



# The Spring Times

## May 2007

*Spring City Cycling Club*  
Huntsville, AL – Founded 1892

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

### The Ramble

#### Group Ride Behavior

Over the past few years several riders in the club have commented the amount of bad behavior on group rides. Given that many may be unaware of how this behavior affects other cyclists I thought that I would take this opportunity to list some of the behavior that has not been well received by some of your fellow cyclists. I’m sure that this ramble will probably fuel a great amount of discourse on the Roadies list, so we’ll all be looking forward to that.

Please keep in mind that some criticism (including this) is constructive. If you feel offended by some of this criticism, it probably means that you are guilty of the offensive action. Please step back and take a look at this from the perspective of other riders.

**Make others aware of your presence.** Many riders of different abilities are out on the roads participating in club rides or riding on their own. Many of these riders do not react well to being surprised by your presence when whizzing by. Announcing your presence by saying “on your left”, “coming by”, or even “hey there” let’s others know where you are located and that you might be passing them. Making your presence known will reduce the likelihood of other riders reacting erratically or making a planned move (like pulling of the front of a peline) that will jeopardize your safety.

**Pass in the proper location.** The preferred location for passing is on the left of other riders. It is not acceptable to pass other riders by moving off to the right and passing on the shoulder. Moving up through the middle of a group is also often frowned upon and should only be done with great care after making others aware of your intent.

**Group rides are not races.** While many riders want to come out and see how fast they can ride or whether they can hang with the racers, the rides scheduled for the general membership typically are not races. These rides

#### Officers Meeting

Date: 7:00 PM, May 2,  
Location: Indigo Joe’s

#### General Meeting

Date: 5:00 PM, Monday, May 14, 2007  
Location: West ParK Loop,  
Program: Children’s Bicycle Races, Dinner at 7:00 PM at Indigo Joe’s (See flyer on page 7)

are open to all riders in the area and are held on open courses. It is fair to say that some of the riders on the road are not interested in participating (or being affected by) race tactics. If you are in a group that is behaving as if the ride is a race, please provide ample warning and space when overtaking other riders on the road.

The single exception to this is the “Thursday Night World Championships” that are being held at Williams Elementary. This is actually being conducted as a training race and encourages the use of race tactics, but since it utilizes some of the same roads as two other rides that have been established for the general membership, those participating in the TNWC should exercise appropriate courtesy when passing those not participating in this training race.

#### Inside this Issue

President’s Ramble .....	1
April Meeting Notes .....	2
Bike Florida.....	2
June Courtland Ride.....	3
National Bike Summit.....	4
National Bike Month Activites.....	6
Kids Races .....	7
Ride Calendar .....	11

**Know where you are going.** On many weekend rides faster riders have blasted off the front with no clue as to where the route goes. This typically results in one of two situations; riders either blast past the specified turn or else they get to a possible turn and stop in the middle of the road. If you don't know how the route proceeds, try to follow someone who does. If you have to stop to wait for others who know the way, get off to the side of the lane to avoid impeding the progress of those who know what turn must be made.

**Give other traffic its right of way.** Cyclists are often faced with making the decision of whether or not to proceed through a red light at an intersection. While a rider should not be expected to wait for five minutes to see if the light might turn green, riders should be very aware of other traffic that is flowing through the intersection. While most cyclists are respectful of cars due to the laws of physics, some riders do not show the same respect to other cyclists.

One group recently proceeded straight through a red light in the path of cyclists that were making a sweeping right turn with a green light. Fortunately, those making the right turn were expecting the behavior of the group coming through the red light and were able to adjust their turns to avoid any impacts. Had the group with the right of way not paid attention to the other riders this could have been a very dangerous pileup.

**Don't exploit traffic to open gaps.** Occasionally, a group of riders will be split when only a portion of the group makes it through a traffic signal or are able to make a turn before an upcoming vehicle arrives. In too many cases the group that makes it through the obstacle rides on with no consideration for those who have been left behind. It seems that some riders feel that this is a natural splitting of the group (which normally is brought on by different riding speeds) rather than just a twist of fate that did not allow riders to continue on with the group in which they would typically ride.

It is understandable that in situations with long traffic light cycles it is impractical to wait for a group that is delayed three or five minutes. However, when riders are delayed by 15 or 30 seconds it would be considerate to sit up for a little bit and allow them to rejoin the group. The alternative is for the other riders to work harder for three to five minutes to rejoin the group and be winded when they arrive and unable to stay with the group in the long term.

