

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

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# The Spring Times

**December 2007**

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

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## The Ramble

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### It's Been a Great Ride!

After eight years as a club officer (five as president, two as newsletter editor, and one as community affairs officer) I will be stepping down from the club's officer group. I've had a great time working with club members and the other officers over these past eight years and I think we have accomplished quite a lot.

During these eight years our club has grown from about 130 memberships to approximately 230 memberships. I don't know if this is due to the direction in which the officers have led the club or if this is due to the surge in riding since Lance Armstrong returned to the racing scene. I hope that some of the initiatives the officers have implemented over the past few years have contributed. Even if they have not, I feel that these have made the club a stronger organization.

Eight years ago our club was printing out a newsletter and sending it out to every single membership in the club. Since that time we have gone to an electronic newsletter that is now being delivered to over 85% of our members. The savings from the electronic newsletter has allowed us to offer a rebate to e-mail subscribers that negates an ill-contrived dues increase from years ago. It has also allowed the club to take the money that would have been spent to publish the hardcopy newsletter and improve the experiences (parties, camping, etc.) that are available to our members and friends.

During this period the club has also embraced the use of electronic communications – first through the Topica list servers and later through the Yahoo! Groups online forums. These means of communication have definitely improved the timeliness of information regarding upcoming rides and other club activities. Although not always a positive experience, this is definitely an asset to the club.

Turnout for our All You Can Eat Century has also improved since we moved to our new location at Madison County High School. This new venue allows us to offer hot (sometimes) showers and a hot catered meal yet still retain most of the excellent route we had from

Sharon Johnson Park. The century directors and committee members have worked to make the century a finely-oiled machine and continue its growth each year.

I'm sure our club will continue to grow in similar ways as the years go by, but I thought I would take this opportunity to review some of our growth and thank those individuals that have contributed to this growth. I look forward to seeing our club grow from the sidelines and enjoying the ride.

*Submitted by Mike Bayler.*

## December General Meeting

### Monday, December 10, 7 PM

**Location:** Indigo Joe's, 7407 Hwy. 72 W. (get [directions](#))

**Program:** Club officer elections followed by Ned Audeh's recollection of his summer trip to Hungary. He toured from Vienna, Austria to Budapest last August.

Ned's travelogues have made for some of our most entertaining evenings. We have nominees for most of the vacant officer positions, so do not worry about getting involuntarily elected to anything. Just come to the meeting and enjoy what should be an interesting program.

### Club Meeting Minutes

#### Officers Meeting

Officers met at the home of Morgan & Jamie. Present were Mike and Sharon Bayler, Amelia Baldwin, Dean Della Pella, Jamie Miernik, Morgan Andriulli, Ed Bernstein, and Michael Holderer. Minutes are available thanks to Sharon. Discussions including officer

candidates for 2008, the Christmas party, and year-end awards. The Bayler's are working on putting ride maps in .pdf format and a process to make them available to members. It was agreed that the 1999 atlas will no longer be printed. Bike boxes are now stored in the SCCC storage unit. Access is available through Ed Bernstein. Officer's agreed to do a better job of addressing negative, rude, and inflammatory postings on the sccc-roadies list.

### **General Meeting**

The November general meeting was held at Indigo Joe's and about 20 people attended including guests Joe King and Jimmy Johnson. December elections were announced and members are invited to consider running for office. Newsletter submissions are welcome. Once again, the totally awesome Fillenwarths will host the annual Christmas party. Be considerate and RSVP if you plan to attend.

*Submitted by Leah Tracy.*

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## **Marathon Aid Station December 8**

On Saturday, December 8 2007, the SCCC will be operating a refreshment station in support of the Huntsville Track Club's annual Rocket City Marathon. This popular event is a serious athletic endeavor and merits your consideration to receive long sleeve T-shirts, distribute specified fluids in an efficient manner using paper cups, and then collect these cups after they have been tossed. The runners are expected to pass by our usual location at Lakin and Teakwood Dr ( off Whitesburg Dr ) two times. Accordingly, we arrange our staffing in two shifts: Shift one begins at approximately 07:30 and ends at 10:30. The second shift operates from 10:30 until the trailing police car idles past at about 13:00 or 13:30 on the same day. Please contact Michael Holderer at 883-9982, or [moh@knology.net](mailto:moh@knology.net) with T-shirt size and shift preferences.

