



Spring City Cycling Club
Huntsville, AL – Founded 1892

The Spring Times

March 2007

The Official Publication of the Spring City Cycling Club – Dedicated to providing “concerted plans and amusements for the bicyclist.”

The Ramble

The Feature Presentation

As many of you may have heard, the March general meeting will definitely be a special event. The Spring City Cycling Club has the honor of hosting Mark Lynskey of Lynskey Performance Designs.

The Lynskey family started Litespeed in the 1980s and built world-class titanium frames for many years before subsequently selling the business to American Bicycle Group. As with most corporate acquisitions there is generally a non-compete agreement that is signed between the parties. Well, that non-compete agreement has expired and the Lynskeys are back in the bike business with Lynskey Performance Designs.

Due to the nature of this meeting and the fact that we have extended an invitation to other area cycling-related clubs, this meeting will be held in a larger facility. The meeting location will be the Palladium, located at 100 Essex Court in Madison behind the Redstone Federal Credit Union on Wall-Triana Highway.

In order to speed the evening along, we will dispense with as much of the regular general meeting business as possible. If you have specific issues that need to be addressed, please drop me an e-mail and let me know about them so that we can be prepared to address them at the meeting.

Come join the SCCC and Lynskey Performance Designs for this special program on March 12th. Pizza and soft drinks will be provided. The meeting will start at 7:00, so please arrive a little early so that you can get settled and be prepared for the program.

Officers Meeting

Date: Monday, March 5, 7:00 PM
Location: Home of Amelia Baldwin

General Meeting

Date: Monday, March 12, 7:00 PM
Location: The Palladium, 100 Essex Court, Madison
Program: Mark Lynskey, Lynskey Performance

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February General Meeting Minutes

Officer’s Meeting

Officers agreed to the purchase of 2 GPS units to create more ride maps. Officers are investigating the possibility of purchasing tents and tables for club events. St. Patrick’s Day party locations were considered. Club jerseys and the rides atlas were discussed.

General Meeting

The general meeting was held at Indigo Joe’s. El Presidente Mike called the meeting to order. Ed announced that he is accepting membership renewals. The Rides Doctor Amelia, requested ride leaders for May and welcomed suggestions and feedback. Mike Holderer has agreed to be the century director this year and it will be held September 15. Mike and Morgan are looking for help to collect ride data to update the rides atlas. Contact Marjorie Holderer to volunteer for litter patrol. Dr. Eric Beck passed on some great information in his presentation "The Aging Weekend Warrior." About 45 people attended. The March meeting will be held at the Palladium.

SCCC Cecil Ashburn Litter Patrol 2007



Ned Audeh, Andy Brown, Bob Ericksson and Sharon Bayler after a recent litter pickup.

Update: As of Feb. 17th, 36 pledges have been spoken for; with 4 remaining; 2 for March, 2 for July.

It's early in the year and that time to formulate the 2007 Litter Patrol. Since the officers have approved and I am willing to be the project lead again, club members can vote their PERSONAL support with pledges to pickup. This project ONLY begins AFTER all pledges are spoken for – therefore, no member support – doesn't happen and we'll all get to do other things – like ride more but probably won't talk less. This year we will have 3 sessions with 12 pledges each and 1 session of 4 pledges to pickup just before the 4 Hills Century on May 12. That'll be 40 pledges and 4 session leaders required to make this project a go.

We'll have 4 sessions this year, March, May, July, and November. May pickup will be an evening before the 4 Hills Century (May 12th) and our July pickup will be an evening pickup followed by a full moon howling party.

Session durations are 2 hours that day or any time the week prior to the scheduled date. So when schedule conflicts occur, you can do your part some other time or if that also won't work, let me know and 'it's ok'.

Once our members have made 40 pledges by mid March, I will notify the City of Huntsville and the Land Trust that we are in for another year. If not, then I will request that they remove the SCCC green team partner signs alongside the road.

Make your pledge via email mjholderer@knology.net or by calling 883-9982.

