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The Spokesman

Voice of the



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In this issue:

Regular: *Letter from the President, Meeting announcements, General News, Pavé Report, Product reports, Notes for club riding and Ride announcements, BBClub kit ordering*

Letter from the Prez

I'm no longer a virgin! I just completed my first RAGBRAI (Register's Annual Great Bike Ride Across Iowa). I joined a team of several Birmingham Bike Club members on a team we called, "We Ain't Rite."

However, everything was right with this adventure -except for the record breaking temps the first part of the week. What was right?

Your choice of pie. My choice: cherry, strawberry, rhubarb, red raspberry, apple, and blueberry; all homemade just for me.

Hospitality for cyclist I've never witnessed before; the host towns are all so special;

Riding every day with 15,000 other cyclists; you're never alone;

The best veggie lasagna I've ever tasted;

Homemade ice cream churned on the spot by antique tractors;

One family towns;

Beer gardens and music;

Kabobs and shower trucks;

Meeting cyclists from Oregon, California, Texas, Florida, Georgia, Kentucky, Illinois, Michigan, Wisconsin, Washington, Colorado, Indiana, New York, Virginia, West Virginia, South Carolina, and Tennessee;

Cycling 450 miles in seven days and it seemed like 50;

An appreciation for the farmer's way of life;

Pork sandwiches;

Turkey sticks;

Breakfast burritos.



I will do this ride again. Hopefully, we'll get some detailed reports on this ride.

Our 39th Annual 2012 BBC Mountain Goat Century is just weeks away. It's the same great ride and same great venue. Our date is Saturday, September 8th, at Homestead Hollow in Springville, Alabama. ***Proceeds from the 2012 ride are targeted for our SHARE THE ROAD signage project.*** The first 100 registrants will receive a FREE t-shirt! So don't delay. The full Mountain Goat as well as the 101 mile century will give you a sense of accomplishment. The folks from the Straight Mountain Mennonite Church at RS4 are so hospitable and the BLT sandwiches at this stop can't be beat. You're in tomato harvest country. There are shorter options of 42 and 68 miles through the valleys or you can create something in between. A fantastic post meal will await you back at the Hollow. Come join the party! See you on September 8th! Please invite your friends! Registration will open at 7:00 a.m. and the ride starts at 8:00 a.m. We will be at the pavilion.

Currently we have \$791.00 in our Share the Road kitty. We hope to add a huge chunk of money to this from our century proceeds. Our next fundraising project will be a bike related swap meet. Plans are to use our October meeting for this event. We plan to use the Homewood Library as the host location. We will rent table space for \$10.00 for you to sale your individual goods. Our club will be accepting donated goods for our table to sale. Details will be sent out in late September. Start gathering those items that are just taking up basement and garage space that someone may benefit from. Items can be helmets, tires, bottles, tools, bikes, jerseys/shorts (laundered of course), and a hundred other items. Let's make this a huge success for everyone.

I have a great list of cyclists who have been trained as ride leaders many with years of experience. I'm counting on you to step up and lead at least one or two rides a month. Hopefully we can host a great variety of rides for all levels of cyclists. Thank you to our ride leaders for July and August. They are Eddie Owens, Wayne Spooner, Randall Richardson, Barb Cowan, Stan Palla and Debbie Murphree. You are greatly appreciated!

New members for July and August are: Joseph Ray, Christopher Watkins, Don Hagan, Amos Mitchim, Amy Murphy, Martin Stallings, Gil Kracke, Keith Baker, DeAnna Horton, Sherman Ellis, Kimberly Gran, Tom Moulton, Michael Morgus, Bull and Bear Timer, and Natalie Sansom. Welcome!

We have quite a few new members. Let's get those rides posted and get folks riding! I know we get comfortable in our groups, but there are a lot of local cyclists that want to join the fun and get involved. We're a great club and we're growing!

Get your friends involved in cycling. A club membership gives you:

- 10% discount at local bike shops (just show your card at time of purchase)
- Discount on BBC Century registration
- Participant Accident Insurance and Liability Insurance for club sponsored events
- Meetings, programs, parties, picnics
- Club sponsored events
- Online ride calendar
- The Spokesman newsletter
- Access to group riding and club adventures

Remember, if you don't see a ride on the calendar you like, maybe you should lead one!
Stay safe and see you on the road and at The Mountain Goat!