### **Newsletter Deadline**

The deadline for the January newsletter will be Thursday, December 20<sup>th</sup>. Send submissions to [anitateam@knology.net](mailto:anitateam@knology.net). Members are requested to submit articles, pictures, and useful links. Members may also run free classified ads in the newsletter

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## **SCCC 2008 Officer Nominees (so far)**

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**President-** Sharon Bayler is currently running unopposed.

**Vice-President-**Morgan Andriulli. Who wants to take on the incumbent?

**Secretary/Public Relations** – Leah Tracy, Jamie Miernik. We're going to have a run-off!

**Treasurer-**Ed Bernstein. Apparently there are a few payments left on the Element.

**Newsletter Editor-**Anita Tygart. Way to Step UP Anita!

**Race Division Manager-**Heath Goebel.

**Community Affairs Officer** – Tricia Hart will take on Big Government.

**Ride Captain** - Open. Taking nominations!

**Webmaster-**Dean Della Pella, on the web since 1892.

**Century Director-** The Director will be appointed by the current officers no later than March of each year.

*Contact any officer if you are interested in a position on the 2008 Officer's slate.*



**TRAILHEAD**  
→ INC ←

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CYCLING • BACKPACKING • CLIMBING • TRAIL RUNNING

*Conveniently located at the base of Monte Sano Mountain in Five Points.  
Directly across the street from Mullins Restaurant.*



**SCCC Christmas Party  
Saturday December 8, 6 PM-'til.  
RSVP Required!!!!**

Kathy and Tom Fillenwarth's House,  
[1211 Deborah Drive](#), SE

**Directions**

East on Drake Avenue, continue east to cross Whitesburg Drive.  
Go over hill past Randolph School.  
Left onto Garth Road at the 4-way stop at bottom of hill.  
Right onto Deborah at third street up the hill.  
1211 Deborah is on the left.  
Look for big tan house with a very, very steep uphill driveway.

**Party Details**

SCCC will provide soft drinks and meat selections prepared by that legendary fairy tale duo - Tom and the Big Green Egg.

Bring a side dish or dessert and your own adult beverage.

Bring a ~\$15 desirable gift if you wish to participate in the Dirty Santa gift swap. This is not a White Elephant exchange.

**Note:** Due to the popularity of this game participation will be restricted to those who RSVP

Door prizes and membership awards will also be presented.

**RSVP is required. Please RSVP by December 7<sup>th</sup> through evite (preferred) or to Sharon Bayler [sharon@bayler.us](mailto:sharon@bayler.us) or 830-5956.**

# Tips for Cold Weather Riding

By Frank Eastland and Todd Kaib of the Southern Bicycle League.

It's that time of year. Although we cyclists have been enjoying unseasonably warm weather this fall, winter weather is now upon us. Fortunately, we haven't had to address riding in cold weather for several months. Consequently, we may not be as prepared for the cold onslaught as we should be. So, what will we need to do to help us keep riding our bikes when it starts getting cold and colder? For one, learn to dress to stay warm on the bike!

Stay warm you say? Isn't that easier said than done when you're on your bike on a cold winter day? Well, there are ways to do it. ...and do it properly. Of course, to do it properly means we should make a proper investment in cold weather clothing. On the other hand, there are differing degrees of "proper" – in this context, ways to keep warm without huge investments. I think this may be worth exploring for starters.

There are many studies that analyze the process of body heat loss and its conservation as it relates to exercise and clothing – i.e. measuring calories expended in relation to activity, climate, environment, etc. The general rules of physics such as convection, conduction, evaporation, radiation, and respiration apply. However, because we cyclists are traveling through a cold air mass on a cold winter's day there are certain elements of heat loss that accentuates body heat loss. For instance, wind-chill is an example of convection heat loss. Therefore, this article will address ways to dress for cold weather cycling that will reduce heat loss occurring primarily through convection and evaporation.