2 more pledges needed: March 31st Saturday morning 9-11 am Rain day Sunday April 1st 9-11am - 12 people total

Filled: May 9th Wednesday evening 5:30-7:30 pm (Cleaning prior to 4 Hills Century) Rain day May 10th, Thursday evening 5:30-7pm = 4 people total

2 more pledges needed: July 30th, Monday evening 6:30-9:30 pm Full Moon trash and howl pickup party. Rain evening Tuesday July 31st = 12 people total

Filled: November 3rd Saturday morning 9-11am Rain day Nov. 4th Sunday 9-11am = 12 people total

Submitted by Marjorie Holderer

Welcome New Members

**Eric Beck
Mike Brennon
Bob Nicholson
Tracy Reynolds
Jeff Souder
Clint Patterson
Sam Robison
Lisa Dean
Kimberly Roark
Rob Goyer**



And they had to pick up the garbage – Flavio Ortigao, Sharon Bayler, Mike Bayler, Matt Bucca, Geanine Lehmann, Claire Robinson

Newsletter Deadline

The deadline for the February newsletter will be Thursday, March 22nd. Please send submissions to sharon@bayler.us

Members are requested to submit articles, pictures, and useful links. Members may also run free classified ads in the newsletter.

Mississippi Bike Traces

We took a little road trip to New Orleans over Christmas. We were pleasantly surprised by several things. First, the French Quarter looked pretty good! Fresh paint and new roofs everywhere, and it was relatively calm. Not all restaurants and shops were open, but those that were



open, were as charming as ever. We were told it is usually quiet around Christmas. We stayed at the fancy Marriott hotel in the French Quarter for \$90!

When we visited the Abita Brewery area, north of Lake Pontchartrain, we found a wonderful string of communities along the Tammany Trace <http://www.tammanytrace.org/>. This 31-mile long, paved, Rails-to-Trails bike-ped corridor links several quaint, artsy little towns for tourists, recreation and transportation: Covington, Abita Springs, Mandeville, Lacombe, and Slidell. One year after Katrina destroyed property, trees and several of the bridges and bayou crossings, repairs were already completed and the entire Trace was open again. A must-see stop is the Abita Brew Pub in Abita Springs. Located right on the bike path, it features, of course, all varieties of Abita beer and a fantastic mural. It runs on one wall throughout the restaurant showing Trace users: bikers, skaters, joggers, dog-walkers, kids and grandpas.

We also stopped in Hattiesburg to ride the Long Leaf Trace <http://www.longleaftrace.org/>

This paved, Rails-to-Trail path cuts straight through the woods, west to Prentiss. It's over 40 miles long and most of it is quite remote. There were 6 or 8 well-equipped rest-stops along it and at both ends. The eastern terminus in Hattiesburg is at Southern Miss University where there is a Gateway park and bike rentals. All the stops had parking lots, a shelter, water, and a Coke machine. Also featured along the eastern third of the Trace were signs identifying specimens of native trees along the path.

Yes, Alabama has a nearly 40-mile long Chief Ladiga Trail <http://epic.jsu.edu> (nearly complete), but Mississippi has invested in two such projects. The Tammany Trace,

being so close to New Orleans, has become an economic boon to the area.

Submitted by Jamie Miernik


MADISON CYCLES

461-9963

See What's New!

Lights Helmets

Winter Clothing Trainers

Kestrel New Felt Bicycles

Mavic Wheels Vittoria Tires

www.madisoncycles.com

steve@madisoncycles.com

Last chance to renew your SCCC Membership!

This is the last month to renew your SCCC membership. This will be the last newsletter for members who haven't renewed.

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 the club website:

www.springcity.org/how_to_join.html

Dues are:

\$12 - email newsletter (individual)

\$15 - email newsletter (family)

\$17 - USPS newsletter (individual)

\$20 - USPS newsletter (Family)

Ed Bernstein, Treasurer SCCC

Community Affairs Corner

Metro Area Bike Planning

Jamie Miernik – Community Affairs Officer

James Moore, a planner with the city of Huntsville, has said that Huntsville Planning, on behalf of the Metropolitan Planning Organization (MPO), has begun work on an MPO Bikeways Plan. It will include routes and text from the Huntsville Bikeways Plan plus the city of Madison bike route plans and hopefully it will also include road suitability info for roads all over the two-county MPO area.

