 11 th 2:00 pm	9	Amelia Baldwin 520-9494 Amelia.baldwin@uah.edu	Swancott Time Trial-Monthly series	Please see newsletter for details
Nov. 12 th 12:30 p.m.	42	Amelia Baldwin 520-9494 Amelia.baldwin@uah.edu	Amelia's Morgan Co. B'day Ride/ Tabor Methodist Church	Shorter options available; pizza at Amelia's after ride Directions: I-65s, first Hartselle exit, 2 mi. East(left) on hwy. 36, half mile south(right on Mt. Tabor Road.
Nov. 18 th 9:00 am	65	Jim Everts gev@knology.net	SEE Ride/ Creekside Elementary	Pace: grab Jim's wheel and stay on. Maps provided
Nov. 18 th 9:30 am	35	Gretchen Everts 684-7509 gretchen.everts@intergraph.com	SAW Ride/ Creekside Elementary	12-15 pace; no chick or stalker left behind, maps provided
Nov. 23 rd 10 am	30- 35/ 62	Jeannie Mackay 539-6217 jeannie.mackay@yahoo.com	Burn the Turkey Ride/ Ball fields at corner of hwy 431 & Eastern bypass in Hampton Cove	New Hope-Gurley with long and short options; 17- 20 pace; maps provided
Nov 25 th 10 am	40	Leaderless Ride - POC Sharon Bayler 830-5956	Mini Coldwater 40/ Sparkman Middle School	Route is marked, maps also available on the SCCC website

******* 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 Wednesday, **November 15th**. Please send submissions to Rachel Marshall at:
kdsmom2004@yahoo.com. Members are asked to submit articles, pictures or just about anything 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 change of address 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 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.

2007 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) _____

