

# SOUND CYCLISTS

B · I · C · Y · C · L · E · C · L · U · B · N · E · W · S

August 1, 2002

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

## Reserve for Aug 25, Picnic, Pear Tree Point, Darien


By Mary Karnis,  
Program Director

Wind down the summer biking season with some great rides followed by a relaxing picnic, overlooking the water at Pear Tree Point Beach in Darien on Sunday, August 25th. Bring your bathing suit and beach towel if you'd like to take a swim. The club will be providing all food and drinks for the low cost of \$5 per person, payable at the event. For planning purposes, please email me by August 22nd and let me know the number of people in your party with your choice of: 1) hamburgers, 2) hot dogs, 3) veggie burgers, 4) turkey burgers and indicate quantity you plan on consuming. The price of the picnic will be increase to \$8 per person if you have not RSVP'd before August 22nd, or if you show up without RSVPing, Families are welcome.

The email address is: picnic@optonline.net. Only call to leave a message (before 9PM) if you do not have access to email. Mary Karnis (203) 847-7547.

Directions to Hindley School Parking Lot: Take I-95, Exit 10, go south on Noroton Avenue, at intersection, take a right onto the Post Rd. and a quick left (1/8 mile) onto Nearwater Lane. Meet at Hindley School parking lot on the left corner of Hindley Lane and the Post Rd. Please see rides list for details about picnic rides.

If the weather forecast looks threatening check the SCBC website and @Chat for email messages. If the picnic is cancelled, a notice will be posted by noon Saturday Aug. 24th.

This is the last picnic of the season to enjoy good food and socialize with club members. 

## SCBC Giving Council Becomes A Reality!

By: Emil Albanese,  
SCBC President

With the approval of the Board of Directors, I am extremely pleased to announce the formation of the SCBC Giving Council. This ad hoc committee which I have appointed under Article VII section G of the SCBC By Laws has been granted approval for an unspecified term of time by the Board of Directors. I strongly applaud the bold and courageous action of the Board in this matter and I greatly appreciate their support. I am also thrilled to report that Jeff Ross a long standing club member and past President has agreed to chair the Council. Jeff's professional and interpersonal talents give the Council not only a true leader but someone of stature. Please stay tuned for more updates, future activities and ways to help the Council. If you have an interest in becoming involved, contact either Jeff at rossj@bestweb.net or of course myself at emilalb@aol.com

I wanted the Club to have a formalized and very focused method of giving, rather than have the Board make decisions about disbursing funds without having the time to give well merited proposals proper consideration. The mission of the SCBC Giving Council shall be to utilize the many talents and desires of our club members to participate in PRO-ACTIVE (not reactive) charitable undertakings. The Council shall not be limited to giving funds it has raised. Its scope will only be limited by the ability of the council members to unearth people/organizations in need.


*(Continued on Page 4)*

### Bike Tip of the Month

## SCBC Bike Travel Boxes Available to Members

The club has two bicycle travel boxes available for members who are taking their bikes on a trip. Members have used them to go to Wyoming and other locations and the boxes are perfect for traveling and members should utilize this club benefit.


Contact Steve Solomon for information at: drssolo@aol.com or 203 254-0594.

A \$100 security deposit per box is required and returned when the box is returned to Steve. 

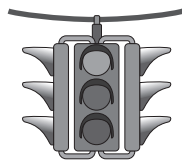
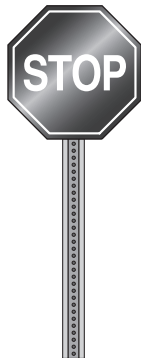
### Action Items for SCBC Members

**SCBC members: The next SCBC Executive Board meeting is scheduled for Monday, August 12th, 7:00pm at Norwalk City Hall, East Ave. and is open to all club members. Plan to attend and voice your opinions**

**SCBC members: Please RSVP before August 22nd for the Picnic at Pear Tree Point Beach, Darien. Don't miss out on the last picnic of the summer! Please see article on page 1.**

**SCBC members: Please RSVP before September 3rd for the Cape Cod Weekend, Friday, September 13 -16. Don't miss out on this popular club weekend! Please see article on page 3 **

# Always Obey Traffic Signs When Biking



## SOUND CYCLISTS

B · I · C · Y · C · L · E · C · L · U · B · N · E · W · S

This is the official publication of Sound Cyclists Bicycle Club, published eleven times a year. If you wish to volunteer your time to help the club, you may contact any of the people listed below:

### Officers

<b>President</b>	<b>Emil Albanese</b>	<b>853-7499</b>	<b>emilalb@aol.com</b>
<b>Vice President</b>	<b>Bruce Felper</b>	<b>323-3177</b>	<b>bfelper@yahoo.com</b>
<b>Treasurer</b>	<b>Jim McConnon</b>	<b>259-3450</b>	<b>jrm@optonline.net</b>
<b>Secretary</b>	<b>Roni Krisavage</b>	<b>259-1371</b>	<b>Roni.Krisavage@wwecorp.com</b>

### Directors and Committees

<b>Rides Director</b>	<b>Brian Voytek</b>	<b>374-0921</b>	<b>bvoytek@optonline.net</b>
<b>A Rides</b>	<b>Open</b>		
<b>B Rides</b>	<b>Don Rosaforte</b>	<b>849-8159</b>	<b>(no e-mail address)</b>
<b>C+ Rides</b>	<b>Suzan Maxey</b>	<b>374-1606</b>	<b>smaxey@connix.com</b>
<b>C Rides</b>	<b>John Dugdale</b>	<b>655-4277</b>	<b>jdugda@peoplepc.com</b>
<b>D Rides</b>	<b>Brian Voytek</b>	<b>374-0921</b>	<b>bvoytek@optonline.net</b>
<b>E Rides</b>	<b>Clyde Gourley</b>	<b>929-4001</b>	
<b>Mountain/Off Road</b>	<b>Dave Cleveland</b>	<b>226-7355</b>	<b>dcleve9692@aol.com</b>
<b>Communications Director</b>	<b>Marlene Cohen</b>	<b>852-0186</b>	<b>marlene001@worldnet.att.net</b>
<b>Publicity</b>	<b>Ginger Katz</b>	<b>866-5282</b>	<b>gkathlete@aol.com</b>
<b>Voice Mail and Email</b>	<b>Marlene Cohen</b>	<b>852-0186</b>	<b>marlene001@worldnet.att.net</b>
<b>Community Relations Rep</b>	<b>Ray Rauth</b>	<b>454-7080</b>	<b>rayrauth@optonline.net</b>
<b>Web Administration</b>	<b>Jeff Munk</b>	<b>261-5545</b>	<b>info@moonlightingproductions.com</b>
<b>Membership Director</b>	<b>Tony Restuccia</b>	<b>820-9276</b>	<b>awrestuc@helixprecision.com</b>
<b>New Member Liaison</b>	<b>Janet Flandreau</b>	<b>662-9553</b>	<b>famouslylily@aol.com</b>
<b>Bloomin' Metric Director</b>	<b>Dennis Lyall</b>	<b>846-8000</b>	<b>lyallart@aol.com</b>
<b>Program Director</b>	<b>Mary Karnis</b>	<b>847-7547</b>	<b>karnism@optonline.net</b>
<b>Picnics</b>	<b>Mary Karnis</b>	<b>847-7547</b>	<b>karnism@optonline.net</b>
<b>Picnic Co-chair</b>	<b>Open Position</b>		
<b>Safety</b>	<b>Clyde Gourley</b>	<b>929-4001</b>	
<b>Meetings &amp; Club Weekends</b>	<b>Steve Solomon</b>	<b>254-0594</b>	<b>drsolo@aol.com</b>
<b>Incentives</b>	<b>Lip Lai</b>	<b>637-8707</b>	<b>lip_l@hotmail.com (LIP_L)</b>
<b>Finance Director</b>	<b>Jim McConnon</b>	<b>259-3450</b>	<b>jrm@optonline.net</b>
<b>Finance Committee</b>	<b>Open Position</b>		
<b>SCBC News Editorial Board</b>			
<b>Editor/Publisher</b>	<b>Kathleen Kellett</b>	<b>372-9948</b>	<b>kkellski@aol.com</b>
<b>Printer</b>	<b>Exact Printing</b>	<b>377-6571</b>	

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### Electronic or Mail Membership/Change of Address Information:

For membership information, call (203) 840-1757. If you wish to join, send a *signed* copy of the membership application at the back of the newsletter with \$15 check for electronic membership, to obtain your newsletter on [www.soundcyclists.com](http://www.soundcyclists.com) or \$25 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form.

For changes of address, use the membership application form. Check the change of address box, sign the form, and mail it to the address indicated on the form.

### Article Submission Guidelines:

The deadline for article submission is the 10th of the month preceding the following issue. For best consideration, send articles as early as possible. It would be greatly appreciated if you can submit articles via e-mail ([kkellski@aol.com](mailto:kkellski@aol.com)). You can copy and paste your article directly into your e-mail message. Articles may also be sent on a 3.5 inch floppy disk (Macintosh or IBM formats) saved as a text only document in either Microsoft Word or Word Perfect. Discs will be returned. Send articles to: Kathleen Kellett, 77 Ochsner Place, Trumbull, CT 06611.