The city has scrapped plans to publish a Huntsville Bikeways map in order to save funds to publish a more comprehensive MPO Bikeways map later this year. The MPO Bikeways Plan is supposed to be completed in September. The map will be available after that.

The mayor's office called to say that Huntsville has submitted Parts I and II of the League of American Bicyclists (LAB) Bicycle Friendly Community (BFC) application. Although I haven't seen what was submitted, I did have LAB send the application package directly to the mayor's office. This was a special LAB project to appeal to mayors on behalf of local citizens. Looks like it worked!

NATIONAL BIKE SUMMIT 2007

MARCH 13 – 16

WASHINGTON, DC



Bike Summit, advocacy central. The League of American Bicyclists' annual National Bike Summit is where advocates, industry executives and education experts gather to speak up for bicycling on Capitol Hill. For more info www.bikeleague.org

Safe Rider Tips from the SCCC Professor Of Rides

Use hand signals to indicate turns. When riding in a group, also use verbal signals to communicate turns, slowing and stopping, etc. to other riders.

Hand and verbal signals should also be used to communicate upcoming hazards to other riders.



Bicycles Etc. Annual Tent Sale is the last weekend in March!



Upcoming Out of Town Rides

March 3 - Azalea Festival Century, Valdosta, GA

<http://www.bikeride.com/calendar/event.asp?id=2394>

March 10 - Wheels O'Fire Century, Harris County, GA

<http://www.harriscountychamber.org/CycleTour/>

March 24 - Woodland-Calhoun Century Challenge Bike Ride, Anniston, AL

<http://www.ci.anniston.al.us/Default.asp?ID=16&action=view&nid=26>

April 7 - Highlands of Alabama Century, Fort Payne

http://www.littlivercycle.com/lrco_site/highlands_07/highlands_of_alabama.html

April 14 - Dogwood 100, Winchester, TN

<http://www.dogwood100.com/>

April 14 - Music City Double Century, Nashville, TN

<http://www.harpebicycleclub.com/Ultra/Double/default.aspx>

April 21 - Old Howard 100, Perry County, AL

<http://www.samford.edu/groups/oldhoward100/#schedule>

April 28 - Brasstown Bald Buster Century, Helen, GA

www.active.com

May 5 - Three State Three Mountain Challenge, Chattanooga, TN

http://www.chattbike.com/events/3_state/3stchlng.htm

May 6 - Cheaha Challenge, Piedmont, AL

<http://www.neabc.org/cheaha/>

Four Hill Century III Third Time's a Charm

The Third Four Hill Century is a go on Saturday May 12. The 2007 version is a combination of the new and the old. The old is the return to the original 2005 route thanks to the restoration of Old Highway 431 south of New Hope. Several miles of fantastic new pavement covers what was previously the roughest roads on the route.

New for 2007 is the addition of a post-ride BBQ plate at Huntsville's hot new restaurant Lee Anne's. Conveniently, Lee Anne's opened in the new shopping center that has served as the parking area for the first two Four Hills Centuries. Event organizers thought it prudent to use Lee Anne's as the post ride party location. Fortunately, the food at Lee Anne's is great.

VOLUNTEERS NEEDED

Organizers are now seeking key volunteers to help make the third Four Hills as successful as the first two.

The Event Committee is now forming. Needed positions include:

- Volunteer Coordinator
- Rest Stop Food-Supply Coordinator
- Registration Coordinator
- Logistics (Pick up tents, tables, barriers and such)
- Course Marking
- Signs and Banners
- Communications (Radio and SAG Coordinator)

All volunteers will receive a goody bag, post-ride meal at Lee Anne's and a free ride entry, if working in event setup. Volunteers will be bribed with pizza and beer in advance of the event.

