

The Birmingham Bicycle Club, PO Box 382663, Birmingham, Alabama 35238-2663

The Spokesman

Voice of the Magic City Cyclists



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Thought for the Month:

Have you found your commuting partner? This is the co-worker, neighbor or other person that works near you who is willing to shuttle you and your bicycle to work so you can ride home several times a week.



Letter from the Pres

We had 23 people come to our ride leadership training in the snow! How amazing is that? March 14th we finally Spring forward. Ride leaders put your training to work and post that first Club ride. We will begin tracking Club miles ridden beginning March 1st. Look for details within this issue of The Spokesman. Remember, ride leaders, you are the heart and soul of the Club. Thank you very much for your time and efforts. You are greatly appreciated.

Our Prologue time trial for the Tour de Iron Butt challenge is set for Sunday, March 21st. Mark your calendar for a 10:00 a.m. start at Oak Mountain State Park. An "All Riders" Club ride will start as soon as the time trial is complete. We'll conclude the day with a picnic in the park at the Blue Jay Pavilion. Details of the event will be sent as this date draws closer. All Club members may sign up for the TIB Challenge through the start

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of the 5th stage. I encourage you to come join the fun. The TIB stages are being finalized and will be posted to our webpage as soon as they are complete. The first century stage will be the Woodland Calhoun on March 27th starting near Anniston, Alabama.

Thanks to all those who took the time to attend the hearing on the Draft for the Alabama Statewide Bicycle and Pedestrian Plan in Birmingham. ALDOT had 75 people attend which is fantastic for this type of meeting. All comments are due by March 31st. You may mail comments to: Mr. Robert J. Jilla, Transportation Planning and Modal Programs Engineer, Alabama Department of Transportation, P. O. Box 3050, Montgomery, AL 36130-3050. You may email comments to Mary Lou Crenshaw at crenshawm@dot.state.al.us.

I know everyone is excited to get back out on the road. We've experienced an unusual cold and rainy winter. Spring is just ahead of us. Look for more rides being posted on our interactive calendar and pick a ride that fits your riding level (Expert, Experienced, Average, Novice/All Riders). If you don't see a ride you like, maybe you should post one!

Stay safe and see you on the road.

Barb Cowan,

Pres, BBC



Birmingham Bike Club Membership Meeting Minutes– February 15, 2010

The Birmingham Bicycle Club (BBC) held a general membership meeting on February 15th at the Homewood library. The meeting's focus was on training ride leaders. Refreshments were provided and raffle tickets were given out for door prizes. The door prizes were out of date BBC jerseys and t-shirts.

President Barbara Cowan stated that one of this year's goals is to have rides posted on the BBC calendar for every day of the week. She would like to see more club members experience the fun of leading a ride, and shared how easy it is to post them on the club calendar. Barb also discussed the riding awards program which will award jerseys to club members based on the number of club ride miles they accumulate in a year.

Ride Captain, Stacy Traffanstedt, presented the BBC's ride leader guidelines for leading club rides. This document which provides detailed information for ride leaders will be available on the club web site. Starting March 1, ride leaders will require all riders to sign a waiver form. Ride leaders will also use the form to track miles ridden for the mileage award program. All forms will be forwarded by ride leaders to the club statistician who will compile the monthly totals.

Barb announced the inaugural opening of the Tour de Iron Butte (TIB) which begins with a prologue or time trial. The prologue will be held on Sunday, March 21st at Oak Mt. State Park. It will be about a 14 mile loop which starts near the boat dock on Terrace Drive, goes out to the dip and returns to Terrace Drive. All bicycle riders are encouraged to come out and try to beat the course standard. Female riders will be trying to beat

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a 12 mph standard and men will be trying to beat a 15 mph standard. Riders' times will also be used in calculating the yellow jersey winner.

An "all riders" ride and club picnic will be held at the Blue Jay pavilion on Terrace Drive after the completion of the prologue. Everyone is encouraged to come out to the prologue, even if only to cheer on the riders and enjoy the picnic.

Billy Sims asked for help for Team AVA Cycling. Help in planning downtown rides as well as cycling with the team is encouraged. This is for our veterans.

Vicky Reburn

Club Secretary



March Photo Challenge:

The Photo challenge for March is Mailboxes and signs of spring.

