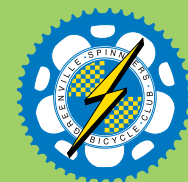




Volume 26, Issue 3
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GREENVILLE SPINNERS BICYCLE CLUB NEWSLETTER

yarnSPINNER



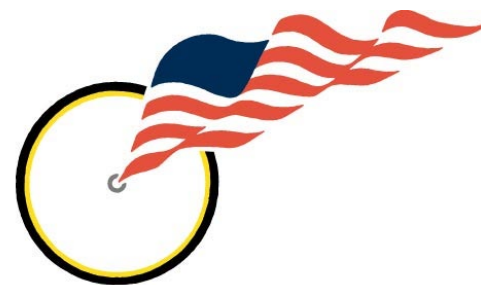
ABOVE

The Women on Wheels (WOW) prepare to shove off for another Thursday night ride. Starting right to left: Jean McKnight, Alison Dixon, Sara Kazian, Liz McNamara, Emmi Mooney with photo by Big Bob.

Volunteer for the US Professional Cycling Championships Labor Day Weekend

OPEN THE FLOOD GATES AND LET THE FUN BEGIN! In less than a month, Greenville will once again host the USA Professional Cycling Championships! ! The web site, USACyclingChampionships.com, is ready and taking registrations for volunteers, sponsors, and VIP ticket inquiries. Just as last year, over 400 volunteers are needed to help the races run smoothly. The majority of the volunteers will be Course Marshalls and as Official Course Marshalls, you will receive lunch, a t-shirt, and front-row seats to the main event! If you were a CM last year and have a preference as to your location just add a little comment as you submit your form.

Groups that want to volunteer together or as a corporation for service hours should contact Kimberly Morgan, US Pro Head Volunteer Coordinator, at kmorgan@usacyclingchampionships.com. Children under 18 must be accompanied by a guardian. And, if you or anyone you know might be interested in sponsorships, please contact Kimberly.



USA CYCLING

REGISTER OR VOLUNTEER TODAY FOR THE 2007 PALMETTO PELOTON PROJECT CYCLING EVENT See Page 2



REGISTER OR VOLUNTEER TODAY FOR THE 2007 PALMETTO PELOTON PROJECT CYCLING EVENT

Registration is now open for the 2007 Palmetto Peloton Project Cycling Event. Our theme this year is the Stars and Stripes Challenge. This extraordinary cycling event will be an occasion to remember and one you don't want to miss. P3 riders will have the unique opportunity to preview the professional course the day of the US PRO Championship Race. Cyclists will enjoy the atmosphere and excitement of riding the pro course prior to the Sunday Championship Race (time limits apply). We will also have a family ride option.

Join P3 as we again raise funds for cancer research and advocacy. Last year, thanks to our riders, over \$80,000 was given to the Lance Armstrong Foundation and local cancer research initiatives at Greenville Hospital System. This year we want to raise over \$150,000 in the name of cancer research and advocacy. Beneficiaries this year are Lance Armstrong Foundation and Greenville Hospital System. Be courageous, Be Bold, and Be Strong! Be a part of the Palmetto Peloton Project Stars and Stripes Challenge.

Registration and fund-raising are easier than ever! We've improved our on-line registration process and added on-line donation collections! You can track your fund-raising progress and directly thank your sponsors! Register today and start fund-raising!

See www.P3ride.org for more details or to volunteer.

- LISA BARWICK

Announcing the New Spinners Web Site!

THE FIRST PHASE OF THE SPINNER'S NEW WEB SITE, www.greenvillespinners.org, is now complete and features a simpler design thanks to Kirk Flinte and Dave Breeze. "We looked at what we had on the old site and realized there was a lot but that you couldn't find it" says Kirk. It was felt that the old site did not fulfill the communication needs of the club. The new design is not only simpler but also builds off of the racing jersey design.

Kirk estimates it took much more than 40 man-hours between strategy and content meetings with the Board and time spent actually creating the web site. "We looked at all the aspects of the club and what people wanted to know". Dave did the layout and Kirk did the logo, colors and converted Dave's layout design into the code to display as web pages. "So many people have helped with it. All the board members, particularly Tim St. Claire, Bill Dingledine and Rick Ramos with getting things going and keeping the moment up".



The Home page of the web site features recent news and announcements. Area weekly rides as well as special rides are listed on the Rides page. The site's Contact page allows club members to contribute in building the web site and in other aspects of the club. It has a form that directs comments to individuals responsible based on the subject.

Everyone is encouraged to submit news, photos and anything that might be important to other cyclists such as rides and events. "Getting club members to participate in keeping it fresh is important." adds Kirk.

