

SOUND CYCLISTS

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July 1, 2002

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

Reserve for July 21, Picnic, Shady Beach, Norwalk


By Mary Karnis, Program Director

Sunday July 21st is the first picnic ride of the summer planned for Shady Beach in Norwalk. Shady Beach is located on the left side as you bicycle down towards the beach after the rides. All rides meet at Marvin School parking lot. Please see page 8 for picnic rides schedule. Directions: Take I-95, Exit 16, go south on East Avenue, left onto Gregory Blvd. and left onto Marvin Street. Only Norwalk residents with a Norwalk parking permit are allowed to park at the beach free of charge. All others will be charged \$15 to park at the beach. Families are welcome. Bring your bathing suit and beach towel if you'd like to take a swim or just sunbathe after the rides.

The club will be providing all food and drinks for \$5 per person, payable at the event, provided you RSVP on or before THURSDAY JULY 18TH. After this date, or if you show up without RSVPing, the cost will be \$8 per person.

For planning purposes please email me and let me know the # & names of people in your party with your choice of 1) hamburgers 2) veggie burgers 3) turkey burgers 4) hot dogs and indicate quantity you plan on consuming. My email address is: picnic@optonline.net. I will be on vacation so if you must call (before 9pm please) call Cindy or Jim Clark, the picnic co-chairs, at 847-4133.

If the weather forecast looks threatening check the SCBC website. If the picnic is cancelled, a notice will be posted by noon Saturday July 20.

The last SCBC picnic of the season will be held at Pear Tree Point Beach in Darien on August 25th. 

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. 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. 

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. 

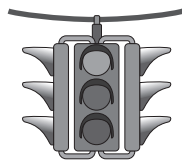
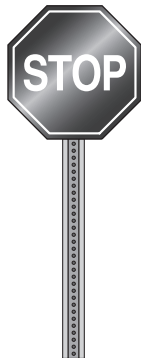
Action Items for SCBC Members

SCBC members: Please RSVP before July 18th for the Picnic at Shady Beach on Sunday, July 21. Don't miss out! 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! Please see article on page 1.

Ride leaders and sweeps: Please submit sign-in sheets to earn points towards vouchers and lots of terrific prizes. Please send to: SCBC, P.O. Box 3323, Westport, CT 06880. 

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

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

Directors and Committees

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

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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 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). 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

Eighth Page	\$20.00
Quarter Page	\$40.00
Half Page	\$75.00
Full Page	\$125.00

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.

- Thursday, July 4, 2002
Fourth of July Firecracker Ride
- Saturday, July 6, 2002
Tanglewood Ride and Concert
- Saturday, July 13, 2002
Shelter Island Shuttle
- Saturday, July 13, 2002
Ancient Fife & Drum Ride
- Sunday, July 21, 2002
SCBC Picnic, Shady Beach, Norwalk
- Sunday, August 11, 2002
Farmington River Tubing Ride
- Saturday, August 17, 2002
Block Island Journey
- Saturday, August 17, 2002
Jim's Day at the Beach, Westport
- Sunday, August 25, 2002
SCBC Picnic, Pear Tree Point Beach, Darien
- Monday, September 2, 2002
Labor Day Laid Back 50
- Saturday, September 7, 2002
Long Island Wineries Ride
- Friday-Monday, September 13 - 16, 2002
SCBC Cape Cod Weekend Trip
- Saturday-Sunday, October 5 - 6, 2002
SCBC Nantucket Weekend Trip
- Saturday, October 12, 2002
Apple Picking Ride
- Sunday, October 13, 2002
Harvest Hundred Ride

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.

TOUR DE TORRINGTON

SUNDAY AUGUST 4th 2002

To Benefit: THE AMERICAN CANCER SOCIETY

By: Marlene Cohen

This ride is an opportunity to contribute to a worthy cause, while experiencing the beautiful Northwestern Connecticut countryside of Litchfield County. All proceeds from this ride will help The American Cancer Society provide programs and services, such as funding research, counseling, and transportation for cancer treatments. Pledges are not required, but riders who raise \$100 or more will have the \$30 registration fee waived. A TREK Bike, donated by Tommy's Bicycles & Fitness, will be awarded to the person who raises the most money.

All rides begin and end at Coe Park in Torrington. The routes are well marked with sag wagon support, and rest stops are stocked with light snacks and water.

There are four routes: 12, 30, 50 and 75 miles. Depending upon which route you choose you can experience breathtaking views of farms, the quaint charm of Litchfield Center and the hair raising hill down into Kent. If you have not ridden in the Northwest Corner, the traffic - or lack of it - may take some getting used to. On the thirty-mile ride, there is a 6.5-mile long stretch, East Street North, where you will see more cyclists than cars!

This is the second year for the 75-mile route, which has exactly two left turns. This route takes you through Kent Center, up Rt. 7 past Kent Falls and on to Canaan. On the seventy-five mile ride, Route 43 is where cyclists have ridden the entire five-mile long road without seeing a single car! Near the end of the seventy-five, and fifty mile rides, is a nine mile run that has no traffic lights or stop signs! It is mostly down hill and was repaved three years ago.

The registration fee is \$30 which includes a generous picnic with music and demonstrations. All riders receive a commemorative Tour de Torrington tee shirt and the first 700 registrants will also receive a free water bottle. Sound Cyclists members have participated in this ride and find it to be a well run, refreshing change of scenery.

For more information and a registration form, see www.tommysfitness.com or contact Tommy's Bike Shop 860-482-3571 or tommysfitness@snet.net Any questions, please email Marlene: marlene001@worldnet.att.net or see her on a ride.