For the road sign photo contest, here's one I saw while riding my bike along S. Congress Ave in Austin, TX awhile back.
- Doug Daughetee



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The Birmingham Bicycle Club will be Sponsoring Riding Program Awards

Beginning this year the Birmingham Bicycle Club will sponsor riding program awards at year end for various achievements. The riding season for 2010 will begin March 1st and end December 31st. Subsequent years the riding season will begin January 1st and end December 31st. The club will begin recording all club miles ridden. Only those miles ridden on official Birmingham Club Sponsored rides will be eligible. Also, if you are participating in the Tour de Iron Butt Challenge the miles ridden on one of these TIB stages will be eligible. You must be a Club member in good standing (This means your membership is current).

The Club will require that all riders sign a Release and Waiver of Liability Sign-up Sheet presented by the ride leader before each Club sponsored ride. This sign-up sheet will be sent to our Club statistician for documentation. Michael Williams has gratuitously accepted this responsibility.

The following awards will be presented at year end:

Yellow Jersey

A yellow jersey is awarded to the male and female riders who have accumulated (according to the Club statistician) the most club miles in the riding season. The winner of the yellow jersey is not eligible to win again until after a five (5) year period. For example, the yellow jersey winner in 2010 will not be eligible to win the yellow jersey again until 2015.

Masters (Blue) Jersey

A blue jersey is awarded to the male and female riders that are 50 years old or older as of January 1 of that year, who have accumulated (according to the Club statistician) the most club miles in the riding season and are not the Yellow Jersey winners for that season. The winner of the blue jersey is not eligible to win again until after a 2-year period. For example the blue jersey winner in 2010 will not be eligible to win the blue jersey again until 2012.

100 Ride Award

Any rider who has ridden (according to our Club statistician) 100 or more club rides in the riding season shall receive an award of appropriate recognition.

Ride Captain Jersey

A red jersey is awarded to any ride captain that has captained at least ten (10) rides for the riding year (according to the Club statistician). Ride Captains who lead more than ten (10) rides are recognized every year, but are only eligible for a new ride captain jersey after a five-year period.

25,000 Mile Jersey

A silver jersey is awarded to any rider that has accumulated (according to the Club statistician) 25,000 lifetime club miles as of the last day of the current riding season.

50,000 Mile Jersey

A gold jersey is awarded to any rider that has accumulated (according to our Club statistician) 50,000 lifetime club miles as of the last day of the current riding season.

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75,000 Mile Award

Any rider who has accumulated (according to our Club statistician) 75,000 lifetime club miles as of the last day of the current riding season shall receive an award of appropriate recognition.

100,000 Mile Award

Any rider that has accumulated (according to our Club statistician) 100,000 lifetime club miles as of the last day of the current riding season shall receive an award of appropriate recognition.

Special Awards

The Riding Captian Committee, at its discretion, will confer special awards for outstanding accomplishments or contributions to the Riding Program.

A very special THANK YOU to our ride leaders for February:

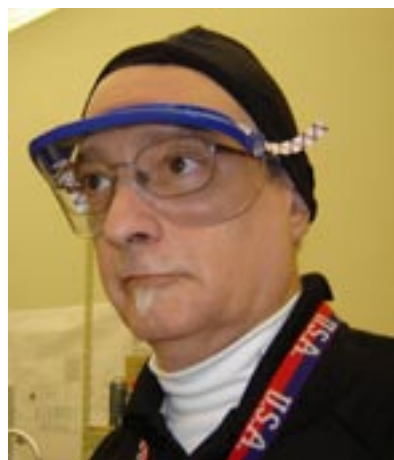
Eddie Owens, Barb Cowan, Chris Argo, Doug Daughhetee, Mitchell McIntosh, Ed Carmack, and Dirtdog.