In future phases, the site will build to become a better resource for Upstate cyclist. It will feature where to ride, mountain biking, touring and advocacy along with a little club history. If you have any old photos of past club events to contribute, please send them to Kirk at webmaster@greenvillespinners.org.

Weekly Area Rides

Tues 6 PM Donaldson Center Ride

Across from the Donaldson Center Management Office
2 Exchange Street, Greenville SC 29605

South through Greenville county, back roads; mostly flat; some hills.
21 - 28 miles; 12-16 mph - C/D

Several groups gather and leave the parking lot area. Depending on the group there may be nowaiting. Ride leader alternates weekly. Speed and distance determined by the riders. All welcomed; re-grouping; no one left behind.
Contact Lisa at lisashai@gmail.com for more details.

Tues 6 PM Donaldson Center Ride

Across from the Donaldson Center Management Office
2 Exchange Street, Greenville SC 29605

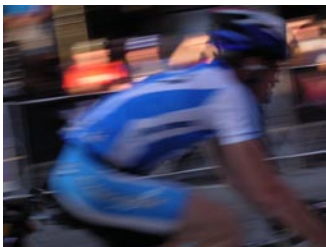
Rolling looparound Center; 21-50 miles - A/B

A/B: Groups lap around the perimeter and meet at the end of the road in the parking lot area. Every Tuesday weather permitting during DST.

Contact for A/B: president@greenvillespinners.org

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Weekly Area Rides Continued

ARE WE MISSING ANY RIDES?

If so post them on the Greenville Spinner's Yahoo group at <http://sports.groups.yahoo.com/group/GreenvilleSpinners/>. This Yahoo group has the latest information of cycling activities in Greenville and it is free. And hey, if you are going to ride invite others by posting the start time, location, terrain, distance and pace. Others may like to join you even if it is a spontaneous ride and just a few hours before leaving.



SEEKING RIDE ROUTES

We are trying to compile ride routes. If you have a ride route you would like to share and have posted, please send it to Bill Dingledine at rides@greenvillespinners.org. If you use a GPS and have a file of a ride you would like to share, just send him the file. On the other hand if there is a ride that you would like a route for, contact Bill he might have it or could get it for you.

Tues 6 PM Carolina Triathlon's Speedy Tuesday Rides

Carolina Triathlon: 1616 Woodruff Road, Greenville, SC 29607 Store tel: 864 676 0408

Terrain: Rolling

Two groups: A Ride: 40+ miles at 20+ mph, B Ride: 36+ miles at 18-20 mph

Thurs 6 PM WOW (Women on Wheels)

Furman PAC parking lot

North Greenville Co.: flat to rolling, 20 miles D/C

Women's Only Ride No one left behind. This is a very friendly and supportive group.

Beginners welcome and encouraged. Any pace and any bike okay.

Contact Jean McKnight jeanmck@infionline.net

Thurs 6 PM Gusto Cycles Thursday Ride

Gusto Cycles: 5314 Wade Hampton Blvd, Taylors, SC 29687; 864-879-2164

Rolling foothills, 29 miles, open to all abilities

Thurs 6 PM Oakview Elementary School

Oakview Elementary: 515 Godfrey Rd. Simpsonville, SC 29681

South through Greenville, Laurens, & Spartanburg Co.: Flat to rolling - 35 miles; B+

Ride will often break into two groups; one is usually fast-paced

Sat 7:45 AM Hour of Power

Sunshine Cycles: 1826 N. Pleasantburg Dr., Greenville, South Carolina

Rolling foothills with optional absolute walls 20-25 miles

Breaks into two groups: those faster and those looking for a more leisurely ride.

Sat 8 AM Carolina Triathlon Woodruff Saturday Group Ride

Carolina Triathlon: 1616 Woodruff Road, Greenville, SC 29607

Rolling hills; Four groups: A Ride: 40+ miles at 20+ mph; B Ride: 36+ miles at 18-20 mph

C+ Ride: 32+ miles at 16-17 mph; C Ride: 30+ miles at 15-16 mph

Store tel: 864 676 0408

Sat 8 AM Carolina Triathlon Downtown Saturday Group Ride

Carolina Triathlon: 631 South Main Street, Greenville, SC 29601

Furman, backroads, and over Paris Mountain, some climbing; 22-25 miles

All levels welcome. Store tel: 864 331 8483

Sat 7 AM The Great Escape Saturday Ride

The Great Escape: 1426 Laurens Road, Greenville, SC 29607; 864-235-8320

Rolling foothills 25 - 30 miles; 15-17 mph

Sat 8 AM Upstate Bike & Skate Ride

Upstate Bike & Skate: 104 SE Main St, Simpsonville, SC; 864-962-1125

Rolling foothills 20 and 30 miles; B/C level

The ride begins the end of April. Contact Lee Lawson at the store for details

Sat 8-8:30 AM The Lake Robinson Saturday Ride

Lake Robinson Park: 2544 May's Bridge Road, Greer SC

Rolling hills and climbs; 50+ heavy miles - 16 mph

Check with Ian Cairns, wmiancairns@yahoo.com in advance. Experienced riders welcome.