Opinions expressed in articles are those of the authors and do not necessarily reflect the official position of the Sound Cyclists Bicycle Club executive board.

### Display and Classified Advertising:

Per issue display advertising rates are as follows: eighth-page, \$20; quarter-page, \$40; half-page, \$75, and full-page, \$125. The club mailing list may be purchased for \$150 by businesses or \$100 by non-profit organizations. Bicycling-related classified ads are free for members. Mail ads to Kathleen Kellett, 77 Ochsner Place, Trumbull, CT 06611.

### Incentives Program:

Ride leaders may send their sign-in sheets to SCBC, P.O. Box 3323, Westport, CT 06880.

### Sound Cyclists Advertising Rates

<b>Eighth Page</b> .....	<b>\$20.00</b>
<b>Quarter Page</b> .....	<b>\$40.00</b>
<b>Half Page</b> .....	<b>\$75.00</b>
<b>Full Page</b> .....	<b>\$125.00</b>

#### Rates Are Per Issue

Bike shops please note that an ad in the SCBC News targets more than 1,000 avid cyclists. The club mailing list can be purchased for \$150 by businesses or \$100 for non-profit organizations.

### Club Information Line

For membership and other information about Sound Cyclists Bicycle Club, including problems receiving the newsletter, please contact our voice mail system at this phone number.

## Call (203) 840-1757



# Calendar of SCBC Special Events

The following are special events. Detailed information on these events is in the newsletter.

- Sunday, August 11, 2002  
Farmington River Tubing Ride

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- Saturday, August 17, 2002  
Block Island Journey

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- Saturday, August 17, 2002  
Jim's Day at the Beach, Westport

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- Sunday, August 25, 2002  
SCBC Picnic, Pear Tree Point Beach, Darien

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- Sunday, September 1, 2002  
Greenwich Boogie Barbecue, (See page 12)

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- Monday, September 2, 2002  
Labor Day Laid Back 50

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- Saturday, September 7, 2002  
Long Island Wineries Ride

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- Friday-Monday, September 13 - 16, 2002  
SCBC Cape Cod Weekend Trip

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- Saturday-Sunday, October 5 - 6, 2002  
SCBC Nantucket Weekend Trip

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- Saturday, October 12, 2002  
Apple Picking Ride

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- Sunday, October 13, 2002  
Harvest Rides

## New Website User Name and Password

To access the Members Only area of our Web site, the new login as of August 15th will be:

User Name:  Password:

*Enter Here!* →

**For Members Only**

The login information is case sensitive.  
Type it exactly as you see it.

Go online to check @Chat for updates  
and last minute changes to Rides Schedule  
@Chat - Sound Cyclists Bicycle Club  
E-mail Discussion Group

It is an open forum for Sound Cyclists Bicycle Club members to communicate online with other members on a variety of bicycling-related topics. Click on the @Chat button on the SCBC home page and you can learn how this service works. Check @Chat out at: [www.soundcyclists.com](http://www.soundcyclists.com). Please continue to use [mailbox@soundcyclists.com](mailto:mailbox@soundcyclists.com) for individual inquiries.

# Reserve a Spot for SCBC Cape Cod Weekend

By Kathleen Kellett

The Sound Cyclists Bicycle Club's annual Cape Cod weekend trip will take place Friday, September 13 thru Monday Sept. 16. The price will be \$107 and will include two nights lodging, two breakfasts and round trip ferry boat fee with bicycle to Martha's Vineyard on Saturday. Saturday dinner will be on your own, at a local restaurant, cook in and clean-up or food delivery service. Breakfast will not be available for people staying in the motel.

On the Vineyard, there are ride options to choose from, varying in miles and degree of difficulty. One of the longer rides, with rolling hills will take you to Gay Head and a shorter flat ride will take you to Edgartown.

The Cape House is restricted to 20 people on a first-come, first-served basis. The house is available Sunday night for a fee for those that may want to extend the weekend. This is one of the club's most popular weekends, so please register early.

In previous years, people have arrived early on Friday and have spent the afternoon cycling around the Falmouth area, taking beautiful ocean views. After cycling, people get together and enjoy a fresh seafood dinner at one of the many fine local restaurants.

If you plan to go, please plan on sending a check (payable to SCBC) to Steve Solomon, 316 Canterbury Lane, Fairfield, CT, 06432. There will be no refunds for the weekend, unless we find a paying replacement. Questions: email [drssolo@aol.com](mailto:drssolo@aol.com). A space for you in the house will only be reserved once payment and the Cape Cod trip application (located on page 3) is received. *eo*

## Cycling Safety Tip

If you are riding alone or with someone stay to the right side of the road, to allow room to your left, for other cyclists to pass without having to go too far into the middle of the lane. Cyclists who are passing, should always give the warning "On Your Left". *eo*

3

## SCBC Cape Cod Weekend Trip Application

Friday, Sep 13 - Monday Morning, Sep 16

Last Name \_\_\_\_\_  
 First Name \_\_\_\_\_  
 Sex M F  
 Preferred Roommates \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_  
 Zip \_\_\_\_\_  
 Telephone # \_\_\_\_\_  
 E-mail \_\_\_\_\_

Send a check made out to: SCBC for \$107.00  
 to: Steve Solomon, 316 Canterbury Lane,  
 Fairfield, CT 06432-2314, Questions: email:  
[drssolo@aol.com](mailto:drssolo@aol.com)

# SCBC Executive Board Meeting - July 8, 2002

The meeting was called to order at 7:12pm. After review, Jim McConnon made a motion to accept the meeting notes from the June 3, 2002 meeting. The motion passed unanimously.

## Treasurer's Report – Jim McConnon

Jim McConnon presented the Treasurer's report as of 07/08/02. The Nantucket trip audit has still not been completed. The new Two-Ferry Long Island ride appears to be a break even proposition for the club. Final accounting will be available once resolution is reached on one rental charge. Bruce Felper made a motion to accept the Treasurer's report. The motion passed unanimously.

## Giving Council Update – Emil Albanese

Jeff Ross has agreed to chair the SCBC Giving Council. Presentation to the Board of a formal proposal outlining the Giving Council structure and working guidelines has been deferred until the next Board Meeting to give Jeff a chance to contribute to and help finalize the proposal.

## Bloomin' Metric – Dennis Lyall

Dennis Lyall made a motion to remove the old donation cap of \$3000 to Fairfield County Safe Kids. The motion passed unanimously. Dennis Lyall made a motion to donate \$4000 of the Bloomin' Metric profits to Fairfield County Safe Kids on behalf of SCBC. The motion passed unanimously. Combined with the additional \$1268.95 donated by individuals at Bloomin' Metric registration time, SCBC will be giving a total of \$5268.95 to Fairfield County Safe Kids. The Westport Police Department has notified SCBC that they are withholding the club's \$1000 bond until all Bloomin' Metric arrows are removed from Westport roads. Mike Ceruzzi has been asked to check the routes and make sure all arrows are removed.

## Harvest Rides – Emil Albanese

SCBC will be partnering with the Make-A-Wish Foundation, the Connecticut Bicycle Coalition and the Connecticut Fund for the Environment, for the Harvest Rides (formerly the Harvest Hundred). All proceeds from the rides will go to charity. The one day event will occur on Sunday, October 13th. Make-A-Wish is investigating having a pasta dinner the night before the rides.

## Communications – Marlene Cohen (Jeff Munk reporting in Marlene's absence)

An article will appear in the August newsletter describing SCBC club cycle wear being offered for sale. Orders will be taken from August to December. The order should be delivered in March 2003.

## Membership – Tony Restuccia

Membership is almost back to the pre-expiration, January 2002 level. There are 857 members, with 556 opting for electronic (65%) and 301 (35%) opting for hardcopy membership. 283 are first time members. To-date, 510 members have joined the club or renewed their membership using the website and active.com.

## Programs – Mary Karnis

The Vermont Weekend scheduled for July was cancelled due to lack of interest. New options for picnic locations for next year are being researched.

## Rides – Brian Voytek

were 98 rides on the ride schedule for July. Special bike nance and safety programs are being planned.

## Racing – Tony Restuccia

team name has been officially registered. Training rides

are being scheduled. Updates will be posted to the website.

## Nominating Committee

Bruce Felper, as Vice President, will be heading the Nominating Committee for the 2003 SCBC Board elections. The committee will also consist of Mary Karnis, Nancy Felper and Judy Mills. The nominations will be published in the September Newsletter.

## Very New Business

Congratulations were offered to Lip Lai on the arrival of a new family member.

The meeting was adjourned at 8:50 pm.

The next board meeting is scheduled for Monday, August 12th, at 7:00pm, at Norwalk City Hall, East Avenue and is open to all club members. ☺

## SCBC Giving Council Becomes A Reality!

*(Continued from page 1)*

The assistance must be provided on an unconditional basis where no Council member or the Club will directly benefit.

Assistance from the Council can be in forms other than monetary. For example it can be people power to families that have been touched by disaster. It could be a group of members that are gathered to help other charitable organizations in their events, like Special Olympics or The MS Ride.