Barb Cowan, Prez

Meeting announcements

Board and Club meetings are the 3rd Monday in alternating months, time and place to be announced by the President via e-mail. August was a board meeting, September will not have a meeting because of the Goat.

Minutes from August Meeting

Meeting announcements

Board and Club meetings are the 3rd Monday in alternating months, time and place to be announced by the President via e-mail. August will be a board meeting, September will be a membership meeting.

Birmingham Bicycle Club Board Meeting August 20, 2012

Board Members Present:

Barbara Cowan, Diane Aldridge, Mark Aldridge, Joe Manis, Eddie Owens, Shane Jordan, Clinton Slayton, Lorraine Englande, Gene Wallace

Board Members not Present:

Barbara Gower, Stan Palla, Angie Calloway

Barbara Cowan called the meeting to order.

The primary discussion for the meeting was to review the plans and preparation for the upcoming Mountain Goat Century. Barbara said that the response for volunteers had gone well and that all requirements were covered at this time. Barbara will put out notices to the volunteers over the next two weeks.

A discussion followed on the supplies needed for the Century. Gene has the two of the supply tubs for the rest stops and two canopies. These will be moved to Barbara's house. The tables needed for some of the rest stops are on hand.

Mike Cowan will be responsible for doing the shopping for the food at the rest stops. Each group of rest stop volunteers will handle getting the ice needed on the morning of the event.

Dianne will have potatoes for rest stop 3. We will also have the traditional tomato and bacon sandwiches at rest stop 4.

All supplies are on hand for registration including the arm bands for the riders. There are plenty of volunteers to handle setup and registration.

The after ride meal will be BBQ pork supplied by the Shack who did the food last year. A suggestion was made that riders might prefer chicken. Barbara will check if they also do chicken.

There was a question about the location of the showers at Homestead Hollows since we advertise them in our brochure. Joe will check on this with the folks at the location.

Joe reviewed the details for the actual ride. Cahaba Cycles is the only SAG support from the bike shops in town. Joe and Mike will handle backup SAG and they will pick up the signs on the final sweep of the day. Joe, Mark, and Jerry Moore will mark the route. Joe will paint the route in advance. Joe said that he has all the maps and queue sheets ready.

Lorraine lead a discussion on the T-Shirts for this year. We will plan to do long sleeve shirts again with a colored shirt. The logo will be the same as last year. We need to get the list of sponsors for the ride setup.

There was a discussion on advertising the Century on Facebook. Shane indicated that we could run an ad targeted at cyclists to raise awareness for the Century. If they click on the ad it would drive them to our registration site. Shane made a motion to allocate \$50 for advertising on Facebook to see what kind of response we get. The motion was seconded by Eddie Owens and the vote was unanimous.

Barbara led a discussion on the swap meet to raise funds for the Share the Road project. The current plan is to have the swap meet in October at the Homewood library. The Club would run one table and sell items that we have collected and or have been donated for the event. Tables will be available to for a \$10 fee for anyone that wants to sell items at the swap meet.

There being no further business, Barbara adjourned the meeting.

Respectfully submitted, Gene Wallace, Club Secretary

General News

Dem bones, dem bones, dem...dry bones!

Your editorial staff has been under the radar lately, the afternoon heat has momentarily stopped a regular work commute, when the 4:00pm temps off the pavement were between 90deg and 100deg. The roller-coaster gasoline prices have discouraged travel to club ride sites. Injuries from a fall in 2011 have left remnants of rubbing surfaces and pain that may not allow us to take on any more centuries. We are still riding weekends, close to home and early, to avoid the heat,

usually with another BBC member. However, the doc has recently mandated: more walking, not necessarily less riding, but that may come with the next bone density exam.

