

The.. Chainletter



Published Quarterly by the HIGHLAND RIMMERS BICYCLE CLUB, P. O. Box 1752, Tullahoma TN 37388

www.highlandrimmers.org

from the LAB – Current Bicycling Legislation

Bicycle Commuter Act

The Bicycle Commuter Act would extend the transportation fringe benefit, currently available to transit users and car drivers, to bicycle commuters. The legislation would provide a tax benefit to employers who offer cash reimbursements to an employee who commutes by bicycle, while helping defray the costs of commuting for the bicyclist. Congress should amend the tax code to allow this benefit. A companion bill, the Bicycle Commuters Benefits Act of 2007 ([S. 858](#)) was introduced in the Senate on March 14, 2007 by Senator Ron Wyden (D-OR).

Conserve by Bike - The 2005 Energy Policy Act (PL 109-58) signed into law by President Bush on August 8, 2005 authorizes a \$6.2 million program to study the energy impact of shifting car trips to bicycle trips in up to ten communities. Congress should appropriate funding to implement the study, which will be managed by the Secretary of Transportation

Club Officers:

President:	Mike Rutherford	455-1716
Vice President:	Mike Fruechtl	
Treasurer:	Terry Jones	461-7408
Secretary	Kim Hopkins	967-8786
Touring Captain:	Bob Crook	455-8977
Chainletter Editor:	Stuart Coulter	393-4991

Please Re-register

Club members are asked to complete the membership form at the end of the newsletter and send it in, even though you may have been a club member for many years. Certainly you have some new contact info, a new cell number, etc.

Upcoming Cycling Events

There are some good regional rides this summer/fall:

Heart of TN Century 100 8/25/07 - Annual Century ride hosted by the Murfreesboro Bike Club. Join the crowd at Lascassas Elementary School. Enjoy a Free breakfast of Yogurt, OJ and bananas as you check in. Excellent locker room facilities are provided.

All You Care to Eat Century 9/15/07 - The 114 year old Spring City Cycling Club of Huntsville, Alabama will host the 23rd Annual All-You-Can-Eat Century on September 15, 2007. There will be rest stops with abundant snacks, restrooms or port-a-johns, SAG support, maps, well-marked roads, and beautiful scenery. Also included is the famous post-ride all-you-can-eat meal. 25, 50, 65, 90 or 102 mile options

Sequatchie Valley Century 10/6/07- Brought to you the Chattanooga Bike Club, who offer the 3-State 3-Mountain Challenge, the Sequatchie Valley Century will be held on Saturday, October 6, 2007. The ride begins and ends at Marion County High School in Jasper, TN. The event offers three options: a full century (100 miles +) with a challenging mountain ascent, a metric century (62 miles +), and a quarter century (25 miles+). Each route is fully supported. Each rest stop offers port-a-potties or restrooms, water, sport drink, fruit and other snacks. A high-quality, long-sleeved T-shirt and a post-ride meal are included with your registration fee. All roads will be well-marked with a map and cue sheet for backup.

Ride Schedule - Standing Rides

The HRBC has weekday standing rides during the period of daylight savings time.

Our **TUESDAY** beginner and recreational ride starts at 5:30 from Frazier McEwen Park. The start time changes to 5:00 on Oct 3, 2006. This is a Class D ride (see accompanying article) and is usually about 14-18 miles in length. The purpose of this ride is to have fun—not to go far and fast. We stick together. Another purpose is to provide instruction and support in such matters as route possibilities in the local area, handling minor mechanical mishaps and advanced dog psychology. Bob Crook will normally lead this ride.

Also, for those in training for racing, triathlons, etc., **WEDNESDAY** evening is the weekly 19-mile time trial. Meet at the Parish Aerodrome on HWY 130 (Old Shelbyville Rd.) at 5:30 PM.

The **THURSDAY** after-work ride also starts at 5:30 at Frazier McEwen Park, (5:00 PM starting Oct 5, 2006) and is typically 20-30 miles, Class C or B. Distance, speed and route determined democratically—no leader.