If you would like to join the Four Hills volunteer team contact **Morgan Andriulli,** morganandriulli@comcast.net, or call 536-7190.



St. Patrick's Day Party

The Spring City Cycling Club is doing something a little different for the club St. Patrick's Day party. We'll still be having stew and there will be variety of rides going off that day, but the festivities are moving to the evening. In addition to the traditional Irish stew and potluck feast, the SCCC, in conjunction with Trailhead Inc. bike shop, will be screening the classic 1979 cycling/coming of age film, *Breaking Away*.

This is the brainchild of Trailhead owner Tommy Reagh and SCCC VP, Morgan Andriulli because: A) Neither had seen the movie in a long time; B) Tommy's birthday is that weekend; C) There is not enough room at Trailhead to throw a decent party; and D) After randomly talking about A) through C) both parties struck upon the brilliant idea of combining both celebrations into a massive cycling/cinematic/Gaelic/birthday throwdown.

SCCC Webmaster, Dean Della Pella has generously "volunteered" his new home to host the 2007 St. Patrick's/Breaking Away party at 7PM March 17. Trailhead will be sponsoring beer and the sound system for the show.

Details:

2007 SCCC/Trailhead St. Patrick's Day Potluck and Breaking Away Movie Party (Sponsored by SCCC and Trailhead Birthday Boy, Tommy Reagh)

When: Saturday, March 17. 7 PM.

Where: Home of Dean Della Pella, [140 Bridgecrest Dr.](#) (Harvest Landing Subdivision), Harvest, AL, 890-0706.

Directions: Take Wall-Triana to Yarbrough Rd. (5mi. north of Hwy. 72). Go west on Yarbrough 1/2 mile to Harvest Landing subdivision. Follow Bridge Crest Drive around bend, 140 is second house on the right after going around bend.

What: St. Patrick's Day Potluck and *Breaking Away* Screening.

Potluck: Bring a dish, dessert, soda bread, beer, yourself, a guest, whatever. In addition, there will be the

Irish Stew Contest! Bring a crock pot of your best recipe!

Movie and beer sponsored by Trailhead.

Party supplies sponsored by SCCC.

What Else: Breaking Away trivia contest. Test your knowledge of the only decent American cycling movie ever made. (Any mention of American Flyers, Quicksilver or Pee Wee's Big Adventure will be severely punished!)

RSVP to morganandriulli@comcast.net or 536-7190 for accurate head count

Lynskey Performance Designs Litespeed Founders Come Full Circle

In the winter of 1999 the regional chapter of the American Society of Mechanical Engineers took a field trip to visit and tour Litespeed Bicycles in Ooltewah, TN. One of the questions asked was, "Is Litespeed for sale?" "Everything has its price," was Litespeed Owner and President Mark Lynskey's not-so-demure answer. A few months later, the SCCC toured the same plant on an overnight field trip. Another few months later, Litespeed announced it had been bought out by American Bicycle Group. Not too long afterwards, Litespeed acquired number two titanium bike manufacturer, Merlin, and Quintana Roo, titanium triathlon bike builder.

Mark Lynskey stayed on to manage Litespeed as president of the operations for the new owners. After divesting of the business, the rest of the Lynskey family moved on to other concerns starting in 1999. In 2005, Mark Lynskey resigned from the board of Litespeed Bicycles. In twenty years of Lynskey involvement Litespeed has produced over 80,000 bicycle frames; by far the largest manufacturer of high-end bikes made from that exotic element.

You would think that building 80,000 frames would take the bike building bug out of your system. Not so. In 2006, the Lynskey family formed Lynskey Performance Designs. After waiting out Mark's no-compete clause after separating from Litespeed, he came on board at his family's new operation.

Lynskey Performance is a smaller, different operation than Litespeed. Litespeed is about volume and quality mass production. Lynskey Performance is about customization and individualizing a bike for each customer.