## General Rules

For starters, rules for staying warm on the bike would be good rules of staying warm period. However as cyclists, there are certain things that we can do to help make us warm and comfortable on the bike and still keep the bulk-to-weight factor at a minimum.

A good rule of thumb when preparing for a cold weather bike ride is to leave the house just a little cold because after about ten (10) minutes of the body generating heat, as a result of you pedaling the bike, the body will begin to heat up quite nicely. Over-dressing creates an adverse effect by making the body too hot and thus defeating the purpose of creating a comfortable riding environment. A little regular experimentation may be necessary to achieve the right balance in this cold weather clothing experience, but its well worth it.

Here are a few tips that will help you in your endeavor to obtain warmth and cycling nirvana in cold weather.

## The Core

First, in general, keep in mind the rule of layering. This is a technique of wearing varying weights of clothing designed to wick, trap, hold, and block. Sounds like a fight, doesn't it? Wear a lightweight garment consisting of a high-performance polyester based wicking fabric next to the skin. Several manufacturers produce excellent high quality, high-performance fabrics that are designed for the cyclist. This type of garment will wick moisture away from the skin, keeping the skin and clothing from becoming soaking wet which would release warmth thru excessive evaporation into the outside

cold air. Next, wear an intermediate garment containing thermal capabilities (polyester is excellent here as well) which retains warmth while allowing a slow "breathing" process of the fabric. Modern synthetic fabrics such as Polyester allow this convection process to occur and thus help us stay warmer longer. Basically, the overall purpose of this layering process is to trap insulating air between the layers of clothing, and subsequently hold heat in. Then, wear an outer garment which serves dual purposes – to hold warmth in while blocking cold air and keeping the wind out. The outer garment should serve as thermal barrier as well as a wind block. Since the very act of cycling through cold air increases the wind chill factor. Fabrics such as Nylon serve this purpose well. In cold weather, once natural fabrics such as Wool and Cotton get wet, they stay wet and thus accelerate the evaporative heat transfer which makes staying warm difficult. So don't wear your cotton t-shirt next to your skin thinking it will act as the primary wicking garment.

Also, if you're caught out on the bike without a windbreaker but find that you're getting too cold or need a windbreaker, get a newspaper and insert sections of it inside your cycling jersey. The jersey front is most critical as that is usually what is facing the on-coming cold air, but having newspaper in the back of your jersey can also help you conserve core body heat with the newspaper acting as an insulator. You will see amateurs and Pros alike using this technique on long cold descents during race stages in the Alps and Pyrenees.

## Dues are Due!

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

### Dues are:

\$12 - email newsletter (individual)

\$15 - email newsletter (family)

\$15 – Race Division

\$17 - USPS newsletter (individual)

\$20 - USPS newsletter (Family)

Thanks for your renewal!

**Ed Bernstein, Treasurer SCCC**

## The Head

About 30-50% of the body's heat is lost through the head. The head and scalp naturally has a tremendous amount of blood circulation flowing around and through this area. Consequently, if we can keep the head warm, the body will retain a large degree of its warmth. Depending on the severity of the cold,

differing levels of head gear can be used to keep us comfortable. Ear bands or ear warmers are a good beginning. A scull cap of synthetic fabric is a good lightweight remedy. Remember your short billed cycling cap? How many cycling caps do you have? I say you can never have enough. You can wear the cycling cap for various reasons besides keeping the head warm. The bill can be invaluable when the sun is low in the sky or there is rain or moisture in the air. The bill is used for sun and rain as a visor. Flip the bill up out of the way when not in use, or just turn the cap backwards to protect the neck. To take the cap idea one step further, in very cold weather use a heavy duty winter cycling cap that has both a bill AND ear flaps. Worn under the helmet the helmet strap holds the ear flaps down quite nicely, keeping the head nice and warm. In extreme conditions, a Balaclava (or full hood) pulled down over the head has a small opening for the eyes and nose. This garment is useful in covering the entire face, head and neck, thus reducing heat loss through the head, face and neck and keeping the entire head region nice and toasty. Just don't walk into a bank with this on your head. Enough said.