Most people who experience bone loss are told to take calcium supplements or are prescribed sodium alendronate (Fosamax ®). This med inhibits the loss of the mineral covering of bones that protects them from breaking under stress. For years, the loss of this covering was associated with post-menopausal women, but anyone who does a lot of cycling and/or swimming, has to be on the lookout for this bone loss. Why? Because these activities do not create impact on the bones. In this case, we do not like the word *impact* as it suggests violent activity, but in fact, it just means anything that tries to make the bones more *bendy*. Anytime you push a resistance load on a weight machine with your leg, you are asking the bone to be ready to be flexible, so obviously walking, jogging, running, or playing tennis requires flexibility and considered impact activities. Our miraculous bodies respond to stress on the skeleton by building up the bones. Unfortunately, cycling and swimming cause the muscle sheath to rub away at the coating of bones with no attempt to bend them, there is just not enough resistance. This causes the resorption (loss of substance) of the bone.

So what's the big deal, can't those with bone loss just take the supplements and medicines? Not if you have experienced bone break and kidney stones, as have I (here I drop the editorial "we" as just too precious in this context). Broken bones actually become more irritated if you hit them with calcium or certain meds while they are trying to knit back, and most kidney stones are formed from excess calcium. So after a few years on the medical tightrope of taking extra calcium and trying to ride my blood sugar and cholesterol off, my doctor has advised me to concentrate on the impact for a while, after a kidney stone attack in March. Kidney stone attacks are nothing to trifle with, and the supplements I took for riding can lead to those, especially in the dehydrating heat we are experiencing. Eddie Owens disagrees with this contention; he says from his experience, taking extra calcium may prevent stones from forming. This is an endless discussion online.

There is not any research that I have found that says whether there is as much bone loss by riding 20 miles a day for five days, as opposed to one century on a weekend, but I suspect that recovery time with impact exercises between rides is less bone-scraping than centuries and ultra-distance riding.

Anyway, it remains to be seen if I will ever be comfortable on a century, there is still a lot of grinding going on in the shoulder area.

Selle Anatomica® Blues

We had reason to contact this manufacturer because our saddle, which is less than a year old, is now stretched as far as the tightening bolt will go. This saddle is sort of an American version of the Brooks ® saddle with a comfort cutout. My initial contact was met with the answer that SA will recover the saddle for \$140. We pointed out that admittedly we have put a few thousand miles on it, but the saddle was a year old, rated for 195lbs ("Clydesdale"), and we ride at 170-175lbs, so why would the saddle need to be recovered? The answer was that "leather saddles are like leather shoes, they do have to be replaced." Our answer was that we have leather shoes that are older than most of you who are reading this, and our Brooks ® lasted 32 years, from a purely

leather standpoint. What we really need is a longer bolt to keep tightening, the leather seems perfectly okay, but it hammocks and squeaks if I slacken the bolt.

We were requested to call SA and discuss, after we pointed out that we write a club newsletter. We left a message, but have not heard back. Perhaps they wish to do a deal, but this does not bode well for any further recommendations of this saddle.

Possum Cycling – cleaning our kit

Most of the detergents sold as “specially formulated for sports clothing” appears to be specially formulated to empty our wallets, since they run 3 to 4 times the cost of regular detergents. We tried Penguin Wash ® and did not get enough bang for the buck, especially after the dye on the label ran all over our hands and re-stained the clothes. The Homewood store that is named after a day of the week and a time of the day, up the hill at the corner of Green Springs and Valley, now has Pro Wash ® for \$5.00 for 24 loads. Unlike Penguin, we are not left with a #5 plastic bottle that our local recyclers will not accept. Pro Wash comes in a plastic pouch, nominally better, but still plastic. This product in the bottle has no odor of perfume, only chemical, not bad at all. Hard to tell if there is any dye, but I suspect not. Two little scoopfuls for one load.

The test: three bibs, three jerseys, two cotton bandanas, a Head Sweat®, some socks and some helmet pad inserts. One bib short had a pad that had been ridden with a Euro-style chamois cream.

The result: the pad in the shorts that had chamois cream still had a faint odor of menthol, but the synthetics had no odor other than the slight chemical order noticed in the bottle. The cotton goods retained this odor more strongly. We have not tested our “toe shoes” yet, but most stains we have on our kit appear to be more or less permanent, since no detergent has gotten every one of them out. At this price, we are happy with the results and we went back and bought more. No way of knowing if other store locations have this or for how long.

Lorraine leaves us

Club Treasurer Lorraine Englande leaves for New Orleans in September, but agrees to continue as our Treasurer until next year. We will miss her, but she promises to stay in touch, since she is managing our monies. Not yet sure if she will be able to keep her e-mail address.