Sun 2 PM Paris Mountain Sunday Ride

Bi-Lo: 3715 E. North at Haywood Rd.

Paris Mountain, some climbing. About 19 miles; All levels welcome.



SOUTH CAROLINA UPSTATE SORBA LATEST INFO

Thanks to all that made it out to the Upstate SORBA, Southern Off-Road Bicycle Association meeting at Paris Mountain. We had a good turn-out, despite the stormy weather, and it was great to see some new faces in the group.

Several objectives were met including the election of the following interim officers:

President
J. Koehn
j@concretespecialtiesinc.com

Vice President
Rick Taylor
wrtaylor@hotmail.com

Secretary/Treasurer
Sachy Pichardo
sachy.pichardo@gmail.com

Propaganda
Brad Allen
brado1@aol.com

- RIC RAMOS



Layne's 2007 Ride Calendar

Aug 25: Flight of The Dove, Clinton, SC, 5, 30, 50 & 62 miles
<http://www.laurenscountycyclists.org/fotd.html>

Aug 25: Fourth Annual Tour de Rogers, Bremen, GA, 6, 20, 35, 59, 68 & 100 miles
<http://www.TourdeRogers.org>

Aug 25: 17th Annual H.O.T. 100, Murfreesboro, TN, 100 miles
<http://www.mborobike.com/ridecalendar/hot100.php>

Aug 26: Hilly Hellacious Hundred, Fletcher, NC, 55, 62 & 100 miles
<http://www.blueridgebicycleclub.org/>

Sep 1: SC/NC Road Race Championship, Fork Shoals, SC
<http://www.nc-scroadracechampionship.com>

Sep 1-2: 25th Annual Savannah Bike Fest, Savannah, Ga, 36, 50 & 100 miles
<http://www.bicyclesavannahllc.com/>

Sep 2: Apple Country Bicycle Tour, Hendersonville, NC, 4, 16, 32 & 62 miles
http://www.eco-wnc.org/bike_tour.htm

Sep 2: Stars & Stripes Challenge, Greenville, SC, Multiple 22-mile loops
<http://www.usacyclingchampionships.com/index.php>

Sep 8: Assault On Little Mountain, Columbia, SC 25, 62 & 100 miles
<http://www.carolinacyclers.org/assault.html>

Sep 8: Bush Country Metric, East Bend, NC, 22, 43 & 76 miles
<http://www.bushcountrymetric.com/>

Sep 8: Tour de Paws, Spartanburg, SC, 27 & 61 miles
<http://www.freewheelers.info/paws/>

Sep 15: Nut Roll, Albany, GA, 30, 46, 62 & 102 miles
<http://pecancitypedalers.org/>

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Layne's 2007 Ride Calendar *Continued*



Sep 15: 23rd Annual All-You-Can-Eat Ride, Huntsville, AL, 25, 50, 65, 90 & 102 miles
<http://www.springcity.org/century/>

Sep 16: Bridge to Bridge Challenge, Lenoir, NC, 100 miles of pure hill
(Limited number of ride slots available)
<http://www.caldwellcochamber.org/aboutus.asp?id06=50&cat06=49>

Sep 22: Tour de Tuck, Sylva, NC, 60 & 106 miles
<http://www.tourdetuck.com/>

Sep 22: Rollin' Round The River, Wilkesboro, NC, 20 & 50 miles
<http://www.bmcc.us/rrr.htm>

Sep 29: Tour de Peach, Gaffney, SC, 30 & 60 miles
<http://www.tourdepeach.com>

Sep 29-Oct 6: Cycle North Carolina Mountains to Coast
(West Jefferson to Currituck Outer Banks)
<http://www.alamancebicycleclub.org>

Sep 29: Assault On Little Mountain, Irmo, SC, 20, 40, 65 & 100 miles
<http://www.carolinacyclers.org/assault.html>

Oct 6: Optimist Club Security Blanket Benefit Tour, Spartanburg, SC
(More information to follow)

Oct 7: Brett's Ride For Rhabo, Hickory, NC, 10, 35 & 65 miles
(Almost 800 cyclists rode this one in 2006)
http://www.hickoryveloclub.com/bretts_ride_for_rhabdo.htm