The Council will be the coordinating body for all of the Clubs activities in this area. When the donations are of a monetary nature, the Council will have put in the research to find those cycling related causes that need the funds and they will feel comfortable, the recipients are using the money responsibly. Enhancing the experience of cycling and protecting the environment that we cycle in, will be prime directives of the Council's monetary donations.

I hope those of us who already contribute to various charities, will consider a portion of those funds going through the Giving Council. It would be my dream to have more residents in the State of Connecticut know about SCBC for the Giving Council and our positive community involvement than our bike riding skills. In the future look for a Giving Council section on the SCBC Web Site to provide more information as well as guidelines and forms for submitting a proposal for giving. Get involved, feel good.

Ride on, ride safe. ☺

## Cycle the Net/Sound Cyclists On-line

For complete and concise information about the Sound Cyclists Bicycle Club, you can check us out on the Internet at:

**[www.soundcyclists.com](http://www.soundcyclists.com)**



## New Website User Name and Password

To access the Members Only area of our Web site, the new login as of August 15th will be:

User Name:  Password:

*Enter Here!* →

**For Members Only**

The login information is case sensitive.  
Type it exactly as you see it.



# By Popular Demand: SCBC Cycling Wear Available!



If you're new to the club and were wondering where those Sound Cyclists jerseys can from, we have your answer. Many members are proud owners of the club jersey and shorts and now we are once again offering new and old members alike an opportunity to order an even wider array of club wear.

Because of the strong interest, we are pleased to announce that we are offering our official SCBC cycling wear once again. This order period will run from now until December 31st. To order your official club cycling wear, fill out and send the attached order form with a check made out to "Sound Cyclists Bicycle Club" by December 31, 2002 to the address on the form. All cycling wear will be sent to club members just before the start of the cycling season in early March.

This ordering period lasts through December so we can get as many orders as possible to reach our production minimums and holds the advertised costs. All prices include shipping your order to you. If you are a member of the SCBC Racing Team, a special Racing Team design edition is available for those members. Use the contact information at the bottom of the form to get updated information on ordering Racing Team uniforms.

SCBC clothing will again be manufactured by Voler, a leader in the athletic apparel industry. Produced with the finest jersey fabric available, it keeps wearers cool and dry as it wicks away moisture, yet feels soft to the skin. The vibrant design by SCBC's Jeff Munk, will reproduce vividly and most importantly, the fabric will not crack, peel, fade or pill.

The 4-color jerseys (sleeve or sleeveless) have an extra long hidden zipper and vests (wind shell or thermal) have a double zipper. Jerseys, vests, shorts and bib shorts will be available in two different cuts: Club Fit: For men or women - a roomier, relaxed fit and Womens' Fit: Proportionally adjusted for women.

The skinsuit is only available in large or greater sizes and in a Race Fit: A more tailored cut as well as a Womens' Fit.

The Bike and Bib Shorts have a 3-color side panel that match the jersey. The chamois is Voler's Super Soft combination of Amara and foam.

# Order Now!

		Sizing Chart					
Men	XS	S	M	L	XL	XXL	
Chest	30"-32"	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"	
Waist	24"-26"	28"-30"	32"-34"	36"-38"	40"-42"	44"-46"	
Women	XS	S	M	L	XL	XXL	
Chest		30"-32"	34"-36"	38"-40"	42"-44"		
Waist	24"-26"	28"-30"	32"-34"	36"-38"	40"-42"	44"-46"	

## Order Form

Please Print VERY Clearly

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Jersey Quantity: \_\_\_\_\_ Size(s): \_\_\_\_\_  
 Sleeveless Cut:  Club Fit  Womens Fit  
 Subtotal: \$53.25 (each/includes shipping)

Skinsuit Quantity: \_\_\_\_\_ Size(s): \_\_\_\_\_  
 For large or above Cut:  Race Fit  Womens Fit  
 Subtotal: \$80.25 (each/includes shipping)

Vest (Wind Shell) Quantity: \_\_\_\_\_ Size(s): \_\_\_\_\_  
 Cut:  Club Fit  Womens Fit  
 Subtotal: \$46.25 (each/includes shipping)

Vest (Thermal) Quantity: \_\_\_\_\_ Size(s): \_\_\_\_\_  
 Cut:  Club Fit  Womens Fit  
 Subtotal: \$85.25 (each/includes shipping)

Shorts Quantity: \_\_\_\_\_ Size(s): \_\_\_\_\_  
 Cut:  Club Fit  Womens Fit  
 Subtotal: \$47.75 (each/includes shipping)

Bib Shorts Quantity: \_\_\_\_\_ Size(s): \_\_\_\_\_  
 Cut:  Club Fit  Womens Fit  
 Subtotal: \$52.00 (each/includes shipping)

Total Amount: \$ \_\_\_\_\_

All orders must be accompanied with payment in the form of a personal check made out to: Sound Cyclists Bicycle Club

Please mail your order no later than December 31, 2002 to:  
 SCBC Cycle Wear, 58 Pomona Rd, Trumbull, CT 06611

For any questions, please call:  
 203-261-5545 or info@moonlightingproductions.com

You can refer to the sizing chart above or determine your fit based on the current jersey and shorts you wear. Color illustrated versions of the cycling wear and a more interactive display will be available to see on the News Updates page of the club Web site at [www.soundcyclists.com/News.htm](http://www.soundcyclists.com/News.htm) or check out the real thing worn by fellow members. *eo*

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# This Years Harvest Rides Planning Continues

By: Emil Albanese

Last year Jim McConnon and I along with the help of people like Brian Gossler, Jeff Munk and others from the Club resurrected the Harvest Hundred as a fundraising event. As many of you know, in a couple of weeks we put together an event that raised over \$3000 for the World Trade Center Relief Fund. 170 riders braved miserable conditions to be part of it.

This year we have expanded the concept (hopefully with better weather) and have been planning with our new partners for this special fundraising event, The Make A Wish Foundation of CT, The CT Fund for the Environment (CFE) and The CT Bike Collation (CBC). The event will take place over the October 12th weekend with our traditional apple picking rides on Saturday, possibly a large event pasta dinner on Saturday night and the Harvest Ride on Sunday. See our Web Site for up to the minute details about times, routes etc.

Because of the collaboration with other organizations each with their own culture we SCBC'ers are taking the organizational lead but in more of a consulting than operational role. We do need members from amongst our ranks to help with the planning and event day coordination and hope you will contact Jim McConnon or myself with your interest in helping. I have already been in contact with several of our members that I know are interested in helping in a philanthropic endeavor like this one. We will donate EVERY PENNY that is attributable to SCBC to the named causes through the SCBC Giving Council. I would like to invite any interested member to contact Jim or myself attend the planning meetings and get involved. I can tell you that the energy and the dynamic of the coordination with these other great organizations is something special to be part of. Children and the environment are our future. Become part of helping and preserving both. If you wanted and were looking for an outlet to do something good for others, this is it. Please join us. *oo*

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# Treasurers Mid Year Financial Report

By Jim McConnon jrm@optonline.net

As Dennis Lyall outlined in his article, the 2002 Bloomin Metric was a success in many ways- including financial. I have been asked to update the membership on the club's financial condition. Any questions should be emailed to me.

We are on stable footing as a club. Our net worth is at an all time high. Expenditures are also at an all time high as we continue to spend money in ways we think will best help the membership and the community. We operate under a balanced budget tied to the average profits of the Bloomin Metric over the previous 5 years (see below). This insures that very strong (or very weak) economic results of a given Bloomin Metric won't put us in a feast or famine state of mind. It does allow for midyear "adjustments" if results are significantly different than historical averages. We count on the Bloomin Metric to fund a large portion of our regular operating expenses. Membership dues are kept low this way.

We made \$26,000 at the recent Bloomin Metric making donations to Fairfield County Safe Kids or charities)

(Continued on Page 13)

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# 25th Bloomin' Is A Big Success!

Dennis Lyall, Director

The 25th edition of our big event is history, and it looks like we set some records. We sent 2,389 riders out on the local streets and highways. 1,644 had pre-registered.

The numbers are compelling, but to me, the important thing is that everyone came back under their own power, and our club continues to get good reviews for the work we do.

Every year, pre-registered riders are very important for our success, and we hoped to build the numbers this year. We figured that the advertised prizes would help. That seems to have happened.

There were 26% more people signing up early. The Sponsorship Committee headed by John Dugdale deserves a great deal of credit for finding the tremendous giveaways.

The airline tickets to London were won by Matthew Newman of NYC. The Killington weekend went to Catherine Landers of Greenwich. Eileen O'Rourke of Bronxville, NY won the week long trip in Vermont.

I would like to offer my thanks to all the club members and friends who helped make the Bloomin' a success. Actually,

I would like to list everyone by name but there isn't enough space in this newsletter. Many have worked on this thing almost all year long, and some were still scrambling to cover details at the last minute! I was especially happy to find many new faces at work this year.