Step up for the Spokesman

The Spokesman needs a new editor, our two-year stint has been fun, but we have other fish to fry, and contributions from club members have been scant. Thanks to Ed Carmack and Doug D for contributing. Please contact Barbara Cowan if you are interested.

**Ride Leader Stats thru August, 2012**

Eddie Owens	33
Wayne Spooner	24
Barb Cowan	11
Randall Richardson	11
Joe Manis	4
Elijah White	3
Gene Wallace	2

Stan Palla	2
Shane Jordan	1
Susan Goertz	1
Steve Phillips	1
Lorraine Englande	1
Jeff Malone	1
Debbie Murphree	1

Club Miles through August 26th, 2012

Wallace	Gene	1496
Cowan	Barbara	1258
Owens	Eddie	1137
Ritch	Billy	964
Manis	Joe	935
Smith	Roxanne	912
Spooner	Wayne	902
Smith	Merrill	883
Aldridge	Mark	876
Aldridge	Diane	861
Bebok	Zsuzsa	666
McDaniel	Mike	587
Collawn	Jim	564
Strouss	Snake	533
Carmack	Ed	520
Harris	Tyra	516
Pfau	Louis	491
Richardson	Randall	486
Dobbs	Jim	485
Cowan	Mike	452
Berge	Asmund	390
Smith	Art	325
McDaniel	Linda	315
Hodges	Steven	305
Halsey	John	302
Maisonville	Lloyd	302
Myers	Larry	295
Malone	Jeff	291
Carter	Jim	290
Gower	Barbara	288
Hartsfield	Steve	281
Reburn	Jim	262
Estes	Kay	254
Caspar	Richard	250
Mitchell	Steve	242

Cascio	Tony	235
Mascia	Paul	214
Belski	Bill	200
Phillips	Steve	199
Caputo	Paschal	198
Golab	Katie	194
Reburn	Vicky	162
Spencer	Sheri	156
Grumley	Scott	150
Hagan	Don	143
Slayton	Clinton	140
Schuster	Abraham	120
Coombs	Jody	119
Englande	Lorraine	107
Robertson	Jim	102
Fulmer	Russell	100
Gaston	Michael	100
Riser	Margaret	92
Riser	Thomas	92
Argo	Chris	90
Murray	Susan	90
Combs	Bart	85
Moore	Jerry	80
Oliver	Bryan	80
Bunn	James	78
Burgess	Sid	75
Christenberry	Bill	75
Spooner	Pamela	72
Ray	Joseph	68
Shuster	Abe	66
Brown	Whitney	64
Watson	Dan	62
Alen	Linda	61
Cranich	Steve	54
Goynes	Mitchell	50
Kirby	Ken	50

Nash	Tom	50	Giles	Rachel	35
Bennett	John E.	45	Rierner	Corbin	25
Martin	Patrick	45	Goertz	Jack	25
Sims	Billy	45	Goertz	Susan	25
Mathis	William	45	Lee	David	20
Leader	Dean	42	Moore	Judy	20
Schrimsher	Jef	42	Turnbough	Dale	20
Palla	Stan	40	Maisonville	Barbara	20
White	Elijah	40			

Total Club Miles 24,523

TIB Stats through Stage 15 Barb's Cool Century

COWAN	BARBARA	67:24:19
SPOONER	WAYNE	66:42:53
WALLACE	GENE	67:15:03
RITCH	BILLY	67:37:26
OWENS	EDDIE	68:05:10
ALDRIDGE	MARK	68:46:14
PFAU	LOUIS	68:54:00

RAM eligible participants

DIANE ALDRIDGE
TYRA HARRIS
JOE MANIS

Pavé Report

Hydration! Hydration! Hydration! Riders will be affected by the gunky molten lava that some of our roads are made from. America's tree and garden rats, otherwise known as squirrels and chipmunks, have still not evolved to the point of making the correct directional choice to avoid being squashed most of the time. Don't be a casualty by being as indecisive as they are when they jump in front of you! **Please report any changes in your favorite road riding conditions to spokesmaneditor@gmail.com.**

Belmont – connector from Overton Rd to Old Leeds, crosses over 459, repaved.