**Put yourself in the other guy's pedals.** The best thing you can do is think about how other riders perceive your actions. If you don't feel the need to do this, maybe you truly aren't getting the benefit of group riders.

**Mike Bayler, SCCC President**

## Welcome New Members

Steve Tesney  
David Hatfield  
Marcus Adams  
Rich Wyatt  
Christopher Reno

## April Meeting Minutes

The general meeting was held at Diehl Toyota Honda Specialists repair shop. Steve Swann of Madison Cycles gave an informative talk on basic bike maintenance and repair. Topics included cabling, brake adjustments, and the importance of lubing your threads....."Oil the fine ones, grease the big ones"! The AYCE century will take place September 15 this year at Madison County High School. Memorial Day weekend activities were described and include a balloon chase on Saturday and a metric/40 miler with the Shoals group on Monday. A video was shown about the Ride of Love that is happening May 19<sup>th</sup>. Please contact Amelia Baldwin to make donations! The club is still working on the rides atlas and also gearing up to begin the RAM rides. Approximately 37 people were in attendance.

No officer's meeting was held this month.

## Newsletter Deadline

The deadline for the June newsletter will be Monday, May 21st. Please send submissions to [sharon@bayler.us](mailto:sharon@bayler.us).

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

## Bike Florida 2007

*Submitted by Ed & Paulette Bernstein*



It was a classic scene in rural Florida – a gently flowing spring with crystal clear waters, an alligator sunning on the far bank beneath a palm tree, manatees

swimming gracefully below, and gar fish with pointed snouts darting below our feet. Live oak trees formed a canopy over the water with Spanish moss draping the

branches. This was the rest stop at Blue Springs State Park, along the route of Day 2 of Bike Florida 2007.

This year's Bike Florida was again well supported and well planned. Three riders from Huntsville attended, Ed & Paulette Bernstein & Jim Hall. It was a seven-day ride starting on March 17 (St. Patrick's Day) and ending March 23. It covered a route starting inland in Deland, Florida (near Daytona Beach), traveling to the east coast to Flagler Beach, following part



of A1A to Daytona Beach and then to New Smyrna Beach and back to Deland. There were over 700 riders, tending toward the older ages (average age was 56). The route was flat except for several bridges. The total length was about 300 miles, and longest day for us was 61 miles (there was also a century option). The weather was pleasant, no rain and only one windy day. The route traveled through mostly low traffic roads, and along some wide-shouldered highways, unlike what we are used to in Alabama. Even the traffic on Route A1A wasn't bad on the weekday that we traveled it.

We saw every type of bicycle you can imagine, from recumbent tandem tricycles to a rider who had made a special bike to carry his dog. Rest stops were at



interesting locations, many of them state parks, including a lighthouse, sea bird rehabilitation sanctuary, ruins of an old sugar mill, the country's largest horse

training facility, and the Jackie Robinson Ball Park in Daytona, especially interesting since this year is the 60<sup>th</sup> anniversary of the first black baseball player to play in the major leagues.

Evenings featured catered meals (good food) and entertainment – starting with a big St. Patricks Day party in downtown Deland, local bands, and free beer night!



The highlight of the trip was the two hours that we were allowed to ride on the Daytona International Speedway. We were not permitted to ride above the yellow line on the banked turns. They looked to be

about 70 degrees but we were surprised to find that they were only 31 degrees. After riding on the Speedway, we had the opportunity to visit the Speedway museum and

try our luck at race simulators and pit-stop tire changing contests.

This is our third year to do Bike Florida. The organizers are already planning next year's ride. We plan to go

  
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**Mavic Wheels Vittoria Tires**

[www.madisoncycles.com](http://www.madisoncycles.com)

[steve@madisoncycles.com](mailto:steve@madisoncycles.com)

again and invite SCCC members to join us.

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## **Courtland Picnic in the Park Touring Rides**

**June 2, 2007**

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We've been invited back for more Courtland, AL food and touring. 50 people attended the Courtland Garden rides last year and now the Courtland Historic Association is willing to stuff us full of homemade cooking again. This time we will become a part of their town's celebration called **Picnic in the Park**. Complete with a parade and a Miss Cotton Pageant, our spandex will blend right in. We will be served lunch on the porch of the Rudy McCarley Center, next to the public library between 11:30am-2pm.