2010 Ride Leader stats through January:

Chris Argo	5	Susan Goertz	1
Eddie Owens	4	Doug Daughhetee	1
Barb Cowan	2	Laura McIntosh	1
Ed Carmack	2	Mike Cowan	1
		Mitchell McIntosh	1



They do fog up a bit, fair warning. I get serious fogging on ascending Shade's Mtn, but my screaming descent down Shade's Crest to Rocky Ridge and nearly-as-desperate one down Overton approaching River Run, were tear-free. They are not very becoming, obviously. That price included shipping, gogs are actually \$5.38. - Clinton Slayton



Bizarre-looking, but it works. Crusty old man wearing VISORGOGs, these are safety glasses, purchased from MFASCO Health and Safety of Roseville MI. They cost all of \$7 or so, and are geeky as hell, but they do cut down on eye-tearing (that's TEER nor TARE) on descents, but enclosing your regular glasses with wraparound plastic. The visor is vented. I saw these on an old post on something called ICE BIKERS, and since the price was right, I went for them. They do not, however, help you if you cry while ascending...

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Possam cycling

by: Clinton Slayton

This is the first of mostly short squibs about cycling on the cheap. Some of it is obvious, but some of it may be new to you. Before I begin, here's a bit of background info: I arrived in Birmingham in 1989. I was jobless, and I was just about completely broke. I started to visit thrift stores for bargains, and on my first visit to the Goodwill store, I found a pair of Tinley bib shorts with an old-style (thin) chamois for \$3.25. I was riding an old Brook B-17 saddle on my bike, I felt that my transplantation from Chattanooga to Birmingham was not going to be so bad after all. I am still riding in those shorts, but I gave up on the Brooks saddle. It was about 30 years old and I had carved so much of it away that it looked like something David Lynch would make you stare at in one his movies. It was that creepy looking.

Am I trying to pull the rug out from under my LBS (Local Bike Shop)? No, I buy regularly from bicycle shops, and not just to keep goodwill going. I really want them to stay in business, even if I think some of their prices are ridiculous. I also rely on their advice in some matters. If you use their expertise, you should pay for it as part of the deal. I am sure shops are not happy with people who come in and pump them for information and then go online where prices may look cheaper. It wouldn't surprise me if shop employees don't occasionally buy online for themselves. There are some lines that the shops carry that even they know are ridiculously-priced. Those who are patient can usually get them on sale. I used to buy Brooks Leather bar tape only on sale. I like the feel of leather (settle down), but the \$80 list price means that that sort of item will almost never go anywhere until clearance time. LBS's get stuck with such items when a customer says they want something, then back out of the deal when the item arrives. I got a nice wheel for my home trainer setup that way.

Do my bikes and kit look like the equivalent of a homeless person's shopping cart? No. You will see SIDIs on my feet, a Light & Motion light on my bar (sometimes) and Campy drivetrains. But I have never paid "full" price for any it. The SIDIs were from a favorite eBay vendor, and they looked like clown shoes ("CSC colors") until I bought some black shoe dye. If you have a narrow foot like I have, the SIDI brand is already pretty narrow in their standard sizes. They make a special narrow model, as does Specialized, but how are you ever going to try those on in Birmingham, or even Atlanta? The L & M Vega was on sale at a local LBS, and the Campy components were all purchased online. I've only found one bike shop in Birmingham that even carries any Campy stuff, it is getting that rare.

I simply refuse to overlook bargains in stores where I bet you ordinarily do not look for bike stuff. This stuff tends to be there today, and gone tomorrow, so don't run out expecting to find any of the items I mention at the places I found them. This is to open your eyes to possibilities. But some of the things I mention may be available through online ordering.

My case in point for this issue is: **socks**. Do you find riding socks outrageously priced? I happen to prefer slightly thicker socks than most of you, because of my narrow feet. Also, I am Type 2 diabetic and I'm just not crazy about willowy parchment on my feet. So I like to wear wool year round, or any synthetic blend that keeps my shoes feeling firmly attached. This is not an area where weight enters my mind. A good place to look for inexpensive socks is T J Maxx ®. If you have a Marshalls store in your area, it is similar. I have found a brand of anklet socks from Fox River ® (Appleton WI), that are merino wool. They tend to be "natural" shades (mine are

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a drab green), but my feet do not seem to care about color, as long as the color stays on the sock. These can be worn year-round, just do not let a helpful neighbor throw them in the dryer, which happened to me recently. I air-dry all bicycle wear, and always have, but air-drying is de rigeur for wool. I probably got these for \$3 a pair. I recommend that when you find stuff like this, try them immediately, and if they are okay for you, go back to the store and stock up. They may not be there when you return, and can you ever really have too many riding clothes? I think not. My trips to the Laundromat may look like a scene from the Grapes of Wrath, but it is a comfort to know that I can find something to ride in at a moment's notice.