This is a tremendous project, the biggest event the club does all year. If you didn't find time to help this year,

I hope you'll consider giving some of your time next year, so that I won't have space to mention you either! *oo*

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# The 2002 SCBC Nominating Committee

The 2002 nominating committee members are:

Bruce Felper  
Mary Karnis  
Nancy Frederick  
Judy Mills

The nominating committee submitted the following names for officers and directors:

## OFFICERS

President	Emil Albanese
Vice Pres	Bruce Felper
Treasurer	Jim McConnon
Secretary	Roni Krisavage

## DIRECTORS

Rides	Brian Voytek
Communications	Open
Membership	Tony Restuccia
Bloomin Metric	Dennis Lyall
Program	Mary Karnis
Finance	Jim McConnon

# The Rules

Road Rides: 1.) All participants in the club must wear a helmet throughout the duration of the ride. Any rider without an ANSI and/or SNELL approved helmet will NOT be permitted to ride. 2.) All traffic laws and regulations must be observed. This includes observing all stop signs and lights. 3.) Bikers are expected to ride single file unless there is no traffic. Under no circumstances should riders ride more than two abreast. The call "CAR BACK" is a signal to all riders to immediately drop to single file riding. Off Road Rides: 1.) When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. 2.) When encountering equestrians from the front, stop, get off the bike and move well off the trail until they pass. When approaching from the rear, ask permission to pass and ask for advice as to the best way to pass. 3.) Don't skid. Take turns and climb hills slowly enough to avoid trail marks. 4.) Be friendly to land managers, hikers and equestrians. 5.) Only ride on trails open to bikers. 6.) Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach. All riders should bring one or two water bottles filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will improve your riding performance.



# The Pace and Terrain

Pace refers to the AVERAGE speed of the ride. Speed on the up hill sections will be slower and the down hill sections will be faster. The average speed excludes stops for lunch or regrouping.

## Road Bike Rides

Pace	Terrain
<b>A</b> <b>Very Fast</b> 18+ MPH Riders are expected to be self-sufficient.	<b>F</b> <b>Flat</b> May have a few rolling sections.
<b>B</b> <b>Fast</b> 16-18 MPH A Sweep probably will not be appointed.	<b>F/R</b> <b>Flat/Rolling</b> May have a couple of short hills.
<b>C+</b> <b>Fast/Intermediate</b> 14-16 MPH A Sweep may be appointed.	<b>R</b> <b>Rolling</b> May have some small hills.
<b>C</b> <b>Intermediate</b> 12-14 MPH A Sweep is usually appointed.	<b>R/H</b> <b>Rolling/Hilly</b> May have some steep hills.
<b>D</b> <b>Slow/Intermediate</b> 11-13 MPH A Sweep is always appointed.	<b>H</b> <b>Hilly</b> May have a few rolling sections.
<b>E</b> <b>Slow</b> Less than 10 MPH Ride paced to slowest rider. A Sweep is always appointed.	

## Mountain Bike and Off Road Rides

Terrain		
<b>DT</b> <b>Double Track</b> Fairly wide with room for two-way traffic.	<b>ST</b> <b>Single Track</b> Wide enough for single rider only with some overgrown sections.	<b>T</b> <b>Technical</b> Conditions vary with overgrowth, exposed roots and rocks.

- 10:00/10:15 = Ride meets at 10:00 am and leaves at 10:15 am
- All telephone numbers are 203 area code unless noted otherwise
- All road rides include a lunch stop where lunch can be purchased unless otherwise stated. Lunches must be brought on mountain bike rides.
- If you are bringing a child younger than age 18 on the ride, you must obtain a parent/guardian waiver form from the ride leader in advance.
- If the weather is questionable, call the Ride Leader ahead of time.

### Abbreviation Key:

- MB = Mountain Bike Ride
- FR = Frequent Regrouping
- NR = No Regrouping
- OR = Off Road Ride
- SR = Some Regrouping
- CPL = Commuter Parking Lot

# The Ride Tips

Select a ride that is within your ability based on the ride distance, pace, terrain rating, and frequency of regrouping. Call the Ride Leader (RL) with any questions or concerns. Generally, a "D" or "E" ride is recommended for new members in order to introduce them to our rides.

Riders should carry a pump, tire irons, spare tube, patch kit, tools, water bottle(s), money and health insurance card on each ride.

# The Rides

## WEBSITE UPDATE

### IMPORTANT NOTE:

We are constantly updating information on the web site. Information that might have been inadvertently left out of the newsletter or printed in error will be corrected on the News Update page at:

[www.soundcyclists.com/News.htm](http://www.soundcyclists.com/News.htm)

Be sure to check for any updated ride info as well.

### NOTE: FOR EVENING RIDES

A night headlight and rear reflector on your bicycle IS REQUIRED and you must wear a reflective vest when doing weekday evening rides during April through September.

### EVERY TUESDAY EVENING

The Tuesday Night Pizza Ride Is Back, A/B/C+, F/R 20-25 miles, 6:00/6:10 p.m. RLs: Andy Kalter, 846-1183, Mark Covello, 853-9867. Meet at Exit 42 CPL, Merritt Pkwy. The "C+/B" ride departs 6:10 sharp and the "A" ride departs 6:20. Traditional Tuesday night ride maintaining two separate groups. The ride will average about 16+ to start, then speed up over the summer. Emphasis is on group riding and technique. No sweep NR

The New Tuesday Night Spin, C+/B, F/R, 23 Miles, 5:45/6:00 pm. RL: Jerry Cahill, 268-9902/Peter Serratore, 259-3381. Meet at Luciano Park, Westport RR station parking lot, Exit 17, I-95. RLs want to avoid road-race thinking, and hope to emphasize spinning and group riding techniques.

Summer Solstice Spin, C/C+, F/R, 20 miles, 6:00/6:15 pm sharp! RL: Kathleen Kellett, 372-9948. Meet at Exit 44 (South bound CPL) off Merritt Pkwy. Ride for 90+ minutes on scenic back roads and enjoy the Fairfield and Easton country side. Route varies weekly and there is no cue sheet. Rain cancels. Ride ends August 27

Scenic Silvermine Tuesday Workout aka "Mary's Whim" C-/D+, 15/20 miles, 6:00/6:15 sharp! RL Mary Karnis, 847-7547. Meet at Silvermine Elementary School. Ride for 90 minutes on varied routes. Rain cancels. Ends August 27.

### EVERY WEDNESDAY EVENING

The Wednesday Night Social Spin – All Levels, 20 Miles, F/R. Meets 6:00/6:15 sharp! RL: Roni Krisavge/Brian Voytek, 374-0921, Meet at Hindley School in Darien, corner of Nearwater Lane & Post Road. Bike through coastal Darien and scenic New Canaan. Cyclists should maintain a minimum speed of 10 mph. C/D riders are welcome to join Roni and Brian for a social ride every Wed, no rider will be left behind. Faster riders please meet and leave 15 minutes early

### EVERY THURSDAY EVENING

Thunder In the Hills, A/B/C+, H, 24 miles Meets 6:00/6:15. Dave Lockwood, 847-2815, Greg Ziebell, 367-7270, Meet at CPL Exit 38 Merritt Pkwy. The usual Thursday night ride, plenty of hills and no dreaded West Road. It is also the standing training ride for anyone interested in riding with the SCBC Racing Team.



Go online to check @Chat for updates  
and last minute changes to Rides Schedule

**@Chat**  
**Sound Cyclists Bicycle Club**  
**E-mail Discussion Group**

It is an open forum for Sound Cyclists Bicycle Club members to communicate online with other members on a variety of bicycling-related topics. Click on the @Chat button on the SCBC home page and you can learn how this service works. Check @Chat out at:  
**www.soundcyclists.com**  
Please continue to use **mailbox@soundcyclists.com** for individual inquiries.

**Attention: Ride Leaders**

If weather is questionable, please show up at ride with cue sheets in case anyone wants to ride. Riders please call ride leader to confirm that the ride will be on in the case of questionable weather.

**EVERY FRIDAY EVENING**

TGIF Unwinder, All Levels, 17/21 miles 6:00/6:15.  
RL: John Dugdale, 655-4277. Meet at the Darien RR station NY bound side. The ride is self-paced. The route is arrowed. Please join us on the club's shoreline ride to Rowayton and back. Cyclists must be able to maintain a 10 mph pace in order to finish by dark. Meet your friends and have dinner after the ride.

**EVERY SATURDAY**

Back to Bethel, A/B, R/H, 42 miles, 8:45/9:00 . RL: Mark Covello, 846-6689. Meet at Exit 41 CPL, Merritt Pkwy. Join us on this fast-paced ride up to Bethel and down Route 58. Snack stop at Bagel Crossing. Nasty weather cancels ride. NR  
The Early Bird Special, C+/C, R/H, 21 miles, 7:15/7:30. RL: Emil Albanese 853-7499. Meet at Luciano Park at the Westport RR station parking lot off Exit 17, I-95. Early morning ride past Compo Beach and over to Southport. Coffee after the ride, Peter's Bridge Market. SR  
Same Dam Ride, C+/C, R/H, 34 miles, 9:15/9:30  
RL Peter Serratore, 259-3381. Meet at the Fairfield RR station, off I-95 Exit 21, NY bound side. Here we go again, up to the damn dam and back. Then we'll drink ice coffee at Devores Bakery and laugh at each other. No food stop or rest break. This is a ride for stronger C riders. Last ride Aug 31. SR

**EVERY SUNDAY**

Sunday Morning Spin, B-, R/H, 35 miles, 8:15/8:30. RL Mark Serlin, 838-0384. Meet at southbound side of Westport train station, near Luciano Park. An easy Sunday morning ride intended not to take all day. Not a hard ride, but inappropriate for novice riders. Very appropriate for out-of-shape/overweight/lazy/experienced riders interested in spinning, not sprinting. No food stop, bring snacks. NR  
Westport Afternoon Ride, C-, F/R, 20 miles, 4:15 / 4:30 PM.  
RL: John Dugdale, 655-4277. Meet at Westport Library upper parking lot. Cruise familiar territory. We'll go to Levitt concerts afterwards. Bring blanket, drinks and bug spray. No food stop.