Stone River (Mtn Brook) – from Old Leeds north toward Montevallo/Euclid – repaved near Old Leeds.

Shades Crest between Green Springs and 31 – very smooth now
Apparently more repaving projects in Mountain Brook than your editor has seen.

Where paving is most needed is (not surprisingly) the tax-poor areas of the county, notably Bessemer, Powderly and SW Birmingham. Road conditions there are daunting, but with good tires, these are still worthwhile riding areas. The people there are friendly, and probably do not see a lot of riders coming through their neighborhoods. We have taken to turning west on Shannon Road off of Ross Bridge, and riding down to 150 then north and using Dartmouth/Jefferson/Park Ave/Ave K/Pearson for making our way back to Homewood. Because of the total awesomeness of seeing bicycles in their neighborhood, the citizens there have honored us by naming a street..well, what can I say?



Ride Warning

Right-of-way for a cyclist means little in the afternoon at a busy intersection. Don't "hide" by circling on a side road and then pop out into these intersections: take your stand just where a motor vehicle would be stopped for the light, so that the traffic can see you there. Be aware that there are "weight trips" at many lights that will not respond to even a large group of cyclists. Point straight forward with your arm and try to make eye contact with any opposing traffic when going through an intersection, in the hopes that left-turners in your face will see that you are going straight through, but don't push your luck.

Always remember when you are riding towards the sun on those westbound afternoon trips: so are the drivers behind you, most of whom are also chatting on cell phones while hauling a bunch of schoolkids, and/or still trying to decompress from work. Setting sunlight can be blinding for everyone. Be sensible about pulling off and releasing all of that psychic pressure behind you, regardless of your road rights. Better to have the large moving metallic objects in front of you where you can see them.

Notes for Club Rides

Your responsibilities before you attend a club ride:

- **Make sure the ride is right for you** - Please read the description of the ride to make sure you have the skill, ability and equipment to effectively participate in the ride. If you have any questions at all, call the ride leader. We want to encourage everyone to participate in club rides; however it creates problems for ride leaders and other ride participants when riders show up for a ride without the skills, experience or equipment to effectively participate in the ride. Our rides are normally marked for expectations, as beginner-friendly, intermediate or experienced. Ride Leaders will use different terms like "advanced" or "no drops" but these will be clear, sometimes by posting the average speed expected for the ride. A ride marked "advanced" or "not for beginners" implies some expectations that you can maintain a steady brisk pace, usually averaging +15mph and above. Please remember that group rides tend to go faster than you might be used to on solo rides, but if you know how to ride in a group or want to learn, you will benefit from this. Group riders tend to use 20-30% less energy by drafting off of one another. ***The only way to learn to ride in a group is to ride in a group.***

- **Have your own spare tube that will work with your tires, and some form of air supply (a pump or a CO2 cartridge)** – Generally, the ride leader or other riders are happy to help you change a flat if you don't know how, however it is your responsibility to have your own equipment to do so.

- **Bring at least one full water bottle** – some starting points have no amenities at all, so hit a convenience store on the way to the ride if you forgot to fill up at home.

- **Bring your cell phone** – It is always good to have a cell phone with you on a ride in case you or one of your fellow riders needs help. Try to store the ride leader's cell number, as well as others you ride with often. Be ready to share your number with other riders.

• **Bring identification with any necessary medical info, and money. Helmet is required for all rides.**

Your responsibilities while attending a club ride:

• **Sign in before the ride** – The ride leader will have BBC sign-in sheets (and sometimes maps). It is very important that you sign in because the sheets are used to track miles and more importantly to document for ride participant insurance coverage.

• **Tell the ride leader if you do not plan on returning to the start/finish or if you plan on diverting from the planned route** – If you ride to a group ride and do not plan on returning to the starting point, or plan to ride longer or shorter, make sure the ride leader knows or that you let someone else on the ride know so that the ride leader does not wait for you to return. Riders who live near the route may join somewhere along the route and peel off before the start/finish, so speak up! Leaders will count heads at the start and will expect everyone to still have a head at the finish.

• **Take a ride map if provided** – Even if you plan on sticking with the group, sometimes things happen and it is possible you may be in a position to have to navigate on your own. It is always better to be prepared. Some common routes are mapped on the website.