For winter, I have also adopted ski socks by Cabot and Sons® from the same stores (T J Maxx, Marshalls). These are calf-length wool, and just leave a little AC-DC Angus knee showing, so wearing these with a little jacket and cap entitles you to swirl around on the floor with an air guitar. I especially like these with bib knickers, for almost complete coverage. These were about \$9. Just be aware that if you are going to wear tights over these, wool is seriously Belgian, it gets quite warm when covered up, and retains warmth even after it gets wet. I do not see much point in wool jerseys or pants, at least if you live in Birmingham, but I live and let live. I do occasionally ride in Lexington KY, and wool actually makes sense in those latitudes.

If you must pay for brand-name socks at full price, I like the Specialized® wool training socks. I especially like the Swiftwick® socks, which are made in the USA and marketed out of Nashville TN, highly recommended. The Swiftwicks have a high degree of compression. I have nothing against paying full price for items that are truly worth it, but forget I ever said that, it just seems wrong.



Speaking of which, I am a bit wary of compression; since I am diabetic, the idea of squeezing myself into this stuff seems counterintuitive to me. And a lot of that stuff is for the seriously aggressive racer. But if you want to try it on the cheap, there is no reason to pay the prices this stuff commands. Look for Nike Pro Thermal® tops (synthetic blends, no cotton) and pants. Get one your size, and for compression, get some of this a size too small. Get over the fact that you may be a male looking at women's clothes (for the pants). I wear little girl ballet tights in the winter (more about this confession in a later edition). The pieces that are not a size too small make a great underlayer for spring/winter/fall, and are nowhere near as expensive as Craft, Assos, etc. These will save you some serious bucks and the size too small will still squeeze the living daylight out of you. As someone who is living alone for the time being, I worry about having to live in these for a day or two because after a ride, it is another workout just getting them off. But remember, the high-compression stuff is for after the ride.



Hints from Hell-oise (with apologies to Heloise)

If you have a trail of little black rings on your carpet, you are probably a Speedplay user, like I am. I do not have my Field Guide to Cleat Patterns handy, but I am sure that other cleats have their own distinctive marks. I live in an apartment and train in my living room. The carpet has been there since I moved in nearly a dozen

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years ago, but this is no excuse not to care. So I bought a scrap of carpet from Mazer's downtown to put under my trainer, in the naïve assumption that the job was done. In the fullness of time, I realized that sometimes when you get off a trainer, you are 1) not thinking straight enough to put cleat covers on, or 2) running for a "natural break," or 3) both. Any significant other in your habitat is going to knock you upside the head unless you keep a supply of Folex Instant Carpet Spot Remover ®. This stuff does the trick, and can be ordered online, I have no idea where I bought my first bottle. Squirt it on and let it soak for a few minutes, then go at it with a towel. I can usually rub the towel with my foot instead of bending over, and almost never have to spray more than once. If you have wool carpet, or a 200-year-old karastan, you are not going to walk on that with cleats are you? But if you are just that profligate, test an area of your carpet with this stuff before going nuts, but it works a treat on my industrial-grade apartment material.

Watch this space (I hope) for future tips about clothing, lights, supplements and whatever bargains I run into. - CS



did i hear you were looking for funny signs? this is one, pretty real. we saw it on the return trip from Bon Ton Roulet in New York. - Laura Bass



A Ride to Wilsonville

Clinton Slayton
BBC member since 2009

Thank goodness Barbara Cowan you're more reliable than the weatherman. If you had not showed up with that map, I would have done my usual ambling about in the countryside, which usually adds zest to my solo rides, but not when the temperature is dropping. Rumors of the middle 40s by afternoon were greatly exaggerated...

You would think that when you box the compass, you would inevitably get a tailwind, but I don't think I ever got one. So I was received by some headwinds that were happy to see me, as well as a curious Great Dane as

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big as a Shetland pony, who just stood and watched. I left in my wake some disappointed buzzards, they accompanied me most of the way down. I did see a bluebird, always lifts my spirits to see that electric blue streak.