Instead of specific models, Lynskey Performance offers four "levels" based on the type of tubing and material employed in the frame. Level One uses straight gage 3Al/2.5V tubing. Level 4 uses high-end butted, shaped 6Al/4V titanium tubing selected based on the type of riding the customer will do on their new frame. "House Blend" standard-geometry frames, as well as completely

custom built-to-fit frames are available. Prices range from reasonable to "What's in your wallet?"

Mark Lynskey will be the Guest Speaker at the March 12 SCCC general meeting at the Palladium Office Center in Madison.

<http://lynkeyperformance.com/>

Directions to the Palladium Office Center: Wall Triana Highway exit # 8. Stay to the right when the exit forks, merge onto Wall Triana Highway North and continue across Madison Boulevard. Once across Madison Boulevard, go 0.2 miles, turn left onto West Dublin Drive (just past Redstone Federal Credit Union). In 0.1 mile take the next left onto Essex court. The building is the Palladium Building, 100 Essex Court.

Treasurer's Report:

Income Statement for the Period 1/1/07 - 1/31/07	
Beginning Balance	\$ 6165.53
Income	
Membership Dues	770.00
TOTAL Income	\$ 770.00
Expense	
Quality Quick Printing – Rides Atlas	362.94
Morgan Andriulli - Meal for program presenter	25.00
Quality Quick Printing - Newsletter (Jan, Feb)	90.74
Postmaster – Postage	39.00
Paulette Bernstein – Reimbursement for Postage	39.00
TOTAL Expense	\$ 556.68
Ending Balance 1/31/07	\$ 6378.85
127 Memberships have renewed as of 2/20/07	

Spring City Cycling Club Officers

President	Mike Bayler	653-9902	mike@bayler.us
Vice-President	Morgan Andriulli	536-7190	morganandriulli@comcast.net
Secretary/Public Relations	Leah Tracy	509-5217	leah-tracy@yahoo.com
Treasurer	Ed Bernstein	534-6574	sccctreasurer@knology.net
Rides Captain	Amelia Baldwin	520-9494	amelia.baldwin@uah.edu
Community Affairs	Jamie Miernik	536-7190	jamorgan10@comcast.net
Newsletter Editor	Sharon Bayler	653-9244	sharon@bayler.us
Webmaster	Dean Della Pella		dean.della.pella@intergraph.com
Race Division Manager	Heath Goebel	539-3655	heath.goebel@trw.com
Century Director	Mike Holderer	883-9982	moh@knology.net

For latest information:
 Amelia Baldwin, Professor of Rides
 256-520-9494
 amelia.baldwin@uah.edu
<http://www.springcity.org>

Spring City Cycling Club

March 2007 Rides Calendar

Weather policy
 If the weather is questionable before the start time, call the ride leader to confirm whether the ride will take place.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Fast/Easy Breakfast Afternoon Rides	29 Moderate Mortals @5	30 Intergraph 530 Arsenal Ride 530	31 Midweek Mortals @5	1 Arsenal Ride 530 Bonus Mortals @530	2	3 Monte Sano 25 Weather Rules Ride LAST Swancott TT
4 Fast/Easy Breakfast Afternoon Rides	5 Moderate Mortals @5 Officers Meeting	6 Intergraph 530 Arsenal Ride 530	7 Midweek Mortals @5	8 Arsenal Ride 530 Bonus Mortals @530	9	10 SCCC Training Race - Airport Joe Wheeler 100 Tick Ridge Ramble
11 Fast/Easy Breakfast Afternoon Rides	12 Moderate Mortals @5 General Meeting	13 Intergraph 530 Arsenal Ride 530	14 Midweek Mortals @5	15 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	16	17 No lad/lass left behind Lucky Leprechaun Patty's from 5 Points St Patrick's Day
18 Fast/Easy Breakfast Afternoon Rides	19 Moderate Mortals @5	20 Intergraph 530 Arsenal Ride 530	21 Midweek Mortals @5	22 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	23	24 Natural Bridge Ride Saturday ¼ Century Woodland Calhoun Century (Anniston)
25 Fast/Easy Breakfast Afternoon Rides	26 Moderate Mortals @5	27 Intergraph 530 Arsenal Ride 530	28 Midweek Mortals @5	29 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	30	31 SCCC Training Race - New Hope Mark's Hytop Loop Tour de Northeast