Scheduled Rides This Quarter (and beyond):

Date	Destination and Description
7/7/2007	Henry Horton Park Flat to rolling excursion to Henry Horton State Park. 45-mi C ride to Shelbyville, led by Julia Harrison is also available. Tim Harrison 455-9504 78 Miles 07:00 AM
7/14/2007	Franklin County Ramble Alto, Sewanee, Cowan, Keith Cove, Little Mountain Woody Deutsch 967-7020 65 Miles 07:00 AM
7/21/2007	Petersburg Scenic loop to Petersburg through Flat Creek, Richmond, Lynchburg. Alternate C ride also available, about 45 miles. Denny Elston 455-6553 75 Miles 07:00 AM
7/28/2007	Hill Billy Ride Red Hill, Haley, Denny Elston bridge, Mike Rutherford #2, Gaither, Hilltop Red Hill, Haley, Denny Elston bridge, Mike Rutherford #2, Gaither, Hilltop Rebecca McCool 247-9845 40 Miles 07:00 AM
8/4/2007	Staggerwing Duathlon Classic Run-Ride-Run Duathlon. Register to compete on Active.com or volunteer to help. Melissa Miller 455-6233 19 Miles 08:00 AM
8/11/2007	Fayetteville Hilly ride to Fayetteville via Lois, Mulberry, Mimosa, Hamstring Rd, Gimlet, Lynchburg. Call Bob Crook if interested in shorter C ride. Mike Rutherford 455-1716 80 Miles 07:00 AM
8/25/2007	Paint Rock Creek Valley-Skyline Bunkum Rd, Beans Creek, Paint Rock Valley, Skyline, Keith Springs. Good store at halfway point. Bob Crook will lead alternate 35-mi Category C ride through Falls Mill area. 65 Miles 07:00 AM
9/1/2007	Murfreesboro Traditional century training ride to Murfreesboro. Travels via 16th Model, Beech Grove

Training Ride to M'Boro and returns via Bell Buckle and Wartrace. Alternate C route is about 60 miles.
Note early starting time.
Mike Rutherford 455-1716
85 Miles 06:30 AM

9/8/2007 Elk River Valley 100 34th annual version of our club century ride. Distances of 100, 68, 50, 32, and 10 miles are available. Fully supported with roving SAGS and food stops. Bratwurst and beer at finish. Register by mail or at active.com. Details on flyer on the web site. Bob Crook
100 Miles 07:30 AM

9/15/2007 Flat Creek Fairly hilly over County Line to Flat Creek, then via New Hope road to 130 and return.
Jim Barnhart 393-5247
35 Miles 07:00 AM

9/22/2007 Hoo Doo Convoluted route which includes Beech Grove, Kellertown, Hoo Doo. Guaranteed to please the discriminating cyclist.
Jody Powell 308-0269
60 Miles 07:00 AM

HIGHLAND RIMMERS BICYCLE CLUB MEMBERSHIP APPLICATION

Mail, with your dues, to Highland Rimmers Bicycle Club, PO Box 1752, Tullahoma, TN 37388. Make checks payable to Highland Rimmers Bicycle Club.] **MEMBERSHIP FEE: \$10 INDIVIDUAL/FAMILY DUE ANNUALLY JANUARY 1**

LAST NAME, FIRST, MI:		NICKNAME:		BIRTHDATE:			
ADDRESS:							
CITY:			STATE:	ZIP:			
HOME PHONE:		WORK PHONE:		CELL PHONE:			
HOME EMAIL:			WORK EMAIL:				
OTHER FAMILY MEMBERS AND AGES:							
Is it ok to publish your name and phone number in the newsletter and club directory? YES <input type="checkbox"/> NO <input type="checkbox"/>							
NEW MEMBER <input type="checkbox"/>		RENEWAL <input type="checkbox"/>		UPDATED INFORMATION <input type="checkbox"/>			
AREAS OF INTEREST							
ROAD <input type="checkbox"/>	MOUNTAIN <input type="checkbox"/>	TANDEM <input type="checkbox"/>	TOURING <input type="checkbox"/>	RACING <input type="checkbox"/>	TRIATHLON <input type="checkbox"/>	CAMPING <input type="checkbox"/>	ADVOCACY <input type="checkbox"/>
<p><i>In consideration of the Highland Rimmers Bicycle Club granting me permission to ride in their events, I hereby waive all claims for damage or loss to my person and/or property which may be caused by any act, or failure to act, of the Highland Rimmers Bicycle Club, its officers or agents. I assume the risk of dangerous conditions on and about the route to be traveled and waive any and all specific notice of the existence of such conditions. I agree to wear an ANSI or SNELL approved helmet on all club rides. I also agree to obey all applicable vehicle laws and principles of safe bicycling.</i></p>							
SIGNATURE:			DATE:				
SIGNATURE OF PARENT/GUARDIAN IF UNDER AGE 18:			DATE:				

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