Don't forget the eyes. Wear protective eyewear such as a good pair of cycling glasses that curve around the face and protect the eyes from wind and other elements. Good eyewear protects the eyes from the cold air and wind without fogging up. Traveling through cold air tends to tear eyes up otherwise and making it extremely difficult to see where you're riding if they're not protected. Good eyewear, like all good cycling gear, is a good investment.

Also, don't forget the mouth in very cold weather. As Respiration is one source of body heat loss, if the weather becomes a lot colder than you thought it would and you didn't put on your balaclava at the house, just pull out your trusty bandana (the one that you fold up about an inch wide and use as a sweat-band in the summer) fold it this time to form a big triangle, and tie it to fit over your nose and mouth – like you've seen the cowboys and robbers do in the Western movies. On a very cold ride, this can make a big difference in having a comfy ride or not. But again, fair warning - don't go into the bank like this!

#### **The Hands**

I recommend wearing cycling gloves whenever you ride your bike for a couple of reasons. Most cycling gloves are cushioned on the palm of the hand and aid in keeping proper circulation in you hands when in the various hand positions on your handlebars. Gloves also come in handy by saving getting road rash on your hands should you ever find yourself with your hands between your body and the road in the unlikely event of a fall. Now in the winter months, gloves with full fingers come in handy. In extreme conditions, cycling mittens are quite useful in keeping the fingers from feeling like they are going to break off from your hand.

#### **The Feet**

On a bike, as the feet are pedaling circles and churning through the cold air more than the rest of our body, they need to be well protected from the cold. Like the head, body heat is lost to a large degree through the feet. In cold weather riding, put on a heavier thermal cycling sock that wicks moisture and retains heat like socks made from synthetic fabrics. Cycling booties slipped over your shoe are great in cold weather. The booties are designed so that your pedal cleats still engage your pedal clips but insulate your foot and ankle as well. Sometimes, quite frankly, it's just not cold enough to wear booties. So what

can you do? Wear toe covers. This accomplishes the same thing that a wind protector on your chest does. It keeps the cold air from penetrating your foot which accelerates the heat transfer from your body to the cold air. If you're on a ride and find you feet freezing, just stop off at a convenience store or grocery store and ask for a plastic bag to slip over your feet (inside your shoes). While you're at it, you might as well ask for a hot cup of coffee. Most places will have sympathy for a shivering cyclist who looks like a blue icicle. Besides the hot coffee will help heat up your core from the inside.

### **SCCC Welcomes New Members:**

**Allen Anderson  
Emmette Barran  
Neal Haralson  
Chris Dow  
Michelle Simpson**

#### **The Legs**

Another rule of thumb is to keep the knees covered anytime the weather is below 50 degrees. This helps keep the knees warm and protected from the cold air thus helping keep them properly lubricated and functioning. This can be accomplished in a couple of ways. In semi-cold weather, short cycling tights can be worn over your cycling shorts. These short tights come down the leg just below the knee and serve the purpose of keeping the knees warm without having the body get too hot. Full cycling tights are then used for varying degrees of colder weather – from light-weight tights to heavy water-proof tights and insulated cycling pants.

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

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

## The Arms

Like cycling tights and pants, arm warmers can be used to keep the arms warm in semi-cold conditions. Arm warmers can be quite useful for days starting out cold and warming up as the sun comes out. As the weather warms up, the arm warmers can be rolled down or taken off and stored in your jersey pocket when not in use. Again, there are varying degrees of thickness and insulation on arm warmers depending on the severity of cold that you are addressing. On winter days that have no let-up on the cold weather, wear a long-sleeved jersey (either insulated or not depending on the cold) for your middle garment as described above.

Now that we have gone over six areas of the body that we can protect against the cold with clothing, don't forget some other basic cycling apparel to be worn in addition to cold weather

gear: A proper helmet, good cycling shorts with chamois, and proper cycling shoes

Now, adequately armed with what it takes to stay warm in the cold, you're ready to venture out in the chilled fresh air and extend your cycling experience into a year round experience. You'll love it and your fair weather cycling buddies will be envious.

Finally, just get out there and ride. Don't let a cold day make you a fair weather rider. However, when you do get out in the weather, be properly prepared.