Standing Rides

Sunday Fast Breakfast Ride - 9:00am. 43 miles, 17-19 mph pace (Sometimes Harder. Sometimes Not). Starts at Mullin's Restaurant. *Ride Contact:* Morgan Andriulli 536-7190, jamorgan10@comcast.net

Sunday Easy Breakfast Ride - 9:00am. 18/10 miles to Mullins Restaurant and back. Post-breakfast Monte Sano option. Grissom High School (Qdoba - Airport & Whitesburg) *Ride Contact:* Willy Albanes, 883-0685, albanes@att.net

Sunday Afternoon Ride - 1:00 pm. 40 miles (32/22 options). 18-22 mph. Williams Elem. off Zierdt Rd. *Ride Contact:* Don Wallace, 859-3019, wallace@mae.uah.edu

Sunday Afternoon Reasonable Recovery Ride - 1:00pm. 30 odd miles, 16-17 pace. Ken Johnson Park, Mtn. Gap Rd west of Publix. *Ride contacts:* Tom Greer, 655-0121, Dan Kruvand, 880-9347

Moderate Monday Ride for Mortals - 5pm. Leaves from JIT Building, 165 Electronics Blvd. **Bring lights.** 20 miles, no rider left behind. *Ride Contact:* Amelia Baldwin, 520-9494, Amelia.baldwin@uah.edu

Tuesday Arsenal Ride - 5:30 pm. 22 miles, fast & slow groups. Starts at Building 5400 south parking lot (badge, government ID or escort required). **Bring lights.** *Ride Contact:* Don Lovelace, 539-9008, lovelaced@msn.com

Tuesday Intergraph Ride - 5:30 pm, working up to 32-36 miles but shorter for first few weeks. Wellness Center parking lot. Various groups and paces, mostly 16-18 pace. *Ride contact:* Dean Della Pella 730-3679 dean.della.pella@intergraph.com

Moderate Wednesday Ride for Mortals - 5pm. JIT Building, 165 Electronics Blvd. **Bring lights.** 20 miles, no rider left behind. *Ride Contact:* Amelia Baldwin, 520-9494, Amelia.baldwin@uah.edu

Thursday Arsenal Ride - 5:30 pm. 22 miles, fast & slow groups. Starts at Building 5400 south parking lot (badge, government ID or escort required). **Bring lights.** *Ride Contact:* Don Lovelace, 539-9008, lovelaced@msn.com

Thursday Williams School - 5:30pm. 25+ miles. Williams Elem. off Zierdt Rd. Slow and fast groups. *Ride contact:* Charles Feaux 881-8479 cfeaux@comcast.net

Thursday Alternate Ride - 5:15p.m. 22-26 miles, 12-16 mph. JIT, 165 Electronics Blvd. Show & go. *Ride contact:* Geanine Lehmann 655-6385 gean31356@aol.com

Thursday Bonus Moderate Ride for Mortals - 5:30pm. 20 miles, no rider left behind. JIT, 165 Electronics Blvd. **Bring lights.** *Ride Contact:* Amelia Baldwin, 520-9494, Amelia.baldwin@uah.edu

Saturday/Sunday Rides

Saturday, March 3

Monte Sano for Mortals. A No-Rider-Left-Behind ¼ Century, 9am, UAH library on Holmes. Includes a climb of Monte Sano. An ideal ride for first time climbers or encouragers. *Ride Leader:* mathews.barry@gmail.com 464-0572 or 774-0280

Weather Rules Ride, 10am, 33-70 miles, Hampton Cove Ball Fields. Distance and pace determined by weather, from 33 to 70 miles, 16-19mph likely. *Ride Leader:* Jeannie Mackay, 539-2710, jeannie.mackay@yahoo.com

Pre-TT Warm-Up Ride (Before the Time Trial), 1pm, Northrup Grumman, Wall Triana. Warm up ride and arrive at TT sign up. *Leader:* Sharon Bayler, sharon@bayler.us, 830-5956

Swancott Time Trial Series continues, 9mi, 2pm (sign up at 1:45), Swancott Store, Corner Swancott & County Line. All welcome! Details on website. Organizers: Amelia.Baldwin@uah.edu 520-9494 or Gretchen.Everts@intergraph.com

Saturday, March 10

Joe Wheeler Century - Century season is officially open! 100mi, choose your pace, 8am, Creekside Elementary. Maps provided. No sag, but there are several store stops along the way. *Ride leader:* Davy Haynes davy.haynes@nasa.gov 544-9198.