**New Website User Name and Password**

To access the Members Only area of our Web site, the new login as of August 15th will be:

User Name:  Password:

*Enter Here!* →

**For Members Only**

The login information is case sensitive.  
Type it exactly as you see it.

**SATURDAY, AUGUST 3**

See Standing Saturday Rides on page 8

Two Challenge Faux Double Nickel, B, R/H, 52 miles, 9:00/9:15. RL: Don Rosaforte, 849-8159; Meet at Exit 41 CPL, Merritt Parkway. A seamless blend of three of your favorite club rides. Can you guess which ones? SR.

Stamford Reservoirs Tour, C, R/H, 26/34 miles, 10:00/10:15. RL: Jerry Hunt, 847-9427 (jerr331@aol.com). Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle around the reservoirs in North Stamford and New Canaan. Optional extended loop through Darien. Lunch in Scotts Corners. SR

Pataconk Lake Pedal, C, R/H, 32 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839. Meet I-95 Exit 63 CPL. Scenic tour of back roads through Chester and other quiet areas. Bring a swimsuit and a towel for a dip at the lake. Bring lunch. No easy place to buy food. SR

Rural Ramble, D+, R/H, 40 miles, 9:15/9:30. RL: Brian Voytek, 374-0921. Meet at Exit 44 CPL, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Food stop at the donut shop in Newtown. SR

Milford & West Haven Shores, D, F, 20 or 32 miles, 9:15 / 9:30. RL: Gary Griswold, 268-8802. Go East on I-95, take Exit 37 to High Street (which becomes West River Street) to the downtown Milford green. Turn left at Broad Street, cross stone bridge and make a right turn down past the library to the parking lot opposite the boat launch. We will return to the parking lot after the first 20 miles for lunch and an optional additional 12 miles to the Milford Point Area and return. FR

Larkin Park Trail Looper, E, F/R, 20 miles, 9:15/9:30. RL: Vinnie Keenan, 264-2157. Meet at the new Larkin State Park parking lot located about a mile south of exit 17 off I-84 using route 63. Go past the entrance to Whittemore Glen State Park, continue a short distance on route 63, to the Larkin State Trail parking lot. The ride includes a new rail trail which runs parallel to route 64. A hybrid or a mountain bike is desirable. FR

**SUNDAY, AUGUST 4**

See Standing Sunday Rides in middle of page 8

Tour De Torrington, B, R/H, 75 miles, 7:30/7:45. RL: Don Rosaforte, 849-8159; Experience the beautiful Northwestern Connecticut countryside of Litchfield County and contribute to a worthy cause. Meet at Coe Park in Torrington. Take Route 8 North to Exit 44. Go left on Route 202 for approximate 1.25 miles to intersection. Get in second lane from left to go over bridge. On Bridge get in left lane and make left turn into shopping Plaza. Coe Park is across the street. Call Don the evening before. See July's newsletter for more details and price of ride. SR

Rural Ramble, C+, R/H, 40 miles, 9:00/9:15. RL: John Sloan, 438-0051. Meet at Exit 44 CPL, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Food stop at the deli in Newtown. SR



Aspetuck-Saugatuck Extended Ride, C, R/H, 33 miles, 9:45/10:00. RL: Scott Maus, 227-3448. Meet at Exit 41 CPL, Merritt Pkwy. Scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a long descent down Newtown

Greenwich Backcountry Boogie, C, R/H, 29 miles, 9:00 / 9:15. RL: Gregg Lethbridge, 914-949-6948. Meet at Greenwich High School on the Post Road west of Indian Field Road off Exit 4, I-95. Join a down-county ride that can be hilly at times, with some near the end. SR

Cycling 101, D, F/R, 10-12 miles, 7:30 / 7:45 . RL: Patty Kondub, 259-2829. Meet behind the Westport Y. Rise and Shine!! Beat the traffic and end your week with this leisurely paced Sunday ride that'll go around Longshore and Compo Beach. Feel free to pack your Speedo and be Patty's guest at the Y for her 9:15AM water aerobics class. If you have any questions you can e-mail Patty at nortonpk@aol.com.

Easy Rider, D, F/R, 17 miles, 9:45 / 10:00. RL: Martin Iselin, 227-7237. Meet at Exit 18 CPL, I-95. This ride is exclusively for you riders who have not yet found that perfect opportunity to ride on a club ride. Although ride regulars are welcome, they are to do so only with the sole intention of making you new riders feel welcome and comfortable. We will be riding at your pace and answering any and all questions you may have about the club. Snacks can be purchased along the route, but we will be sitting down for lunch after the ride to talk about the great time you had. SR

Milford & West Haven Shores, E (Social Pace), F, 20 or 32 miles, 9:45/10:00. RL: Arthur Doiron, 729-6236. Join Art on this very scenic and flat tour of Milford. This is a great ride for new members looking for a nice first ride. Go East on I-95, take Exit 37 to High Street (which becomes West River Street) to the downtown Milford green. Turn left at Broad Street, cross stone bridge and make a right turn down past the library to the parking lot opposite the boat launch. We will return to the parking lot after the first 20 miles for lunch and an optional additional 12 miles to the Milford Point Area and return. FR E Rides are socially-paced touring rides.

## **SATURDAY, AUGUST 10**

See Standing Saturday Rides on page 8

Old Lyme Ride, B, R/H, 57 miles, 9:30/9:45. RL: Joe Nivert, 262-6476. Mostly flat tour with some hills thrown in, of course. Take I-95 to Exit 70. Take right at the end of ramp at the light (Route 156). About 1.5 miles take right onto Smith Neck Road to Great Neck Island Boat Ramp. At the end of the road is a parking lot (about .5 miles) that is where the ride begins. SR

Rural Ramble, C+, R/H, 40 miles, 9:15/9:30. RL: Dennis Lyall, 846-8000. Meet at Exit 44 CPL, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Food stop at the donut shop in Newtown. SR

West Redding Challenge, C, R/H, 32 miles, 8:30 / 8:45. RL: Jeff Lundberg, 438-3177. Meet at Exit 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. SR

Absolute Delight, D, F/R, 26 miles, 9:15 / 9:30. RL: Dave Dorey, 366-6680. Meet at CPL I-95 Exit 18. A well designed ride for all grades. Bring a snack to munch on at regroups. (Rest stops). FR

Aspetuck-Saugatuck Reservoir Ride, D, R/H, 30 miles, 9:00 /

9:15. RL: Martin Iselin, 227-7237. Meet at Exit 42 CPL, Merritt Pkwy. Scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a long descent down Newtown Turnpike. SR

## **SUNDAY, AUGUST 11**

See Standing Sunday Rides in middle of page 8

Fairfield/Westchester Roundabout, B, R/H, 50 miles, 9:00/9:15. RL: Don Rosaforte, 849-8159; Meet at Exit 38 CPL, Merritt Parkway. Scenic ride through North Stamford, Armonk, Mount Kisco and Bedford. SR.

The Great Tubing Ride and River Run, B/C+/C/D, 18-34 miles, terrain varies, 10:15/10:30

The Eighth Annual Great Tubing Ride and Water-Gun Fight, C+, C, D, varying lengths, 10:15/10:30, RL Peter Serratore 259-3381. Meet at 10:15 at the River Tubing parking lot of Satan's Kingdom State Recreation Area on Route 44 in New Hartford (directions below). Rides begin leaving at 10:30 am.

This is an all-day affair. First, we go on bike rides of varying lengths, return to the tubing area, have a brief picnic, then everyone goes into the river. Tubes are rented, and shuttle buses bring you and your tube back to the start in minutes after going down the river.

The tubing trip takes about two hours, depending on the current, and we go through three sets of rapids. The first two rapids are wimpy, and the third is a little more robust, but short. The rest of the time, you're just drifting with the current down the river, oblivious to the heat. Bring a water gun to defend yourself from bandits!

The bike rides are:

38-mile route for C+ and faster riders, with a few good hills and one long steep downhill that calls for experienced bike handling

31 miles for C riders, rolling with a few short steep hills

27 miles for D riders, but with an 18-mile option if you want, both routes are flat as week-old Pepsi. The C and D rides stop for ice cream.