• **Do not wear headphones, or use your cell phone while riding in a group.** Pull off if you must take or make a call, or wait for a stop.

• **Do not ride on aerobars (tri-bars) while riding in a group** - Aerobars, common on triathlon bikes, are not designed to be used while riding in a group as the triathlon is essentially a time trial. The rider will generally not be able to react quickly enough from that position if quick action is required while in a *peleton*.

Ride Announcements

For competitive events, check Travis Sherman's **Alabama Cycling News** website:

www.alabamacyclingnews.com

Notes about regular events:

BBClub members are encouraged to lead rides on well-chosen routes at a predictable time. The leader is not expected to provide food or hydration, but regular rides frequently have eating places at the start/finish. Your miles are reflected as Club Miles when a BBClub ride leader is present. Mileage is usually determined by a consensus of the riders' computers. Ride leaders should have a waiver form for you to sign, and will allow no dropped riders on beginner/intermediate rides. If the posting is marked "Not a beginner ride," then there are expectations that you can maintain a steady brisk pace. Read about the event details on our calendar. If the start locations or times are not clear, call the leader and ask/complain! Evening riders must be equipped with lights. Most rides are automatically cancelled if it is already raining at start time, but if you show up and it has just started sprinkling, the group will decide.

In addition, most of the LBS in Birmingham have road rides that may be at a more convenient time, place, or pace, but will not add BBClub Miles. These are dependent on how many riders show up and the staffing at the LBS, and most start before the business hours of the LBS, so try to get good contacts at the LBS. Call during business hours on a weekday, and check their websites. No one is dropped if these are used as teaching rides for beginners, many of whom are trialing possible bicycle purchases, but there may be experienced riders along for the ride. These rides are not always store-lead, but there will be an impromptu verbal preview of the route before the ride. *Fair warning: some of these rides can be quite aggressive if not store-lead, so be careful about starting something you may have to finish alone.* Most of these rides typically head straight into Hollywood, if starting in Homewood, then through Mountain Brook and Mountandale and into Irondale. Oak Mountain rides involve payment of a couple of bucks at the gate for going through the park. LBS rides make a good alternative for those who are unenthusiastic about +35 mile rides, and for those who welcome some coaching (we all need it from time to time). *No BBClub miles for these rides.*

Some annual charity rides have become part of the Tour de Iron Butt scoring system, but as long as there is a BBClub leader in the event, participants can report Club Miles, whether in the Iron Butt category or not. Be aware that there are several worthwhile charity rides that will garner no Club Miles. Please let us know your experiences in these by sending to spokesmaneditor@gmail.com.

Regular events

As always, check the BBClub Calendar and In&Out of Town on our website!

Most weekends and several weeknights will feature at least one club-led ride. Rides may start around Chelsea/Westover and go up to Coosa Mountain (big climb) or down to Wilsonville (a few rollers), others start in Montevallo, and some start at or go to Turkey Creek (the best on a hot day!). Watch for rides to nearby festivals, where you can count on a great meal in the middle of the ride. Pepper Place, Oak Mountain State Park, the Helena Winn-Dixie and the Springville WalMart are also among the popular starting points for regular club-led rides.



2012 Rides of Interest

BBC Mountain Goat (TIB)

Sept 8, 2012

Details on a following page

All-You-Can-Eat Century Ride

September 15, 2012

Madison County High School, 174 Brock Road, Gurley, AL 35748

Times: see below

Five Routes for Cyclists of All Abilities! Chose from [five scenic routes](#) from a moderate 36-mile loop to the challenging 108-mile Century.

Registration/Check-in opens 6:30am

Course open from 8:00am to 4:30pm

108-mile Century begins at 8:00am

50/59/67-mile rides begin at 8:05am

36 mile ride starts at 9:00am

Meal served from 12:00 - 4:30pm

Location: On Hwy. 72, 10 miles east of Huntsville. View the [online map](#).

Please, no headphones. Helmets must be worn. Field limited to 600 riders.

After-ride meal professionally catered by Nothing But Noodles. Choose either Capellini (Angel Hair) Primavera or Basil Pesto, or both! It's all you can eat! Desserts provided by Nothing Bundt Cakes and Purity Ice Cream.