...and enjoy it all.

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### SCCC Guidelines for Cold Weather Rides

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Ride leaders are not obligated to host the ride if the temperature is below 40 degrees at start time. Riders that want to go ahead with the ride are welcome to do so. If you are not sure if there will be a ride, call the ride leader to verify.

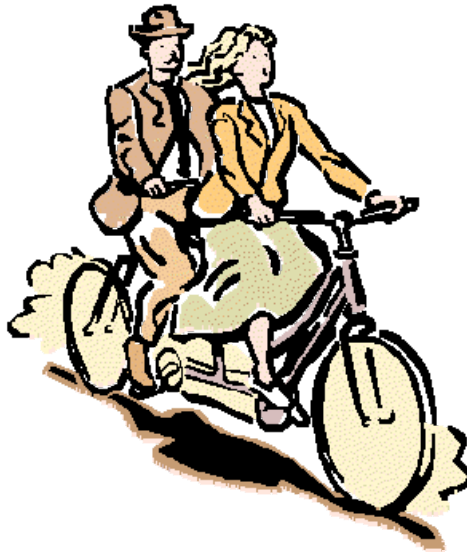


*Dr. Amelia Annette Baldwin and Mr. Andrew Philip Baldes invite you to join in celebrating  
the joy of their new life together on*

*Saturday, the Twenty-Second of December,*

*Two Thousand Seven,*

*at two o'clock in the afternoon.*



*Sherwood Baptist Church  
6600 Old Madison Pike NW  
Huntsville, Alabama 35806*

*Reception following at Monte Sano Lodge.*

*Please RSVP by invite, email or phone by December 8, 2007*

*email: team.bald@yahoo.com*

*phone: 256-520-9494*



**For latest information:**  
 Amelia Baldwin, Rides Captain  
 256-520-9494  
 team.bald@yahoo.com  
<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.

## December 2007 Rides Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 <i>Fast/Easy Breakfast Afternoon Rides</i>	26 <i>Moderate Mortals @5</i>	27 <i>Arsenal Ride 515/530</i>	28 <i>Midweek Mortals @5</i>	29 <i>Thursday Mortals @5 Arsenal Ride 515/530</i>	30	1 <i>Andrew's B'day Ride</i>
2 <i>Fast/Easy Breakfast Afternoon Rides</i>	3 <b>Officers Meeting</b> <i>Moderate Mortals @5</i>	4 <i>Arsenal Ride 515/530</i>	5 <i>Midweek Mortals @5</i>	6 <i>Thursday Mortals @5 Arsenal Ride 515/530</i>	7	8 <i>Mini Coldwater Christmas Party</i>
9 <i>Greenbrier Time Trial Fast/Easy Breakfast Afternoon Rides</i>	10 <b>General Meeting</b> <i>Moderate Mortals @5</i>	11 <i>Arsenal Ride 515/530</i>	12 <i>Midweek Mortals @5</i>	13 <i>Thursday Mortals @5 Arsenal Ride 515/530</i>	14	15 <i>Monte InSano TT Runaway Bride Ride Groom Broom Sweep</i>
16 <i>Vintage/Cruiser Ride Fast/Easy Breakfast Afternoon Rides</i>	17 <i>Moderate Mortals @5</i>	18 <i>Arsenal Ride 515/530</i>	19 <i>Midweek Mortals @5</i>	20 <i>Thursday Mortals @5 Arsenal Ride 515/530</i>	21	22 <i>Chick Ride</i>
23 <i>Fast/Easy Breakfast Afternoon Rides</i>	24 <i>Moderate Mortals @5</i>	25 <i>Arsenal Ride 515/530</i>	26 <i>Midweek Mortals @5</i>	27 <i>Thursday Mortals @5 Arsenal Ride 515/530</i>	28	29 <i>Ride of the White Chevron</i>
30 <i>Fast/Easy Breakfast Afternoon Rides</i>	31 <i>Barry and Wesley's Birthday Ride</i>	1 <i>Cherry Tree</i>	2 <i>Midweek Mortals @5</i>	3 <i>Thursday Mortals @5 Arsenal Ride 515/530</i>	4	5 <i>New Hope/Gurley</i>