The trip down was okay, some of the turns on the cue sheet seemed a bit fussy, going into Wilsonville differently from going out was ignored by me. I love a loop to avoid reriding a road as much as anybody, but at that point the temperature had not nudged up above the 39 deg I started from, so I just went in and out the same way. I arrived a little after 11:00.

I refuse to park my bike at anything as ominously named as The Grassy Knoll, and since I was solo, the people at McEwan (Sammy's) did not care that I leaned it on their sidewalk. They had beverages but no prepared sandwiches. The friendly cashier said there was a BBQ place around the corner, and I heard the magic words "I think they have chili." They did. It somewhat mitigated the fact that the temperature was not going up at all, and the multilayers that I wear would not be stripped for comfort, as planned. There were no handy Belgians around to hand me a paper to stick in my jersey.

The trip back started at noon, and it was no picnic: the wind was whipping up, CR109 was a nightmare (expanded below) and at one point, I donned my helmet cover just to trap some heat. It never exactly rained, but there was plenty of blow-off from the trees. Helmet covers are handy that way, I always carry one.

Anyways, my only issue with this route was CR 109, which looks nice on the map, but was the worst chip seal I have ever ridden on, where it comes off of 56. My solo cruise speed dropped to about 8mph on this stuff. I would probably have preferred to deal with a little more traffic on 55N to avoid ass fracture and the perception that I have been whisked to the Cheaha Challenge, where the chip seal is almost as bad. I cannot "spin" on hills on this stuff, I have to "grind," because "spinning" up a hill on chip seal slows me to the point of no-confidence for shifting to the big front for that righteous push off the crest. Thankfully there were no real climbs on the stuff, it just felt like it. The chip seal vanishes a few grateful yards before it stops at 55.

That being said, 438 was a dream to ride, the only issue would be in the darker hours, because there is no paint delineating the edges. There was no paint at all. At this time of day, it was the most pleasant road of the entire trip. Watch out for gravel spill from the driveways, some of these were substantial, but easy to spot on such a nice surface, could be a dangerous factor in a group ride. The CR-32 turn was only confusing because AL has chosen to let everyone know that they are turning onto 438, but if you are on 438, there is no road marking that says you are turning onto 32; in fact, the only sign says 51S, which was a bit disturbing, but since 438 ended bang onto the road, I was able to suss out from the mailboxes that I was indeed on 32, not having a whole lot of choice at the turn.

I gratefully took the 337 cut-through, pretty nasty, but I bought my bicycle model specifically to handle that kind of sandy, muddy, pothole-riddled surface (it's not called Roubaix for nothing). This was exactly comparable to the Cahaba Beach Road after the pavement runs out off of 280, to the south side of the bridge. I enjoy those kinds of roads, tempered with the fact that I am going to have to hose down the bike outside even if snow is falling.

And it was, sort of. When I got to the little strip of 49 before heading back up 47, I was pelted by tiny snowflakes. I have no mental definition of "sleet" that does not include "hurts like hell," so this had to be snow.

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It was almost invisible, with no surface reaction on water, and no droplets on my computer that I could see, but another advantage of the helmet cover is that you can hear it.

The cue sheet is spot on about turning left on 39 from 337, but this is not evident from looking at the actual map. 39 is a truly nasty experience on an afternoon, traffic-wise, but it can't be helped. Not taking the cut-through would make the 39 experience even worse, by lengthening it, you warned me about that.

I had recalibrated my computer the night before, and it clearly was wrong, because it reported 46.75 miles for this loop. I know it was supposed to be a little over 42. My computer changes the millimeters (2130) to inches (84) after it is set, so now I have readjusted mine down an inch. I had measured the tire on the floor like you are supposed to, against a metric measure, just before changing the batteries, but this sort of thing is clearly not my strong suit.

Total riding time was 3 hours 21 minutes (I am no speedster) and average was probably about 14mph, which I consider good for my solo riding, but that value may be compromised by my mis-set computer. I used this ride as a test for a bar-end mirror, a brand new addition. I think it is more effective for group rides than for cars, because I could hear the cars before I could ever detect them in the convex mirror. But I would definitely have seen a rider right behind my apparently fat leg (remember, it is convex, so objects are not as they normally appear. My actual legs are as graceful as those of a Queen Anne chair.) A rider recommended this mirror to me on the first preTour de Cure ride a few weeks ago. Since I ride two bikes, it would be ideal if I could find another mirror-ready plug, since I do not relish spending \$60 for two of these mirrors. Fat chance of that.