Oct 13: Ninth Annual Burwell Bike Tour, Burwell, GA, 5, 16, 36, 50 & 100 miles
<http://burwellbiketour.org/>

Oct 13: 19th Annual Ride for Raptors, Pendleton, SC, 25, 66 & 101 miles
<http://people.clemson.edu/~sjm/eccc/r4r>

Oct 20: Freewheelers Leaf Tour, North Greenville University, 50 miles
<http://members.aol.com/KDresch/leaftour.html>

Oct 21: Soldier Ride Carolinas Challenge, Spartanburg, SC, 5, 23 & 62 miles
<http://www.carolinaschallenge.org/>

Nov 3: Tour de Nantahala, Bryson City, NC, 45, 65 & 105 miles
http://www.noc.com/events_tournany.html

Nov 3: Tour de Tugaloo, Toccoa, GA, 5, 21, 42 & 62 miles
<http://www.tourdetugaloo.com/>

Nov 29-Dec 3: FestiVELO de Charleston, Charleston, SC, Lots of touring and cycling
<http://www.festiVELO.org>

Dec 30: Freewheelers Final Fifty, Roundtrip Furman-Table Rock, 55 miles
<http://members.aol.com/KDresch/finalfifty.html>



2007 David Sutton Memorial Cross State Tour

BY JAY MAPPUS

“IT’S ONE OF THE BEST AND MOST FUN THINGS I have ever done.” says first-time Tour rider Rip Major of this year’s David Sutton Memorial Cross State Tour ride. Seventy some-odd riders ranging in age from those in their 20’s to those in their 70’s made the four day tour. Riders’ abilities ranged from beginner to elite.

Kendra Garrett remembers a specific moment of the tour “When we were almost into Savannah, there were six of us and there was a moment when I figured out why people do it. I heard the wind and the whirl of my tires and the whole enjoyment of cycling struck me then. I thought ‘Okay this must be cycling Zen’”.

Kendra, like many, was hesitant about riding with anyone she never met before or even a large group. She had never ridden more than 60 miles and wanted to see if she could do it. “Before the Tour I was scared of anyone that called themselves a Spinner, but everything about the Tour wiped that out. I never expected everyone to be as welcoming as they were.” Even the Tour’s director Rae Harrison says it is not a race, but a bunch of people getting together and having fun.

Rusty Infinger, riding the Tour for his initial time, had the same experience “I enjoyed the commaradie you had with other people. People with similar interests you can talk to.” Many of the people he met on the Tour he sees on group rides around Greenville.

The tour started off just south of Greenville with a 69 mile ride to Newberry on rolling hills. From there it wandered through cattle and horse farms for 62 miles to Aiken. The 94 miles from Aiken to Santee were flat with scattered farms, live oak forests and an occasional swamp along the road. The final 92 miles passed under moss filled trees and finished in Georgetown.

THANKS TO THE DAVID SUTTON VOLUNTEERS:

Committee Members

Rae Harrison - Director
Steve Sperry
Chip Radford
Susan Jones
Kimberly Morgan

SAG Support

Cathy Campbell
Danielle White
Angie Wilson

And just how much training is needed for such a cross state ride? “Just make sure you start a couple months in advance building up, getting miles. Not so much that there are any big climbs. It’s being able to hold a riding position for a long time. If you could ride to the bakery and back from Furman, you could handle any day.” says Rip. Rae replied that she wants at least 700 miles on her legs since the start of the season to be comfortable for the four days of cycling. Kendra found that riding twice a week and participating in a weekly spin class for two to three months was adequate for the ride.

Next year’s ride is to Savannah staying in the heart of the historic district with plenty of places to eat and drink nearby. The hotel even has a roof top pool! Mark your calendars for joining the tour April 30 - May 4 and send an email to touring@greenvillespinners.com now to save your spot. Do not worry about the weather; it has not rained at least since 1998. Rip, Kendra and Rusty all plan on riding next year. In fact 3 out of 4 riders this year rode the David Sutton Memorial Tour before. With so many riders returning from past rides, you do not want to miss out. Hotel costs can double if rooms are sold out.