### Standing Rides

**Sunday Fast Breakfast Ride - 8:00am.** 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:* Dawn Creed 682-1347 [cyclist67@hotmail.com](mailto:cyclist67@hotmail.com)

**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:w 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

### Lights Required for Weeknight Rides!

**Moderate Monday Ride for Mortals - 5pm-ish.** Leaves from JIT Building, 165 Electronics Blvd. 20 miles, no rider left behind. *Ride Contact:* Amelia Baldwin, 520-9494, [team.bald@yahoo.com](mailto:team.bald@yahoo.com)

**Tuesday Arsenal Ride - 5:15/5:30 pm,** 29 miles. 5:15 group with pace of 18-22 mph, faster 5:30 group does intervals at 26-30 mph. Starts at Bldg 5400 south parking lot (badge, military ID, or escort required). *Ride Contact:* Don Lovelace, 539-9008, [lovelaced@msn.com](mailto:lovelaced@msn.com)

**Moderate Wednesday Ride for Mortals - 5pm sharp.** JIT Building, 165 Electronics Blvd. 20 miles, no rider left behind. *Ride Contact:* Gretchen Everts [gretchen.everts@intergraph.com](mailto:gretchen.everts@intergraph.com) 837-3389

**Thursday Arsenal Ride - 5:15/5:30 pm,** 29 miles. 5:15 group with pace of 18-22 mph, faster 5:30 group does intervals at 26-30 mph. Starts at Bldg 5400 south parking lot (badge, military ID, or escort required). *Ride Contact:* Don Lovelace, 539-9008, [lovelaced@msn.com](mailto:lovelaced@msn.com)

**Moderate Thursday Ride for Mortals - 5pm-ish.** Leaves from JIT Building, 165 Electronics Blvd. 20 miles, no rider left behind. *Time to start bringing lights!* *Ride Contact:* Amelia Baldwin, 520-9494, [team.bald@yahoo.com](mailto:team.bald@yahoo.com)

### SCCC GENERAL MEETING

**Monday, December 10**  
**Program: Officer Elections, Ned's trip to Europe**

### 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 [team.bald@yahoo.com](mailto:team.bald@yahoo.com)

### Guidelines for Cold Weather Rides

Ride leaders are not obligated to host the ride if the temperature is below 40 degrees at start time. Riders that want to go ahead with the ride are welcome to do so. If you are not sure if there will be a ride, call the ride leader to verify.

### Saturday/Special Rides (continued)

**Saturday, December 1**  
**Andrew's Birthday Ride.** 43 miles. 10am. JIT. Shorter and longer options available. *No rider left behind.* Maps provided. Andrew Baldes 520-9494 [andrewbaldes@yahoo.com](mailto:andrewbaldes@yahoo.com)

**Saturday, December 8**  
**Mini Coldwater** - 45mi, 11am from Sparkman Middle School (Intersection of Jeff road and Carter's Gin). Pace 16-18. Maps provided. Ride leader Jean Jasinczuk [jjasincz@knology.net](mailto:jjasincz@knology.net)

**Sunday December 9**  
**Greenbrier Time Trial - Winter Version.** 2pm. Greenbrier/Old Hwy 20 4way stop. Park at the Gin (NW corner). Pit yourself against the clock! Everyone is welcome! Come measure your fitness progress. Contact: [amelia.baldwin@uah.edu](mailto:amelia.baldwin@uah.edu) 520-9494

**Saturday, December 15**  
**Monte InSano Time Trial.** 8am, 3.5mi-ish, Pratt/Maysville Rd corner. Pit yourself against the clock! Everyone is welcome! Measure your fitness progress. Park away from start. Sign up by 7:45. 1 minute intervals. Contact: Amelia Baldwin 520-9494 [amelia.baldwin@uah.edu](mailto:amelia.baldwin@uah.edu)

**Runaway Bride Ride.** About 20 miles, 10am, UAH Library. Includes a climb of Monte Sano. *No rider left behind.* Leader: Amelia Baldwin [team.bald@yahoo.com](mailto:team.bald@yahoo.com) 520-9494