Anniston, AL Criterium

If you've never been to a criterium this is a great opportunity. Criteriums have lots of fast action and are amazing to watch.

The Sunny King Criterium, usually the first weekend in May, has moved to April 17 this year. It is again an NRC race.

For those who have raced at Sunny King, you are familiar with the full-course live race coverage provided on the JumboTron located at the Start/Finish. This is produced by a regional TV station with 5 live cameras stationed around the crit course, providing slow motion replays of any crashes on the .6 mile course and also of preme sprints and finish sprints.

What is new for 2010? All of the coverage on the JumboTron will be streamed LIVE on the internet at the Sunny King Criterium web site (www.sunnykingcriterium.com). This includes all races early in the day, as well as the pro women and pro men under the streetlights of downtown Anniston. An excellent opportunity for friends, family, and sponsors to watch your team race live. Also, a road race has been added on Sunday, April 18 (in addition to the Cheaha Challenge Century, which will be Sunday, as well). RR info will be up on the web site soon

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We Need Your Bike Photos

The Club's photo section needs updated photos. One of the Special Awards at year end will be for the "Photo of the Year". Please capture your events and send them to Carl our webmaster for posting. If enough are received, we will swap out our cover photo weekly.



League of American Bicyclist Cycling Essentials Class

There is a possibility of getting a LAB Cycling Essentials Class scheduled in Birmingham in July. Huntsville has been awarded a grant which includes a League Cycling Instructor certification seminar. If funding arrives from the Federal Government, the certification seminar will be in early October. Please let me know if you are interested in attending the Cycling Essentials Class (prerequisite to LCI certification) or becoming a League Cycling Instructor for the Birmingham area. I will place you on a reserve list. Please send to bagscowan@bellsouth.net.



BBC Calendar

B.Y.O (Bring Your Own) Bike Tour

Saturday, March 27 10am start

Old Cahawba Archaeological Park Orrville (near Selma)

Come explore Alabama's most famous ghost town on two wheels! On this two-hour tour your guide will lead you over 6 miles of mostly unpaved roads, exploring a landscape of relics, ruins, and graveyards. Bring your bike, water, and snacks.

Directions: From downtown Selma, take Highway 22 (Dallas Avenue) west 8.6 miles. Cross over the Cahaba River and turn left onto County Road 9 and follow this 3.3 miles until it dead ends. Turn left onto County Road 2 and follow this 1.5 miles until you see the Welcome Center on the right. Welcome Center Address: 9518 Cahaba Road, Orrville, AL 36767.

Fee: \$4 adults, \$2 children 18 & under, \$3 seniors (age 65+), military or college students

Cullman Century

A Relay for Life Century Bike Ride is being held Saturday, March 27th, 2010 at Webb Wheel Products in Cullman, Alabama with all profits being donated to the American Cancer Society Relay for Life Fund.

Address start location and registration on the day of event is 2310 Industrial Drive SW, Cullman, AL 35055

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Registration fees are: \$20.00 until March 13, 2010. \$30.00 March 14 through March 27, 2010. Make checks payable to the American Cancer Society. A \$50 fundraising minimum donation is also required to participate. Mailing address for fundraising donations and registration fee: Webb Wheel Products Inc, Attn: Relay for Life Fundraising Coordinator, 2310 Industrial Dr SW, Cullman, AL 35055. Please be sure to mail a registration form with your check.

The ride options are 16, 39, 65, 73 or 100 miles. The course is fully sagged and there will be aid stations every 7 to 13 miles. All riders must wear helmets and must obey all traffic rules and signs. A t-shirt and meal will be provided for all registered participants. Registration booth will be open 6 am- 7:15 am. Mass start at 8 am and the routes will close at 4pm