We will have two loop routes; 40+ and 55 miles with a few convenience stores to help you along. The ride departure time is 8:30am from the Courtland Public Library 233 College St, Courtland, AL. That is smack dab downtown Courtland, AL

**This is a reservations only deal** and limited to 50 people. Cyclists from Tuscaloosa, Birmingham, Florence, and Huntsville are all invited. Please RSVP to me, Marjorie Holderer at 256 883-9982 or email [mjholderer@knology.net](mailto:mjholderer@knology.net) It's beautiful country and a beautiful ride.

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## Trip Report National Bike Summit

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Florence Bradley, from Mountain Brook in Birmingham, and Jamie Miernik, from Huntsville, represented AlaBike at the 2007 National Bike Summit. It was an intensive 2 ½ days of listening, learning and lobbying, followed by evenings of meetings, discussions, and bike rides. The warm weather followed us up there on our drive up Tuesday, March 13<sup>th</sup>. Tuesday and Wednesday evenings were in the 70's for some great late-night bike site-seeing. The weather held through Thursday's "Hill Walk", where we met with staff of all of our Alabama Congressmen. Then, the temperature plummeted and a frigid rain began. Rain continued all day Friday and it got colder; nearly canceling the traditional Friday afternoon Congressional bike ride. We don't know how many, if anyone, actually rode. We had already seen enough by bike and decided to hit a couple of museums. That evening, when we emerged from the Smithsonian Natural History Museum, after viewing the movie "A Night at the Museum" on the IMAX screen, the world was white with snow. Saturday was a beautiful sunny day with a windchill in the teens. We drove through the Arlington Cemetery, toured the National Cathedral and picked up an SCCC member's son at the DC National Airport, because he was stranded there. All the planes to the north were stuck on runways, so, we gave Trevor Hinkson a ride back to Huntsville.



On Wednesday, we attended workshops on Safe Routes to Schools (SRTS), possible Transportation Enhancement (TE) rescissions, increasing support of cycling by the health community, and traffic justice. Thursday, before our Hill Walk, we were rallied by Rep James Oberstar (D-MN) and attended a press conference when Rep Earl Blumenauer (D-OR) announced his new Bicycle Commuter Tax Benefit Bill. This bill would amend section 132(f) of the IRS code of 1986 to include "bicycles" in the definition of transportation covered in the qualified transportation fringe benefit. We asked our AL Congressmen to support and co-sponsor this bill.

We also discussed local cycling related topics with our Congressional staff members, such as: support for the

Chief Ladiga (Calhoun and Clebourne Counties) and the Two-Wheel Trail (Limestone County) projects. We also reported about the first SRTS Advisory Board Meeting, held March 7<sup>th</sup> in Montgomery. AlaBike is thrilled to be invited to serve on the SRTS Advisory Board. They are off to a good start with AL Dept of Public Health, the Dept of Education, as well as the AL Police Resource Officers also represented on the Ad Board. We informed both senators and Rep Bonner and Davis about the inaugural tour of Adventure Cycling's Underground Railway Bike Route. It will begin in Mobile April 14<sup>th</sup> and head north through Mississippi, leaving Alabama just west of Tuscaloosa. We are hoping to stage some positive PR for cycling tourism.

Other ideas from the Summit include:

- Collaborating with the YMCA to promote rides.
- Outreach to student Driver's Ed and AARP
- Driver's Ed classes to get bikes in the curriculum.

IMBA, the International Mountain Bicycling Assoc, and the National Bike Dealers Assoc., NBDA, and Bikes Belong Coalition were major sponsors of the Summit in 2007 and bike retailing contributed a lot to the topics of discussion. Land preservation and access to federal lands are part of IMBA's policy to improve trail experiences for mountain bikers. The dealer led a discussion to get feedback on some Shimano research and new "coasting" products to reach the 161 million Americans who do not currently cycle.

The Summit theme of "Think Bike" was chosen to focus on the goal to bring biking more into the mainstream of transportation and to get more people on bikes. Saris Cycling Group was honored as the "Retailer of the year" for their contributions to that goal. This was the first National Bike Summit for Flo and the fourth for Jamie and it was one of the best. Saris provide the highlight of the conference by treating the over 400 strong Summit participants to a 30-minute question and answer period with Floyd Landis at the keynote luncheon on Wednesday. *Article submitted by Jamie Miernik*



*Amelia Baldwin checks out two racers before the New Hope Training Race. (Photo by Nolen Clark)*

## Road One Course Offered

Saturday, June 9th, 8 am to 5 pm in Huntsville.