**Groom Broom Sweep Ride.** About 20 miles, 11am, UAH Library. Includes a climb of Monte Sano. Can you catch the bride? Leader: Andrew Baldes 520-9494 [andrewbaldes@yahoo.com](mailto:andrewbaldes@yahoo.com)

**Sunday, December 16**  
**Vintage and Cruiser Bike ride.** 230pm, Huntsville Middle School Parking lot on Adams Street (near/behind the Woman's & Children's hospital). Cruise the downtown area for a hour or so, then off for malts at Sonic. *Everyone's welcome!* Point of contact: Nolen Clark [nolenc Clark@mindspring.com](mailto:nolenc Clark@mindspring.com) 534-7212 or 479-1664 (event day only).

**Saturday, December 22**  
**Chick Ride** (Dudes welcome too), 32 miles, 9am, Bayler residence at 237 Sweet Bay Court, Harvest. 15-16 mph pace, rolling terrain. Short miles so we can all get ready for the Team Bald Wedding at 2pm! Ride leader Sharon Bayler 653-9244 Directions - North on Wall Triana, left on Nick Davis, left on Silver Leaf, right on Sweet Bay. Baylers are at the end of the cul de sac.

**Saturday, December 29**  
**Ride of the White Chevron** - 10am, Sparkman Middle School, on Jeff Road north of Highway 53. 29, 34, 52, and 63 mile options. Marked route, map and cue sheet provided for backup. Ride at your own pace, several store stops. Leaderless ride, POC Sharon Bayler 653-9244.

**Monday, December 31**  
**Barry and Wesley's Birthday Ride** - Distance varies according to weather. 9am, East Clinton School, no maps, 15-17 pace. Route varies depending on the weather. If it's really cold, we'll just climb Monte Sano and then go for coffee!! If below 45, we'll climb Monte Sano and Four Mile Post for a total of 20 miles or so. If it's really nice, we'll do 44 miles. Ride Leader Barry Mathews 464-0572 [mathews.barry@gmail.com](mailto:mathews.barry@gmail.com)

**Tuesday, January 1**  
**Traditional New Years Day Ride** (Cherry Tree Loop). 33 miles, 11am, Publix in Hampton Cove. Come Start your new year out right-on the bike. Maps provided; all paces welcome. Contact: Sharon Bayler 256-653-9244 [sharon@bayler.us](mailto:sharon@bayler.us)

**Saturday January 5**  
**New Hope Gurley Ride** - 62 miles, 11am, Hampton Cove Ballfields, 17-19 pace. A pleasant classic, with or without Keel Mountain option. Ride leader Don Lovelace [lovelaced@msn.com](mailto:lovelaced@msn.com) 539-9008.

Treasurer's Report:

Income Statement for the Period 10/1/07 – 10/31/07

**Beginning Balance** **\$8419.58**

**Expenses**

Allied Photocopy - Newsletter	41.51
Mike Bayler - Tim's Ford Camping Expenses	147.43
Leah Tracy - Food for Century Rest Stops	391.76
Domino's Pizza - Pizza for October Meeting	36.42
Morgan Andriulli - Pizza for October Meeting	101.68
Paulette Bernstein - Drinks for Oct meeting	13.41
PBS - Porta Potties for Century	170.00
Store-It – Rent for One Year's Equipment Storage	294.00

**Total Expenses** **\$1196.21**

**Ending Balance** **\$7223.37**

There are 227 current memberships as of 11/19/2007

*Spring City Cycling Club Officers*

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



**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  Race Division (\$3 Fee)  I agree to receive the newsletter by E-mail only

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.

2008 Membership (January – December):  
Individual \_\_\_\_\_ \$12.00 (email newsletter) \_\_\_\_\_ \$17.00 (USPS newsletter)  
Race Division \_\_\_\_\_ \$15.00 (email newsletter) \_\_\_\_\_ \$20.00 (USPS newsletter)  
Family \_\_\_\_\_ \$15.00 (email newsletter) \_\_\_\_\_ \$20.00 (USPS Newsletter)

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) \_\_\_\_\_