You should bring:

\$15 for the tubing trip and shuttle

swimwear to change into for tubing

sneakers or sandals for the river (mandatory)

a means to lock your bike to your car (the lot is pretty safe).

a tee shirt in a plastic bag

a towel for afterwards

sun protection

a water gun, for "The Gunfight at the Farmington Corral"

Directions to New Hartford

Take I-84 to Route 8 north. Take 8 north to the end of the highway in Winsted. Take Route 44 east for almost 8 miles and turn left into Satan's Kingdom River Tubing parking lot. Satan's Kingdom is east of New Hartford across from Foothills Plaza. Tell the attendants that you're with the bike club, because they set an area aside for us every year.

Orange Milford Shoreline Cruise, Extended, C+/C, F/R, 40+ miles, 9:15/9:30. RL: Mark and Marcia Kiley, 799-2640. Meet at Starbucks, Route 1, Orange (1.6 miles north of I-95 Exit 39B). Ride back roads of Orange and Milford shoreline. Ride avoids heavy traffic areas along the shore. No lunch stop, snacks available in Milford. SR

Bedford N.Y. and John Jay Homestead, C, R/H, 37 miles, 8:15 / 8:30, RL: Nancy Rosett, 857-4847. Meet

at Exit 38 CPL, Merritt Pkwy. Ride up to Bedford, N.Y. with an optional visit to the John Jay Homestead. There's a lunch in Bedford where food can be purchased. SR

Norwalk, Darien, Rowayton Tour, D, F/R, 25 miles, 8:45 / 9:00. RL: Pavel Gurvich, 853-3481. Meet at Exit 38 CPL, Merritt Pkwy. Take a lovely spin through West Norwalk before joining the familiar Friday Night Ride route. No food stop. SR

Historical Windsor and the Enfield Rapids, E, Flat, 35 miles, 10:00/10:15. RL: Clyde Gourley, 929-4001. Join Clyde on this social historic tour through an area that was the commercial transfer point from deep water river traffic to barges and wagons due to the Enfield Rapids. Meet at the parking lot located at the North End of Windsor Locks Canal. Take I-91 North to Enfield at Exit 47 (Route 190). Cross the bridge and turn left at Route 153, and turn left again at the next road, Canal Street. Go to the end of Canal St. to parking lot. Please call to confirm. FR E Rides are socially-paced touring rides.

## **SATURDAY, AUGUST 17**

**Please RSVP for Pear Tree Picnic  
before Aug 22nd**

Bury Blast (Southbury, Roxbury, Middlebury, Woodbury), B, H, 49 miles, 9:30/9:45. RL: Joe Nivert, 262-6476. Meet at CPL Exit 14, I-84. A scenic but challenging ride through the 'Bury's'. Quite hilly, one major climb early in the ride at 4.5 miles. Food stop at mile 26. SR

Rural Ramble, C+, R/H, 40 miles, 9:15/9:30. RL: Claire Falkner, 854-9851. Meet at Exit 44 CPL, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Food stop at the donut shop in Newtown. SR

Have a Child Will Travel (in a child seat or bike trailer), C/C-, F, 10+ miles, 9:15 / 9:30. RL: Norm Trepner, 221-1606. Meet at the Westport train Station (off of I-95's exit 17). The ride goes to Sherwood Island State Park and then stops for one playground break (+/- 20 minutes) at Compo Beach before returning to the starting point. The ride will have several sweeps in case the group breaks into 2 speeds, but the intention is for us to ride as one big, happy cycling family. ALL children and riders must wear helmets, and the pace will NOT accommodate kids who ride their own bikes.

Big Jim's Day at the Beach, C/D, F/R, 35 miles, 9:00 / 9:15. RL: Jim McConnon, 259-3450 / Martin Iselin, 227-7237. Meet at Green Farms RR Station in Westport. Join Jim and Martin on this modified version of Back to the Beach Boy's Ride touring 8 beaches from Westport to Fairfield. Pack a lunch and bring a bathing suit and a towel because at the end of this ride you can join Big Jim for swim at ?? Beach. SR

■ **Block Island Journey**, D+, F/R, 19 miles. Meet 8:45-9:00. Ferry departs at 9:30 a.m. Sharp! RL: Jeff Munk, 261-5545. Meet at the ferry terminal in Point Judith, RI. This is yet another installment in our island-hopping adventure series, this time to a little jewel sitting in the Atlantic just off the coast of Rhode Island and Connecticut. If you missed out on the Shelter Island ride or remembered what a great time you had if you were there, you're really not going to want to miss this ride that offers the perfect blend of cycling, sight-seeing and sunning.

Meet at the Point Judith ferry terminal at 8:45-9:00 am (or earlier) to catch the ferry to Block Island. We will first take a little ride around the "block" starting with the southern and western sides of the island, exploring one of the "ten great lost

places" and stopping by historic lighthouses and breath-taking cliffs (bring a bike lock).

From there, we head back into the town of Old Harbor for lunch. After lunch we'll head for the northern most tip of the island and the North Lighthouse. After a brief stop, we head back to town to Ballards Beach where the party begins. Bring swimwear, a towel, beach toys and snacks if you like. Plenty of food and drinks can be purchased. There will be plenty of beach time before preparing for our departure.

You'll even have plenty of time to explore the town of Old Harbor, shop or grab some great ice cream before we headed back on the 5:00 p.m. ferry. Dinner arrangements will be made once we return to Point Judith (6:00 p.m. arrival) for those wishing to stay for dinner.

- **Money to bring:** Parking in Galilee/Point Judith is about \$10.00 for the day. Block Island ferry same day round trip with bike is \$18.10. Dinner is approx. \$20-25 depending on what you order. Allow for money to buy lunch and drinks.

- **Directions:** Take I-95 North to Exit 92, Route 2 (Foxwoods exit). Turn right off the exit onto Route 2, East. Take Route 2 to Route 78 (Westerly Bypass). The entrance to Route 78 is on your right. Follow Route 78 around to US Route 1. Turn left on US Route 1, North. You will travel on Route 1 for about 19 miles before reaching the Narragansett/Point Judith exit. At the end of exit, turn right onto Woodruff Avenue. Go a short distance and turn right onto Route 108, Point Judith Road and go about 3 miles. There will be signs for the Block Island ferry. Turn right onto Galilee Escape Route. From this point, as you drive toward the ferry area you might find street parking. Once you reach the end of this road, turn left onto Great Island Road. This road heads directly toward the ferry terminal and more parking.

- **Parking:** There are parking lots all around the area and are about \$10.00 for the day. Again, some resourceful people have found street parking a little further away and bike to the terminal. Just watch out for any no parking signs.

- **Special Preview/Planning Details:** Interested in seeing where we're going? Go to the Special Events page at [www.soundcyclists.com/Events.htm](http://www.soundcyclists.com/Events.htm), find the listing for the ride and click on the flashing preview buttons to view the map and cue sheet. Also there will be some additional detailed information by clicking on Special Hints.

For questions, call 203-261-5545 or E-mail Jeff at: [jeff@moonlightingproductions.com](mailto:jeff@moonlightingproductions.com). Car-pooling is encouraged for the ride to Point Judith. Rain cancels, clouds do not. Remember though, we don't make landfall until late morning, so if the forecast that day should only call for early morning showers, the ride will still go on.

A Couple Coastal Counties, D, F/R, 25 miles, 9:15 / 9:30. RL: Dave Dorey, 366-6680. Meet at CPL Route 108, near Hawley Lane Mall, in Trumbull. I-95 Exit 27A, Route 8 to Exit 8 or Merritt Parkway, Northbound, Exit 51 right on 108, approx. 0.25 miles, or Merritt Parkway Southbound, Exit 52 to 108. Fun social ride, quick food stops at Bonds Dock and Audubon Society observation deck at Milford point. Quick snack stop at 15 mile mark. Lots of pedaling on this nearly flat ride. (rest stops). FR

## **SUNDAY, AUGUST 18**

See Standing Sunday Rides in middle of page 8



Waldo Wheelers, B, R/H, 47 miles, 9:00/9:15. RL: John Swallen, 254-0164. Meet at Joel Barlow High School in Redding Ridge. Get off Merritt Parkway Exit 44 and travel North for 8.5 miles on Route 58. School entrance is on the right. If you pass Redding Ridge Food Market you've gone 0.3 miles too far. A new ride for 2002. From Redding Ridge, navigate to Northern Bethel and Newtown, followed by a 10 mile Southbury loop that goes through remote Waldo Ste Park. SR

North Park to Madison Backcountry Circuit, C+, R/H, 37 miles, 9:00/9:15. RL: Jeff Jenkins, 981-6683. Meet at Exit 46 CPL, Merritt Pkwy. Extremely scenic ride through the backcountry of Easton, Monroe, Newtown and Trumbull. Lunch stop. FR

Aspetuck-Saugatuck Reservoir Ride, C, R/H, 30 miles, 9:00 / 9:15. RL: Barbara Tiffany, 966-4856. Meet at Exit 42 CPL, Merritt Pkwy. Scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a long descent down Newtown Turnpike. SR

Cycling 101, D, F/R, 10-12 miles, 7:30 / 7:45 . RL: Patty Kondub, 259-2829. Meet behind the Westport Y. Rise and Shine!! Beat the traffic and end your week with this leisurely paced Sunday ride that'll go around Longshore and Compo Beach. Feel free to pack your Speedo and be Patty's guest at the Y for her 9:15AM water aerobics class. If you have any questions you can e-mail Patty at nortonpk@aol.com.