Courses are held at Safety City, 2221 Drake at the intersection of Ivy.

Bikes and helmets are required.

The course fee, \$50, is due at sign up. SCCC members are eligible for a \$5 discount on courses. AlaBike members are eligible for a \$10 discount. Make your checks out to me, Dave Stone

The registration form is available on my website. Registration is limited, so don't delay. Registration deadline is one week before the class.

Contact me for more information and where to send the registration to.

Road I - This initial course is perfect for all cyclists who wish to gain a full understanding of how to operate a bicycle in a variety of situations.

The class includes how to perform a pre-ride inspection, routine maintenance and adjustments, interactive discussion, on-bike skills practice and student manual. Group riding and ways to prevent collisions with other cyclists are covered. Crash types will be discussed. Prevention and avoidance techniques of typical motorist mistakes are demonstrated. Sidewalks, greenways and mixed-use trails are covered. Bicycle types, sizing, comfort and performance are reviewed. Students will gain confidence knowing that they are riding legally and safely. Recommended for adults and children above 14 and all experience levels.

**Dave Stone, [dstone@knology.net](mailto:dstone@knology.net)**

### Classified Ads

#### FS: Santana Sovereign SE tandem.

VG condition and similarly equiped to the same model that now sells for \$4,100 new.

The tandem comes complete including SPD pedals, computer and frame pump (also not included on new ones). Offered at either \$2350 equiped with Ultegra bar-end shifters, or \$2500 equiped with Ultegra STI, your option. 9 speed.

Also have a "kiddie crank" kit available that allows kids from 4 years up to ride as stoker.

**Contact Davy Haynes, 864-8183**

#### FREE! FREE! FREE!

##### Graber Trunk Mount Bike Rack

Free to good or bad home or auto. Contact **Randy at 534-5509 or [mcbikeboy@yahoo.com](mailto:mcbikeboy@yahoo.com).**



**Mom always said those ballet lessons would come in handy...** *Unidentified racer prior to the New Hope race.*



**Could it be? Is Mike Steffen really My Favorite Martian?** *Photos by Nolen Clark at the New Hope Races*

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# National Bike Month Activities

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## By Jamie Miernik – SCCC Community Affairs Officer

Mayor Spencer has agreed to declare that May is Bike Month in Huntsville. She will make the proclamation at the start of the Four Hills Century May 12th. All children are invited to participate in the Kid's Rocket Races to be held in conjunction with the SCCC USCF Criterium Race, July 22 in downtown Huntsville. All age groups can participate.

The SCCC will hold a May Kids Bike Race on the evening of the May monthly meeting. Registration opens at Westpark 5 pm, racing from 6-7 pm, and a dinner meeting follows at Indigo Joe's. See calendar below for more details.

Here is the calendar of events for May is National Bike Month:

### May 3 **Legislative Commute** Montgomery, AL 9 am

This a short 5-mile bike ride to demonstrate how easy it is ride on urban streets and to meet legislators and other bureaucrats in Montgomery. We will provide information to our leaders in Montgomery about the need for better facilities and legislation for bicycling rights and safety.

Contact Dave Stone for more info: 256-348-6414, [dstone@knology.net](mailto:dstone@knology.net)

### May 5 **Sunny King Criterium** Downtown Anniston, AL ~5 pm

The Noble Street Festival features the nationally recognized Sunny King Criterium pro bike races, 25 local restaurants in the Red Diamond Restaurant Tour, live music, and an art show featuring regional artists. Bring the whole family, as there's lots in the Kids Zone, including fun bike races, a bike clinic, hands-on art, and more! All the details at [www.noblestreetfestival.com](http://www.noblestreetfestival.com)

### May 6 **Cheaha Challenge Century** Piedmont, AL 8 am

This recreational bike ride offers something for everyone. Short route options have little or no hills, while the full 102-mile route climbs Alabama's highest mountain--Mt. Cheaha. Piedmont is between Atlanta and Birmingham. Get more info and register at [www.cheahachallenge.com](http://www.cheahachallenge.com). Benefits Chief Ladiga Trail.

### May 12 **Four Hills Century** Huntsville, AL 8 am

The 3rd annual downtown century in Huntsville is the annual fundraiser for the Alabama Bicycle Coalition. Come support advocacy in Huntsville and take part in a killer bike ride! Free lunch at Lee Ann's this year, as well as a 6-mile Family Ride. Huntsville's Mayor Spencer will declare May Bike Month in Huntsville.