Tick Ridge Ramble - 45mi, 14-16mph 10:30am, Fitness Park, across from Athens Wellness Cntr, 209 Fitness Way, Athens (72W to Athens, Right on Jefferson, Left on Market to Fitness Way). Hilly, no long climbs, nice Elk River. Maps, no stores. *Ride Leader:* Geanine Lehmann, gean31356@aol.com 864-2591.

SCCC Spring Training Race. *Airport course.* *Contact:* Heath.Goebel@ngc.com

Saturday, March 17

No lad or lass left behind ride. 35 miles, flat to rolling terrain, 13-15 pace, 10:15am. Meet: parking lot end of Cowford Rd (near restrooms) near Calhoun's main campus, Tanner/Athens. Lovely picnic area on water. One stop at 25 miles, have \$! Includes Swann Creek Wildlife area. *Ride leader:* nolenclark@mindspring.com 479-1664

Lucky Leprechaun Ride. 930am. 42 miles, flat to rolling terrain, 15-17 mph pace. Creekside Elementary (directions on club website). We'll go to that extremely Irish town, Ardmore. Riders not wearing green will be pinched. *Ride leader*

St Patty's from Five Points. 9am. 55mi, pace 17-19 mph. Leave from Morgan's house at 1010 Humes Avenue. Park at church on corner of Humes and Coleman. Route: Five Points - Chase Road - Gurley - Keel Mountain - Owens Cross Roads (Stop) - Four Mile Post (Cecil Ashburn) - Five Points. Apres' Ride Lunch at Po'Boys Factory (Optional).

Saturday, March 24

Rob's Natural Bridge Ride - 62 mi, 14-16mph, 10am, Hampton Cove Publix. A lovely scenic ride to a local natural wonder. One big climb (about 500 feet long at about 7 - 8% with a max of about 15%) half way into the ride. Three rest stops. Bring your camera! *Ride leader:* Rob Hammond, 520-6660, crazybobs@knology.net.

Tricia's Rotator Cuff Recovery Celebration Ride, A No-Rider-Left-Behind Saturday Quarter Century, 10:00. Starting place: Southeast TBA. *Ride leader:* Tricia Hart luyvmyride2006@yahoo.com 256-656-5592

Saturday, March 31

Hytop Loop, 68mi, 16-18pace, 10am, Paint Rock Valley High. Directions: Hwy-72 East 11 mi past HSV limits (2 mi past Gurley), turn Left/North on AL-65. Go 15 mi to Princeton. Paint Rock Valley High School on left, after Post Office. ½ hr drive from HSV limits; arrive 15 min. early. *Ride Leader:* Mark Sloan slone@hiwaay.net 776-4175 <http://home.hiwaay.net/~slone/DirHytop.html>

Tour de Northeast, 24 miles. options to 35, 13-15mph, 9am, Central School on Ryland Pike. Rolling without any long climbs. Post ride lunch options at rural BBQ places. *Ride leader:* Ray Mulcahy 852-3177 raymulcahy@msn.com

SCCC Spring Training Race. *New Hope course.* *Contact:* Heath.Goebel@ngc.com

SCCC GENERAL MEETING Monday, March 12 - Program:

Spring City Cycling Club Rides Policy

All rides are free and open to the public. Helmets are mandatory. Choose a ride appropriate to your ability. Properly maintained equipment is highly recommended. Want to lead a ride? Email Amelia.Baldwin@uah.edu

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 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) _____