Westport-Weston Wanderer, D, F/R, 25 miles, 9:00 / 9:15. RL: Jim Ganis, 917-701-5610. Meet at Exit 18 CPL, I-95. Coast along this route through Weston and Westport. Bring snacks. No food stop. FR

Westport/Fairfield, East/West Ride, E, F/R, 23 miles, 8:15/8:30. RL: Gene Schlesinger, 762-5984. Meet at Exit 42 CPL off the Merritt Parkway. Ride the back roads of Westport, over to Fairfield and return via the beaches in Southport and Westport, and over the Saugatuck River on return. Snack stop in Westport. FR. This is an excellent new member ride.

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### **SATURDAY, AUGUST 24**

#### **See Standing Saturday Rides on page 8**

Please RSVP before August 25th to John Dugdale at [jdugda@peoplepc.com](mailto:jdugda@peoplepc.com) or call 655-4277 and leave message for the September 1st picnic. Please see page 12.

Banksville-Bedford Boogie, C+, R/H, 45 miles, 10:00/10:15. RL: Jeff Ross, 914-533-2711. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle another route up to the North Country into New York. Get a workout on this faster-paced ride to Banksville and back. SR

Sounds Nice Ride, C, R/H, 37 miles, 9:15 / 9:30. RL: Tom Ebersold, 874-7839. Meet at Exit 44 CPL off Merritt Parkway. Backcountry tour of Fairfield and Easton with some twists and turns along less-traveled roads to keep it interesting. Lunch Stop. SR

Destination: Mamasasco Lake, C, R/H, 37 miles, 8:30 / 8:45. RL: Dennis Lyall, 846-8000. Meet at Exit 38 CPL, Merritt Pkwy. Scenic loop up to Mamasasco Lake and back to Norwalk through Silvermine. Food stop in Ridgefield. SR

Almost Thirty Something, D, F/R, 29 miles, 9:15/9:30. RL: Nancy Felper, 323-3177. Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. FR

Sound Cyclists Classic, D, R/H, 27 miles, 9:30 / 9:45. RL:

Amelie Babkie, 226-5956. Meet at Exit 41 CPL, Merritt Pkwy. Spin down to the Sound and then up and over Fairfield's Greenfield Hill to Easton and around through Weston on the return trip to Westport. Snack stop along the way. FR

Four Beaches, E, F/R, 21 miles, 9:00/9:15. RL: Lou Kuti, 445-9858. Meet at the NY-bound side of Noroton Heights RR Station, off I-95, Exit 10. This is as flat as a ride can be in Fairfield County. Scenic views of Long Island Sound. FR. This is another excellent new member ride.

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### **SUNDAY, AUGUST 25**

#### **AUGUST PICNIC AT PEAR TREE POINT, DARIEN**

Pear Tree Point Beach - Rides and Picnic in Darien, B/C/D/E, F/R/H, distance & terrain will vary by level. Meet at Hindley School parking lot at Nearwater Lane and the Post Road in Darien. Directions to Hindley School Parking Lot: Take I-95, Exit 10, go south on Noroton Avenue, at intersection, take a right onto the Post Rd. and a quick left (1/8 mile) onto Nearwater Lane. Meet at Hindley School parking lot on the left corner of Hindley Lane and the Post Rd. Join your riding pals for a bash on the Sound. Picnic admission is \$5 to cover food and drink. Look for article on page 1 of the August newsletter

"B" Ride , 8:45 / 9:00 F/R 45 miles RL: Brian Wood, 613-4435.

"C+" Ride, 9:00 / 9:15 F/R 35 miles RL: Emil Albanese, 853-7499

"C" Ride 9:15 / 9:30 F/R 30 miles RL: John Dugdale, 655-4277

"D/E combo" Ride 9:00 / 9:15 F/R 20/32 miles RL: Nancy Rosset, 857-4847. RL: Bobbie Kinn, 857-4847.

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### **SATURDAY, AUGUST 31**

#### **See Standing Saturday Rides on page 8**

Housatonic Riverbank Ride, B, R/H, 43 miles, 8:45/9:00. RL: Jon Swallen, 254-0164. Meet at Exit 44 CPL, Merritt Parkway. Challenging ride through Easton, Monroe, Shelton, and Trumbull. SR

The Killer Hills Ride, Extended, C+, H, 30 miles, 9:00/9:15. RL: Greg Ziebel, 367-7270. Meet at Exit 46 CPL, Merritt Pkwy. Extremely challenging ride through Fairfield and Easton as you climb and descend hills. No Food Stop. SR

CT-NY Seasonal Tour, C, R/H, 35 miles, 9:45 / 10:00. RL: Peter Dee, 972-7472. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Join this two-state ride to get you out of the usual pattern of club routes. Food stop on the Bedford Green. SR

The Backwoods to Shoreline Spin, D, F/R, 32 miles, 9:00 / 9:15. RL: Thomas Daniel, 866-3781. Meet at Exit 42 CPL, Merritt Pkwy. Wind your way through the woods of Weston and Easton, up the gentle hills of Westport and Fairfield and down to the shore at Southport where lunch can be eaten at harbor side. FR

Darien Estate Tour, D, F/R, 30 miles, 9:45 / 10:00. RL: Dan Duncan, 831-8064. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Join Dan as he meanders through New Canaan, Darien and Norwalk on a social ride that may surprise



some of you. You should be able to maintain 12mph as an average speed. We will regroup when needed, and I will try to show you some sights that may be of interest. Yes, there will be hills, roughly half will be uphill. Bring snacks. SR

Deep River, Essex, and Saybrook Point, E, Flat, 30 miles, 10:00/10:15. RL: Clyde Gourley, 929-4001. Get off at Exit 15 of Route 9 and proceed into Deep River center, turn left at the light at Main St. for one block to the library, turn left to go behind the library into the parking lot. Join Clyde on this socially paced ride with an optional visit to the River Museum in Essex. Lunch stop. There's also a great ice cream shop in the quaint town of Essex. FR. Please call to confirm

### **SUNDAY, SEPTEMBER 1**

Bethel to Beaches Ride, C+, R/H, 50 miles, 10:00/10:15. RL: Jeff Ross, 914-533-2711. Meet at Exit 42 CPL, Merritt Pkwy. Socially paced ride, north to Bethel and back to the shore. Food stop. SR

Greenwich Boogie, C+/C/D/E, R/H, 45+/35/25/18 miles, 8:45 / 9:00 .

RL: Emil Albanese, 853-7499, C+, R/H, 45 Miles+, 8:45/ 9:00 SR.

RL: Norton Lazarus, 698-3032, C, R/H, 35 miles, 9:15 / 9:30 SR

RL: Brian Voytek, 374-0921, D, R/H, 25 miles, 9:45/ 10:00 SR

RL: John Dugdale, 655-4277, E, F/R, 18 miles, 10:15 / 10:30

E Rides are socially-paced touring rides. FR

Meet at Old Greenwich RR Station Southbound side. Directions to Old Greenwich Train Station : Exit 5 I-95 take right East Putnam Ave, at light take right onto Sound Beach Ave follow signs to train station. Take left into lot just beyond People's Bank and before you go under railroad tracks.

Travel up to Bedford NY and parts farther North.

After rides Shauna & Norton Lazarus have invited us to their home for a barbecue/picnic. They live at 3 Forest Ave in Old Greenwich, across from Binney Park & Congregational Church. Best to ride bikes over from RR station. The barbecue will begin at 1 pm. \$5.00 cover charge for food and BYOB. You MUST RSVP before August 25th to John Dugdale at [jdugda@peoplepc.com](mailto:jdugda@peoplepc.com) or call 655-4277 and leave message.