### May 14 **SCCC Monthly Meeting** Indigo Joe's, Madison

Program: There will be a 1st annual SCCC May Bike Month Kids Races as the program for the monthly meeting. Registration will be from 5 to 5:45 pm at Westpark with races following for all ages up to 12 years old. There is a 1-mile loop at Westpark where the racers are visible around the entire loop from the start/finish area. Westpark is located just south of Hiway 72 west, just west of the Target center. All races should be done by 7 pm and we can all go eat at Indigo Joe's. It will open to the public and club members and their children. (See the inserted flyer) The SCCC and AlaBike will set up membership tables. Others can spectate and cheer and then we'll all go eat at Indigo Joe's for awards.

### May 14 – 18 **National Bike to Work Week**

#### May 15 **Tour d'Arsenal** NASA Fitness Center 5 pm

(Redstone access required. Request visitor pass with Carol Hawkins 544.0502 [carol.j.hawkins@nasa.gov](mailto:carol.j.hawkins@nasa.gov)) 18-22 miles ride around Redstone Arsenal

For more info: Jamie Miernik - [jamorgan10@comcast.net](mailto:jamorgan10@comcast.net)

#### May 16 **Ride of Silence** 7 pm

Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20 kph) in honor of those who have been injured or killed while cycling on public roadways.

Huntsville East Clinton School POC: Dave Stone 256-348-6414, [dstone@knology.net](mailto:dstone@knology.net)

Birmingham Homewood Cycles POC: Patrick Ferkany [pferkany@mountainbrookclub.com](mailto:pferkany@mountainbrookclub.com)

### May 17-18 **Bike to Work Day(s)**

May 18th is the official National Bike to Work Day as declared by the League of American Bicyclists for over 40 years. In Huntsville as in many cities, rides are usually organized both Thursday and Friday to include more folks.

Send ride info to Jamie Miernik - [jamorgan10@comcast.net](mailto:jamorgan10@comcast.net) and it will be posted by city on the AlaBike website: [www.alabike.org](http://www.alabike.org)

### May 19 **The Ride of Love**

150 mile bike ride benefiting Camp Smile-A-Mile - For more information visit [www.rideoflove.org](http://www.rideoflove.org) and/or contact Stephanie Wilkins, Camp Smile-A-Mile, PO Box 550155, Birmingham, AL 35255, email: [swilkins@mindspring.com](mailto:swilkins@mindspring.com); phone: 205-323-8427.

May 19 **The Wheelin' and Healin' Ride benefiting Kid One Transport** - Pike Road, south of Montgomery. See <http://www.kidone.org/bike-ride.php>

May 20 **Homewood Criterium**- Homewood, AL- See <http://www.gccycling.org>

# MAY IS NATIONAL BIKE MONTH !



RIDE SAFE. RIDE MORE RIDE FAST!

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## 1<sup>st</sup> Annual May Bike Month Kids Races

Sponsored by the Spring City Cycling Club

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**Monday, May 14, 2007**

**5 – 7 PM**

**Westpark – just west of Target, south off of Hiway 72**

**Turn into office park entrance designated by a ground sign and gateway**

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**Registration is FREE and open to all cyclists *under* 13 years old**

**Never raced before? No Problem!**

There are many SCCC members and their families that may enjoy this opportunity to meet other cyclists with kids. This is a first for an SCCC monthly meeting program. Mark your calendar for this family fun event. Westpark is a paved office park with a 1-mile loop virtually closed to traffic.

- Registration open 5:00 to 5:45 pm, races run between 6 and 7 pm
- One mile races for most age groups, the youngest kids will race a partial loop
- Certificates and ribbons awarded, 3 places in each category
- Helmets required
- SCCC Monthly (dinner) meeting follows (after 7 pm) at Indigo Joe's

*Age group categories determined by turn-out.*

*Post this flyer at your school or hand out to friends and neighbors.*

***Spread the word! The public is welcome!***

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**For More Information:** Jamie Miernik, 536-7190

[jamorgan10@comcast.net](mailto:jamorgan10@comcast.net)

[www.springcity.org](http://www.springcity.org)

## SCCC Membership

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](http://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