New souvenir glassware is included in the registration fee and a limited number will be available for purchase

<http://www.springcity.org/century/index.stm>

Glassner Autumn Challenge (TIB)

Date: 9/29/2012

Time: 6:30 - 4:30 PM

Pintlala Baptist Church, 73 Federal Rd. Hope Hull, AL

After an one year hiatus, the Montgomery Bicycle Club's Glassner Autumn Challenge is back!

The ride will be held on Saturday, September 29, 2012. We have rides for everyone. Pick from the Smell the Roses 30 mile, the Fabulous Fives 55 mile, the Mad Metric Century 62 mile or the Courageous Century 100 mile! Early registration available thru 9/14 for \$35.00.

For all the details visit www.mgmbikeclub.org or call 334-625-8868

Sponsor: Montgomery Bicycle Club, (Bonnie Traphan) 334-625-8868

Johnny Ray Century, Opelika

Date: 9/29/2012

Time: 8 AM

Opelika, AL (110 mi SE of B'ham)

The Johnny Ray Century for Parkinson's Disease, with routes of 20, 34, 63, & 105 mi. Fully supported with well-stocked rest stops and well-equipped sag vehicles as riders travel the rolling hills of Lee, Chambers, Talladega, and Randolph Counties past historic sites and scenic vistas. Light breakfast and sumptuous lunch for all; T-shirts to pre-reg riders.

Info & contacts: eastalabamacyclingclub.com

Sponsor: East Alabama Cycling Club

The Sequatchie Valley Century

Saturday, October 6, 2012.

All routes feature the beauty of the Sequatchie Valley, surrounded by mountains, friendly communities and terrific fall scenery. The event has been a rider favorite for years. Route options of 100, 90, 62 and 28 miles are fully supported. Amenities include a long-sleeved T-shirt, support vehicles, restrooms and showers, well-stocked rest stops and a post-ride meal.

http://www.chattbike.com/index.php?option=com_content&view=article&id=92&Itemid=61

Tour of Alabama 2012

Date: 10/8/2012 - 10/12/2012

Time: 8 - 9 PM

Various locations, see description

5 Days of the Tour of Alabama is our inaugural road cycling event to ride across Alabama in 5 days and in nearly 400 miles. This year we'll start from Florence to Huntsville, Lake Guntersville to Cheaha, and on to a grand finale in Auburn. There are several climbs throughout the ride with the most challenging being Mt. Cheaha with over 12 miles of grades from 1-10%. This is more than a tour, it's a personal challenge that will help push you farther, 19k of climbing. You'll have ridden nearly 400 miles from Florence to Auburn through some of the most scenic areas of the state of Alabama.

Contact: Shane Jordan

shane.d.jordan@gmail.com

<http://www.tourofalabama.com>

***The Birmingham Bicycle Club's
39th Annual Century***



SAVE THE DATE!

SATURDAY, SEPTEMBER 8TH, 2012

Join us in beautiful Springville, Alabama for one of the most beautiful centuries in the Southeast! Routes for everyone from the challenging Mountain Goat Century to optional shorter flatter routes that let you just enjoy the scenery and company of fellow cyclists.

- Start at Homestead Hollow, with camping and area hotels nearby if you'd like to spend the night.
- Witness Epic Climbs up Chandler Mountain and Spectacular Vistas from the Top of Walker Gap / Straight Mountain
- Enjoy home baked goodies and the best tomato sandwiches you've ever tasted at rest stop #4
- Ice cold homebrew and post ride meal provided back at Homestead Hollow. Don't miss it!

Go to www.bhambikeclub.org for complete information, registration available online soon
Questions? contact trailblazer1@charter.net

Views of current BBCLUB kit:**Back Panel**

Support your club and let your club support you, with our BBCLUB kit.

Club Jerseys and shorts can be ordered using the Order Form found on the Merchandise section of our web page. Payment is due at the time of the order, however, checks will not be deposited until ten orders are in queue and the order is placed.



Shorts (bib shorts are also available but not shown)

Please contribute to the Spokesman

Come on, 'fess up, there has to be something on your mind. We welcome Basil Fawlty rants, glowing satisfaction, and everything in between, but we especially like ride stories and ideas about how we can enjoy cycling, and stay alive and happy on the roads. Send to e-mail address: spokesmaneditor@gmail.com