<http://www.webbwheel.com/Pictures/CenturyBikeRideRegistrationForm2010.pdf>

Contact Tim @ ttorbert@webbwheel.com with questions

The Ride to Live Cancer Classic

At the Barber Motorsports Park is fast approaching, Saturday, April 3, 2010. This year you can race on the same track that will host the Alabama Grand Prix Indy car race and you can Race for FREE!. In response to the requests from last years survey, we've added an option which will allow you to race without any out of pocket race fees. Details at www.ridetoliverace.com. For those racers that choose the Race for Free option, you will also qualify for the \$250 worth of bike shop gift certificates we are giving away. Times have been tough for lots of folks, so we came up with this option which is easy and will benefit everyone. Our races still benefit the Lance Armstrong Foundation and the UAB Comprehensive Cancer Center. Feel free to email me with any questions @ dogoodoften@gmail.com - Jerry

8th Annual Boll Weevil 100

April 17, 2010

Sponsored by the Enterprise Lions Club. The 25 mile bike ride is generally on flat terrain. The 100K is characterized with some rolling hills. The 100 miler is generally flat with some rolling hills. All proceeds go to helping local sight impaired people. Online registration ends April 14, 2010. <http://www.enterpriselionsclub.com> 334.347.2623 x 2288

Spring week getaway in Georgia April 18-25, 2010

Hi, we are Cycling Logistics and would like to pass along to your organization the opportunity for your members to tour the Middle Georgia countryside this Spring during Pedallama 3. Accommodations for this week are perfect for cycling couples as the camp venue for the entire week is at a regional FFA facility and double occupancy dorms are available along with other lodging options. Cycling Logistics has been supporting week-long rides in the NC-GA-FL area since 1999. We invite you to visit our website www.cyclinglogistics.com and read about the details on the Llama Rides page.

Thanks, Blake and Bobbie Ramey, Cycling Logistics

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Up the Creek Without a Pedal Century Ride - 20th Anniversary!

Date: Saturday, May 08, 2010 @ 8:00 AM local time

Address: Mount Berry Square Mall, Hwy 27 North at Mt. Berry Square Mall, Rome, GA

Registration Closing Date: Monday, May 03, 2010 @ 11:59 PM

<http://www.active.com/cycling/rome-ga/up-the-creek-without-a-pedal-century-xx-2010>

Registration Prices: Entries received before April 23, 2010*: \$30.00 with a t-shirt

Entries rcd after April 23, 2010 and Day of Ride Registration*: \$35.00 with a t-shirt (while supplies last)

****NEW**** *Children 16 & under free if accompanied by an adult* Bike helmets required.

Proceeds benefit The Boy & Girl Scouts, The Open Door Home and area bike-related activities.

Ride Information

One of Northwest Georgia's must do rides. The ride consists of options of 30, 45, 62, and 100 miles, all on scenic rural roads with very little traffic. The 30 and 45-mile routes are mostly flat to gently rolling, with one moderate climb. The century route takes both 100-milers and 62-milers to Villanow at about mile 30, where the century riders will do a loop that returns them to Villanow. The route contains a couple of challenging hills, but no mountains. All options are fully sagged with SAG stops located about every 15 miles. All routes return to the starting point at the mall where you can enjoy a post-ride Chick-Fil-A sandwich (included in registration fee).

For More Information Coosa Valley Cycling Association: net www.cvca.org

Shirley Raley: sralley5@comcast.net Chris McCormick: cycling50@aol.com Ordinary Bicycles: 706-234-2453 Cycle Therapy: 706-235-4866 info@cycletherapy.us

CARTI Tour de Rock Saturday, June 12

10 a.m., Fun Ride; 7 a.m. Advanced Ride

Burns Park Soccer Complex; North Little Rock, AR

Join cycling enthusiasts from all across the South for the seventh annual CARTI Tour de Rock, presented by Coulson Oil Company. Casual riders of all ages and skill levels can enjoy the 12-mile Arkansas Children's Hospital Family Fun Ride, or more experienced cyclists can select the U.S. Bank Advanced Ride which features route options of 30, 50, 62 or 100 miles. Registration fees, which include lunch and live entertainment, are: adults, \$30 prior to June 1, and \$35 after June 1; children ages 5-12, \$5; children age 4 and under, free. Spirit Rider (support option) registration is \$15. Proceeds benefit the Central Arkansas Radiation Therapy Institute. For more information, including online registration and a detailed schedule of rides and activities, contact the CARTI Foundation at 501-296-3406 or visit <http://www.carti.com>.

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Spokesman
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