## Treasurer's Report:

### Income Statement for the Period 3/1/07 - 3/31/07

<b>Beginning Balance</b>	<b>\$ 6229.54</b>
<b>Income</b>	
Membership	665.00
Rides Atlas	60.00
<b>TOTAL Income</b>	<b>725.00</b>
<b>Expense</b>	
Burnum Properties (Room Rental Feb. Meeting)	\$100.00
Mckay Insurance (Century Insurance)	\$720.00
Postage	\$39.00
Papa Johns Pizza for Feb. Program	\$178.62
Quality Quick Printing - Newsletter (March)	\$45.37
<b>TOTAL Expense 3/1/07 - 3/31/07</b>	<b>\$ 1082.99</b>
<b>Ending Balance 3/31/07</b>	<b>\$ 5871.55</b>

There are 179 current memberships as of 4/17/2007

# *Out of Town Century Rides*

May 5 – 3 State, 3 Mountain, Chattanooga, TN,  
[http://www.chattbike.com/events/3\\_state/3stchng.htm](http://www.chattbike.com/events/3_state/3stchng.htm)

May 5 - Sweet Onion Century 2007 - Vidalia, GA,  
<http://www.letsride.net/socent2007.html>

May 6 - Health on Wheels - Palmetto, GA,  
<http://www.atlantajcc.org/>

May 6 – Cheaha Challenge Century, Piedmont, AL,  
<http://www.neabc.org/cheaha/>

May 6 - Cycle for Safety in Memory of Cory Horton -  
Collierville, TN, <http://www.sharetheroadmidsouth.org/>

May 12 – Big Hill Challenge, Watertown, TN,  
[http://veloteers.org/files/Big\\_Hill\\_Challenge\\_2007.htm](http://veloteers.org/files/Big_Hill_Challenge_2007.htm)

May 12 – Four Hill Century, Huntsville, AL,  
<http://www.alabike.org/fourhills/>

May 12 - Up the Creek Without a Pedal Century Ride XVII -  
Rome, GA, <http://www.cvca.org/>

May 12 - Biking for Burns - Cumming, GA,  
<http://www.bikingforburns.org/>

May 12 - LAP 007 - Lula, GA,  
[http://assemblyofpraise.com/lap\\_century.htm](http://assemblyofpraise.com/lap_century.htm)

May 16 – Ride of Silence

May 19 – Little River Bicycle Tour, Hopkinsville, KY,  
<http://www.littlerivercyclingclub.com/lrbt.htm>

May 19 - Jekyll Island Challenge - Jekyll Island, GA,  
<http://www.bicyclesavannahllc.com/>

May 19 - Covenant Christian Century 2007 - Rockmart, GA,  
<http://www.covenantchristiancentury.org/>

May 19 - Tour de Lake Century - La Grange, GA,  
<http://westpointlakecoalition.org/events/>

May 19 - Tour de Blount 2007 - Maryville, TN,  
<http://www.foothillstriders.org/>

May 19 - Tour de Nash - Nashville, TN,  
<http://www.musiccitymoves.org/>

May 19 - Tour de Cure Chattanooga - Ringgold, TN,  
<http://tour.diabetes.org/>

May 19-20 - 5th Annual ActionCycling 200 - Atlanta, GA,  
<http://www.actioncycling.org/>

May 20 - The Epic Climb - Serrano Series - Dawsonville, GA,  
[http://www.active.com/event\\_detail.cfm?event\\_id=1417921](http://www.active.com/event_detail.cfm?event_id=1417921)

May 20 - Atlanta Tour de Cure - Tyrone, GA,  
<http://www.diabetes.org/tour>

May 26 - 14th Annual Jim Kruse Century - Statesboro, GA,  
<http://www.jimkrusecentury.com/>

May 26 - Clarksville Rotary Annual Metric 2007 - Clarksville,  
TN, <http://www.bikethecram.com/>

May 26-27 - 2007 Challenge of the Centuries - Hartwell, GA,  
<http://www.hartcom.net/bikeride>

May 26-29 – Horsey Hundred, Georgetown, KY,  
<http://www.bgcycling.org/horsey.php>

May 27 - 2007 Sandy Springs GreenTour Bicycle Ride - Sandy  
Springs, GA, <http://www.thegreentour.org/reg.html>

May 28 - 2007 Silver Comet Memorial Day Bike Ride -  
Cedartown, GA,  
[http://www.active.com/event\\_detail.cfm?event\\_id=1433326](http://www.active.com/event_detail.cfm?event_id=1433326)