2007 DAVID SUTTON MEMORIAL TOUR RIDER AWARDS WINNERS

CATEGORIES:

Fashion Statement on a Bike
Best Farmers Tan
Best Shaved Legs
Sexiest Helmet Hair
Hottest Machine
Best BEHIND to be Behind
Best Attitude
Best Sprinter
Best Pull
Good Samaritan
Geographically Impaired
Rookie of the Tour

MALE

Rip Major
Steve Sperry
Billy White
Mark Welch
Jim Ashburn
Ian Carines
Randy McReight
Steve Sperry
Charles Riddelhuber
Rob Resnick
Harry Steele
Rip Major

FEMALE

Ronna Resnick
Rae Harrison
Carol Burger
Sally Nicholson
Hope Ashburn
Lisa Reaves
Beth Rusch
Carol Burger
Lisa Reaves
Sags
Sally Nicholson
Kendra Garrett

WRITE IN AWARDS:

Smallest Bladder Award
“Old Fart” Award
Best of the Best Award

INDIVIDUAL

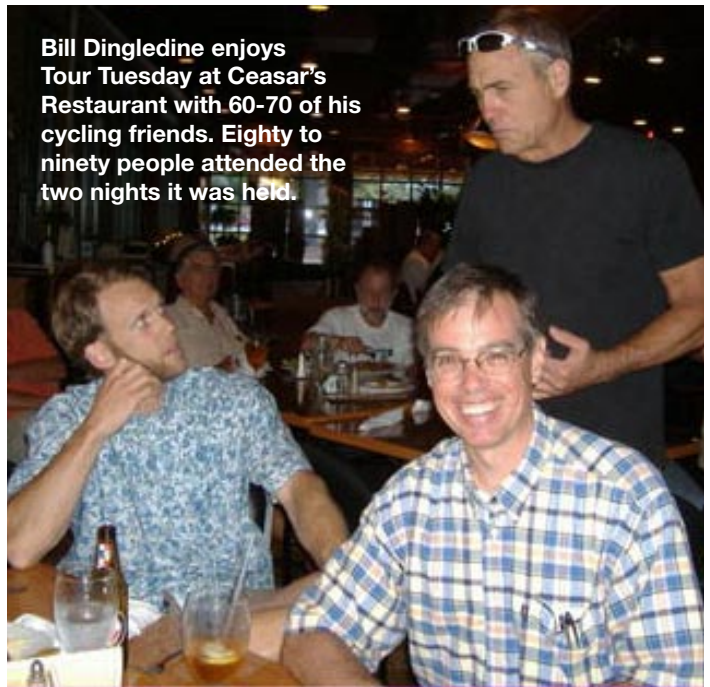
(Mr. Pee Pee) Chip Radford
Nick Dobey
Rae Harrison



A table full of weary riders enjoying dinner overlooking the marsh at Georgetown after four days cycling across the state in the Dave Sutton Memorial Cross State Tour.



Want to share a great ride experience or maybe something really cool that you just learned? Perhaps you have a cycling related announcement to make? Send it to the Yarn Spinner editor at newslettereditor@greenvillespinners.org



Bill Dingledine enjoys Tour Tuesday at Caesar's Restaurant with 60-70 of his cycling friends. Eighty to ninety people attended the two nights it was held.

NEXT CLUB MEETING

Mark your calendar to attend the club meeting September 10th at 6:30 pm. Location and agenda to be announced through the yahoo group. Bring a friend.

Club meetings are held the second Monday of every month. The venue for the meetings usually varies, check the website and look for announcements from the Yahoo group list. In addition to important club updates, there is always a great program or speaker invited.



Club Membership Updates

THE SPINNERS' 2007 MEMBERSHIP CURRENTLY STANDS AT 243, and it would be great to double that figure by year's end. A membership application form is available at http://www.greenvillespinners.org/2007_membership.pdf. For convenience you can also register online at http://www.active.com/event_detail.cfm?event_id=1397294. Please pass this information on to your cycling friends and encourage them to join us.

GREENVILLE SPINNERS DONATIONS YEAR-TO-DATE

- \$100 to the Safety Foundation in memory of Jackie Whitted
- \$500 to Safe Kis Upstate for the bicycle safety exhibit at Safe Kids Fest

CLUB FINANCIALS

All accounts: \$24,300

2007 BOARD OF DIRECTORS

- President
- Vice President
- Secretary
- Treasurer
- Membership
- Newsletter Creative Director
- Newsletter Editor
- Website
- Advocacy
- Touring
- WOW (Women on Wheels)
- Rides
- Safety Foundation
- Race Team
- Mountain Biking
- Past President

- Steve Baker
- Bill Dingledine
- David Carter
- Sally Nicholson
- Tim St. Clair
- Charles Lyle
- Jay Mappus
- Kirk Flinte
- James Thomas
- Barry Knight
- Jean McKnight
- Bill Dingledine
- Jimmy Vissage
- Ed Buffington
- Rick Ramos
- John Edwards

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- secretary@greenvillespinners.org
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