### **MONDAY, SEPTEMBER 2**

#### **LABOR DAY**

Laid Back Labor Day Fifty, C+, C, D, R/H, 50 miles, 10:00/10:15. RL: Suzan Maxey, 374-1606 / John Dugdale, 655-4277 / Brian Voytek, 374-0921. Meet at Exit 44 CPL, Merritt Pkwy. Join us for this leisurely-paced Labor Day ride thru Fairfield, Westport, Norwalk and New Canaan. FR

Easton Express, C, R/H, 30 miles, 9:15 / 9:30. RL: Jerry Weinstein, 327-3530. Meet at Exit 42 CPL off Merritt Parkway. Nice ride around Easton. Bring snacks. SR

## Calendar of Non SCBC Cycling Events

*The following are special events presented by other bike clubs and organizations. These events are not related in any way to Sound Cyclists Bicycle Club. They are listed for informational purposes only.*

■ Friday, August 2 - 4, 2002  
LAB BikeFest 2002, Amherst, MA  
[www.bikeleague.org](http://www.bikeleague.org)

■ Sunday, August 4, 2002  
Tour de Torrington, Torrington  
Benefits: The American Cancer Society  
[www.tommysfitness.com](http://www.tommysfitness.com)

■ Saturday, August 17, 2002  
Steeple Chase Bike Tour  
[Ctbike.org/calendar.html](http://Ctbike.org/calendar.html)

■ Saturday, August 24, 2002  
Mad River Valley Bike Tour, VT  
[www.hydeawayinn.com](http://www.hydeawayinn.com)

■ Sunday, September 8, 2002  
Flattest Century in the East, Tiverton, RI  
[www.nbwclub.org](http://www.nbwclub.org)

■ Sunday, September 8, 2002  
8th Annual Folks on Spokes, Milford  
[www.northeastnet.com/whitelief/bike.html](http://www.northeastnet.com/whitelief/bike.html)

■ Sunday, September 8, 2002  
NYC Century 2002  
Transportation Alternatives

■ Sunday, September 15, 2002  
CT Two Ferry Crossing at Rocky Hill,  
[Ctbike.org/calendar.html](http://Ctbike.org/calendar.html)

■ Sunday, September 22, 2002  
Golden Apple Bicycle Tour, Westchester,  
Westchester Cycle Club

■ Sunday, September 22, 2002  
4th Annual Ride - Benefits Bennett Cancer Center  
[www.Stamhealth.org/theride](http://www.Stamhealth.org/theride) Call 203 967 5950

■ Sunday, September 21-22, 2002  
Tri-State Seacoast Century, Hampton Beach, NH,  
[www.granitestatewheemen.org](http://www.granitestatewheemen.org)

■ Sunday, September 22, 2002  
Bike The Beach, Probus Club Fund Raiser  
Penfield Beach, Fairfield, [Ctbike.org/calendar.html](http://Ctbike.org/calendar.html)

■ Sunday, September 29, 2002  
Mid-Hudson Century, NY  
[www.idsi.net/~mhbc/](http://www.idsi.net/~mhbc/)

■ Sunday, September 29, MS Bike Tour  
Sherwood Island, Westport

■ Sunday, October 6, Tony Fenton Bike Tour,  
Westport, CT

# Tryon's Raid on Danbury Benedict Arnold Outwitted

By Damon Douglas & John Dugdale  
(Continued from April 2002 Newsletter)

Rather than return the way they had come, Tryon marched west through Ridgebury, then south towards Ridgefield. Probably two factors influenced the decision not to return by way of Bethel. First, the rebels were massing in Bethel, and it was in the British interest to avoid a confrontation if possible. Second, Ridgefield was known for its strong Tory sentiments. As stated, the rebels had not been idle. As soon as the destination of the raid became known, the alarm was spread to all of the militia in western Connecticut. From New Haven came two generals who would lead the resistance and become local heroes: David Wooster, who would pay for his bravery with his life, and Benedict Arnold, whose heroism in the Ridgefield campaign would earn him a long overdue promotion in the Continental Army. Wooster & Arnold, knowing that the British had headed west towards Ridgebury, decided to divide their force of about 700 militiamen. Wooster, with 200 soldiers, would march west and attack the British column from the rear, while Arnold, with the rest of the men, would march to Ridgefield and erect a defensive barricade to contest the southward movement of the British. The ensuing military action became known as the Battle of Ridgefield. General Arnold chose the narrowest part of Main St to build a blockade. The British approached the blockade while one platoon plowed through the marsh and climbed the ledge overlooking the road. The barrier was breached and Arnold's horse was shot out from under him. Arnold was in danger of being captured, but pulled out his pistol and escaped into some cover. The legend has the soldier saying, "you are my prisoner," and Arnold says, "Not yet!" and shot the soldier threatening him.

At least seven cannonballs have been found in the town of Ridgefield. One of them can be seen in the wall of the Keeler Tavern Museum. Benjamin Hoyt built Keeler Tavern around 1713. It began as a farmhouse and was converted into a tavern and stagecoach stop in 1772 by Benjamin's grandson, Timothy Keeler. It was sold to Cass Gilbert, an architect, in 1907. A special special tour of the building has been arranged for us, which will include viewing the original map drawn by Capt. Archibald Robertson, the British Engineer on Tryon's Raid of 1777. It is the only existing Robertson map with his signature. Sunday night was spent in Ridgefield at the southern edge of the village. Robertson says, "We lay near the village all night, 4 Battalions in line and 2 on the wings" "28th at day break began our march. For 5 or 6 miles had only a few popping shots from behind houses, rocks, etc. Were inform'd they intended to oppose us at Norwalk Bridge. Now on the last day of their maneuvers, the British had gotten only a few hours sleep and were on the verge of exhaustion, but doggedly marched south towards the Sound. "When we got within 5 miles of the shore, we got on a high hill call'd Chestnut Hill from which we could discern our ships in the distance and the rebels drawn up about 2 miles in front to oppose our passing a bridge over the Saugatuck River. Tryon's army was in trouble. The patriots were in position with their two field pieces on the Old Hill eminence, commanding the Poplar Plains below. The British would come within the range of the six-pounders a short distance south of Red Coat Lane. The British would have a choice of trudging up Old Hill Road or skirting alongside on Wilton Road. The Prince of Wales Loyal American Volunteers saved the day.

(Continued in September 2002 Newsletter) 

# Treasurers Mid Year Financial Report

(Continued from Page 6)

As a result, a modest "upward expenditure adjustment" will probably be warranted. This would allow us to spend somewhat more money on charity and internal club expenses. This presents a challenge for the board to soundly allocate the money. The SCBC Giving Council is being created to facilitate this process. If you would like more information about the Giving Council contact Emil Albanese at emilalb@aol.com. Many people have ideas and all ideas are welcome. The board will first determine what the total size of the adjustment will be (as it carefully considers the need for adequate financial reserves). Our current net worth is \$69,815 (6/4/02) and will fall steadily going into year-end as our expenses for everything continue and our revenue from membership dues slows to a trickle.

As noted in December at the annual meeting, we are not a charity but we have been able to donate 30% of our net profits from the Bloomin Metric to a number of biking related charities over the last 5 years. When you add in the contributions we have solicited from riders in our events, the percentage jumps to 50% of our net profits. This came to \$42,000 for charity over the last 5 years.

## 2002 Budget


INCOME	
Annual Meeting Income	2,740.00
BM Income	33,500.00
Club Weekend Inc	4,500.00
Membership Dues	16,000.00
Newsletter Ads	1,000.00
Web Ads	1,000.00
Interest Inc.	2,300.00
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TOTAL INCOME	61,040.00
EXPENSES	
Annual Meeting	2,900.00
Bank Charges	100.00
BM Expenses	22,406.00
Charitable Contributions	4,500.00
Club Weekends	4,800.00
Harvest 100	500.00
Incentives	2,400.00
Income Taxes	185.00
Insurance	1,770.00
Internet Website	180.00
LAW Dues	150.00
Meetings	1,710.00
Miscellaneous	200.00
Newsletter Exp	11,200.00
Office	852.00
Picnics	2,021.00
Postage & Copies	500.00
Telephone	500.00
Web Administrator	2,400.00
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TOTAL EXPENSES	59,274.00
	-----
OVERALL TOTAL	1,766.00

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**Electronic/Mail Membership Application/Renewal/Address Change Form**

**Application/Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

**SOUND CYCLISTS**  
  
 B.I.C.Y.C.L.E. C.L.U.B.

In consideration of being permitted to participate in any way in Sound Cyclists Bicycle Club, Inc. ("Club") sponsored Bicycling Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs and next of kin: **1. Acknowledge,** agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

**2. Fully understand** that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation or that of the minor in the Activity.

**3. Herby release, discharge,** covenant not to sue Sound Cyclists Bicycle Club, the League of American Bicyclists their respective administrators, directors, agents, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**I have read this agreement,** fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

**I further understand that I must be at least eighteen years of age or otherwise accompanied by an adult and do hereby agree to wear an "ANSI" and/or "SNELL" approved helmet during this Sound Cyclist Bicycle Club ride as per club policy rules.**

\_\_\_\_\_  
 Name (Last/First/Middle) Signature  
 \_\_\_\_\_  
 Name (Last/First/Middle) Signature  
 \_\_\_\_\_  
 if a couple, both must sign

\_\_\_\_\_  
 Street Address City State Zip

\_\_\_\_\_  
 Date SCBC occasionally sells its mailing list. Check box if you don't want your name used  Membership:  1Yr  2Yr  3Yr

\_\_\_\_\_  
 Telephone (\_\_\_\_\_) Check One:  New  Renewal  Change of Address

\_\_\_\_\_  
 E-mail  Electronic \$15  Mail \$25

**IMPORTANT FINE PRINT:** Annual dues are \$15 for electronic membership (you must download the newsletter from the website) and \$25 for paper membership (which includes access to the website). Membership runs from Feb. 1 of one year to Jan. 31 of the following year. **Sign** this form with a check made payable to Sound Cyclists Bicycle Club. Mail to: Sound Cyclists Bicycle Club, Membership Chairman, P.O. Box 3323, Westport, CT 06880. Unsigned forms or those without checks will be returned. Allow time for your membership to be processed. Two to three weeks may pass between the time you mail your application until the time you receive your welcome letter, which includes the website user name and password. There is no discount on annual dues if you join for 2 or 3 years. If you join after Oct 1st, your membership will continue past the first January 31 date and expires the following January 31st, giving you a 16 month membership.