June 2 - Middle Tennessee Tour de Cure - Murfreesboro, TN,  
[http://tour.diabetes.org/site/tr?pg=entry&fr\\_id=4368](http://tour.diabetes.org/site/tr?pg=entry&fr_id=4368)

June 2 - Pedalfest 2007 - Elizabethton, TN,  
<http://www.hamptontrails.com/pedalfest>

June 2 – Century of Compassion 3, Alabaster, AL,  
<http://www.sabodyandsoul.com/>

June 2 - Tour de Cave Bicycle Ride - Oakland, KY,  
<http://www.bglob.com/>

June 9 - Cycle the Gorge Rally & Family Fun Ride - Slade, KY,  
<http://www.cyclethegorge.com/>

June 9 - 2007 English Mountain Challenge - Sevierville, TN,  
<http://www.southerncycling.com/>

June 9-16 - 2007 BRAG - Bicycle Ride Across Georgia -  
Columbus, GA, <http://www.brag.org/>

June 16 - Cherohala Challenge 2007 - Tellico Plains, TN,  
<http://www.smwbike.org/>

June 16 – RideYELLOW Metric Century, Loxley, AL,  
<http://rideyellow.blogspot.com/>

June 16 - First Annual Peddlin' for Life Tour - Springfield, KY,  
[http://www.active.com/event\\_detail.cfm?event\\_id=1422577](http://www.active.com/event_detail.cfm?event_id=1422577)

June 23 - 11th Annual Harpeth River Ride - Thompson Station,  
TN, <http://www.harpethbikeclub.com/>

June 30 - Cartersville Century 2007 - Cartersville, GA,  
<http://www.cartersvillecentury.org/>

June 30 – Alabama Sports Festival XXV Cycling Ride,  
Homewood, AL, <http://www.alagames.com/>

*May is*  
***National Bike Month™***

The League of American Bicyclists is promoting Bike-to-Work Week from May 14-18 and Bike-to-Work Day on Friday, May 18.

*Spring City Cycling Club Officers*

<b>President</b>	<b>Mike Bayler</b>	<b>653-9902</b>	<a href="mailto:mike@bayler.us">mike@bayler.us</a>
<b>Vice-President</b>	<b>Morgan Andriulli</b>	<b>536-7190</b>	<a href="mailto:morganandriulli@comcast.net">morganandriulli@comcast.net</a>
<b>Secretary/Public Relations</b>	<b>Leah Tracy</b>	<b>509-5217</b>	<a href="mailto:leah-tracy@yahoo.com">leah-tracy@yahoo.com</a>
<b>Treasurer</b>	<b>Ed Bernstein</b>	<b>534-6574</b>	<a href="mailto:scctreasurer@knology.net">scctreasurer@knology.net</a>
<b>Rides Captain</b>	<b>Amelia Baldwin</b>	<b>520-9494</b>	<a href="mailto:amelia.baldwin@uah.edu">amelia.baldwin@uah.edu</a>
<b>Community Affairs</b>	<b>Jamie Miernik</b>	<b>536-7190</b>	<a href="mailto:jamorgan10@comcast.net">jamorgan10@comcast.net</a>
<b>Newsletter Editor</b>	<b>Sharon Bayler</b>	<b>653-9244</b>	<a href="mailto:sharon@bayler.us">sharon@bayler.us</a>
<b>Webmaster</b>	<b>Dean Della Pella</b>	<b>890-0706</b>	<a href="mailto:dean.dellapella@gmail.com">dean.dellapella@gmail.com</a>
<b>Race Division Manager</b>	<b>Heath Goebel</b>	<b>539-3655</b>	<a href="mailto:heath.goebel@trw.com">heath.goebel@trw.com</a>
<b>Century Director</b>	<b>Mike Holderer</b>	<b>883-9982</b>	<a href="mailto:moh@knology.net">moh@knology.net</a> \

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

# Spring City Cycling Club

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

## May 2007 Rides Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 29 Fast/Easy Breakfast Afternoon Rides	30 Moderate Mortals @5	May 1 Intergraph 530 Arsenal Ride 530	2 Midweek Mortals@5	3 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	4 Greenbriar Time Trial	5 Urban Ramble RAM Training Ride
6 Fast/Easy Breakfast Afternoon Rides	7 Moderate Mortals @5 <b>Officers Meeting</b>	8 Intergraph 530 Arsenal Ride 530	9 Midweek Mortals @5	10 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	11	12 eFour Hills Century RAM Training Ride
13 Fast/Easy Breakfast Afternoon Rides	14 Moderate Mortals @5 Children's Races <b>General Meeting</b>	15 Intergraph 530 Arsenal Ride 530	16 Midweek Mortals @5	17 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	18	19 Mid Life Stride Ride Union Hill Ride
20 Fast/Easy Breakfast Afternoon Rides	21 Moderate Mortals @5	22 Intergraph 530 Arsenal Ride 530	23 Midweek Mortals @5	24 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	25	26 Balloon Chasing
27 Fast/Easy Breakfast Afternoon Rides	28 Memorial Day Rogersville Metric	29 Intergraph 530 Arsenal Ride 530	30 Midweek Mortals @5	31 Alternate Thurs 515 Williams School 530 Arsenal Ride 530	June 1	2 Courtland Ride

### 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](mailto: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](mailto: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](mailto: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

**SModerate Monday Ride for Mortals - 5pm.** Leaves from JIT Building, 165 Electronics Blvd. 20 miles, no rider left behind. *Ride Contact:* Amelia Baldwin, 520-9494, [Amelia.baldwin@uah.edu](mailto: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). *Ride Contact:* Don Lovelace, 539-9008, [lovelaced@msn.com](mailto: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](mailto:dean.della.pella@intergraph.com)

**Moderate Wednesday Ride for Mortals - 5pm.** JIT Building, 165 Electronics Blvd. 20 miles, no rider left behind. *Ride Contact:* Amelia Baldwin, 520-9494, [Amelia.baldwin@uah.edu](mailto: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). *Ride Contact:* Don Lovelace, 539-9008, [lovelaced@msn.com](mailto:lovelaced@msn.com)

**Thursday Williams School - 5:30 (racers Thursday Night Championship 5:45)** 25+ miles. Williams Elem. off Zierdt Rd. Slow and fast groups. *Ride contact:* Charles Feaux 881-8479 [cfeaux@comcast.net](mailto: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](mailto:gean31356@aol.com)

### Saturday/Sunday Rides

#### Saturday, May 5

**Urban Ramble.** 35 miles, varying pace, 8:30am, corner of Clinton Ave and White Street, downtown. Tired of hammering the usual county roads? Come explore urban Huntsville. Maps provided. Leader: Michael Holderer [moh@knology.net](mailto:moh@knology.net) 883-9982

**RAM Training Ride - 10 miles, 4pm, Cove Park - Hampton Cove.** Contact: Mike Bayler, [mike\(at\)bayler.us](mailto:mike(at)bayler.us), 830-5956

#### Saturday, May 12

**Four Hills Century - Info here:** <http://www.alabike.org/fourhills/>

**RAM Training Ride - 13 miles, 4pm, Greenbrier Restaurant.** Contact: Mike Bayler, [mike\(at\)bayler.us](mailto:mike(at)bayler.us), 830-5956

#### Saturday, May 19

**Dawn's Mid-Life Stride Birthday Ride - 40 miles 13-15 avg.** 8am Whitesburg Elem. School. Be sure to have badge or driver's license for Redstone Arsenal. Lunch at Rosie's following. Leader: Dawn Creed, 682-1347, [cyclist67\(at\)hotmail.com](mailto:cyclist67(at)hotmail.com)

**Union Hill Ride - 63 miles or 55 miles.** 9am. Start location TBD, either Union Hill School or Hwy. 36 and Cotaco-Florette Rd. Maps provided. 2-3 extended climbs, a couple are very steep. Climbs Brindlee Mtn. Point of contact: Jeannie Mackay, 539-2710, [jeannie.mackay\(at\)yahoo.com](mailto:jeannie.mackay(at)yahoo.com).

**RAM Training Ride - 15 Miles.** 4 PM, Cove Park Ballfields. Contact Ed Bernstein, [sccctreasurer@knology.net](mailto:sccctreasurer@knology.net), 534-6574

#### Saturday, May 26

**Chasing Balloons Ride - 7:30am,** near Greenbriar Exit off 565. Details coming soon.

#### Monday, May 28

**Rogersville Metric - with Shoals Cycling Club.** Details coming soon.

#### June 2

**Courtland Ride - See article page 3.**

### SCCC GENERAL MEETING

**Monday, May 12**

**Program: Children's Races See Flyer for Details**

### 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](mailto: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)** \_\_\_\_\_