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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: drs-solo@aol.com

SCBC Executive Board Meeting - June 3, 2002

The meeting was called to order at 7:10.

Dennis Lyall made a motion to accept the meeting notes from the April 22, 2002 meeting. The motion passed unanimously.

Standing Committee Reports:

Treasurer's Report – Jim McConnon

The club has never been in a stronger position. The majority of club income for 2002 (dues, Bloomin' Metric profits) has been received. Expenditures (newsletter production, donations, etc.) will continue to be recognized for the remaining portion of the year.

The Bloomin' Metric income was up from last year. Pre-registration increased approximately 25%, while day of registration was down slightly. Expenses were up due to more t-shirts being ordered, more Port O Johns and higher postage costs. Not all expenses are in but the current netting of income to expenses shows a surplus of approximately \$15,000.

Bruce Felper made a motion to accept the Treasurer's Report. The motion passed unanimously.

Bloomin' Metric – Dennis Lyall

Dennis is looking for a co-chair for next year's Bloomin' Metric. There were more volunteers this year than ever before and a big thanks is owed to those who did volunteer their time and who made this a very successful 25th Bloomin' Metric.

Communications – Marlene Cohen

Web Site – Jeff Munk-Top Web Pages were: Bloomin' Metric Main Information, Bloomin' Metric - Directions, Members Only. An SCBC Racing link has been added to the web site and information on the team and its activities will be added as it is obtained.

Community Affairs – Ray Rauth

Ray will be speaking at the Greenwich Safe Cycling Annual Meeting on June 18th.

Brian Voytek made a motion to have SCBC join the Connecticut Fund for the Environment's "Endangered Lands Alliance". The group's goal is to permanently protect the remaining 120,000 acres of utility lands throughout the state. The motion passed unanimously.

Membership – Tony Restuccia

Membership is up 13% over last year. Active.com is a major factor in this increase.

Programs – Mary Karnis

The Vermont Weekend has been scheduled for July 12th - 14th and it will be joint with event with AMC.

Rides – Brian Voytek

The original Tuesday night ride will be added back to the schedule with Brian Gossler, Mark Covello and Andy Kalter as ride leaders.

New Business

Club Finances – Disclosure of club finances is required by the by-laws. A detailed financial report is available for those who are interested from Jim McConnon. Jim will prepare an interim Treasurer's Report for the July Newsletter. Bruce Felper made a motion to establish a fiscal year end \$50,000 floor for the club's net worth. The floor number should cover roughly two years of operating expenses. The motion passed with four board members in favor,

opposed and one abstention. Details of the vote are in the original of these meeting notes.

Contributions – Emil reviewed a proposal for an ad-hoc Council committee which would be responsible for

coordinating the club's charitable activities. The committee would not be limited solely to the donation of funds. It would encompass utilizing and mobilizing SCBC's talented membership. Jim McConnon made a motion to have Emil structure a more formal proposal for the club, outlining the council structure and manner of operation. The motion passed unanimously. Emil will flesh out the proposal and present it to the board for review at a future Board Meeting. Roni suggested that the by-laws be reviewed to ensure the proposal falls in line with the guidelines for distribution of funds.

Web Site - In order to be more welcoming to visitors and potential new members, changes have been instituted on the web site to:
a.) replace the Guest Book with a Welcome Guests tab located at the bottom of the Home Page.

b.) Email guests who sign up, a complementary copy of the ride schedule. After two requests the guest will automatically be routed to the membership page.

Jeff Munk will investigate mailing the entire newsletter to guests versus only the ride schedule. Bruce Felper will investigate the technical issues surrounding sending an email notice to existing members when the new newsletter is posted to the website.

To reduce password/username issues, a motion was made by Bruce Felper to have the members only username and password changed twice a year instead of four times a year. The motion passed by a vote of six to one. Details of the vote can be found in the original of these meeting notes.

Old Business

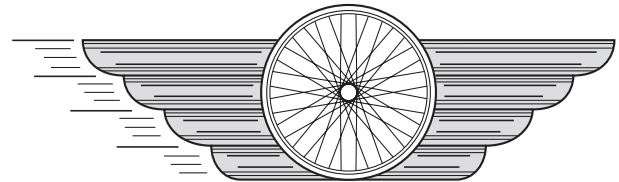
The discussion of old business was tabled due to time constraints. The meeting was adjourned at 9:26 p.m. Next meeting is open to all club members and is scheduled for Monday, July 8th at Norwalk Town Hall.

Store Hours

Monday - Friday: 11:00am - 7:00 pm

Saturday: 9:30 am to 5:30 pm

Sunday: Noon to 4:00pm



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or is your bike fit to you?**

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bike fit technicians, offering Serotta
size cycle or existing bike fits.
Please call for an appointment.**

Westport Bicycles

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Westport, CT 06880

(203) 254-0451

www.westportbikes.com

Greenwich Bicycles

40 West Putnam Ave.

Greenwich, CT 06830

(203) 869-4141

www.greenwichbikes.com

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



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

Mountain Bike and Off Road Rides

Terrain		
DT Double Track Fairly wide with room for two-way traffic.	ST Single Track Wide enough for single rider only with some overgrown sections.	T Technical 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

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: Brian Gossler, 380-2646, 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. Mileage increases after the Summer Solstice. Rain cancels.

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. SR

EVERY SUNDAY

Sunday Morning Spin, C+, 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.

THURSDAY, JULY 4, Independence Day

Fourth of July Firecracker 50, C+, R/H, 50 miles, 8:30 / 8:45.
RL: Suzan Maxey, 374-1606. Meet at Exit 44 CPL, Merritt Pkwy. Join us for this annual Independence Day ride to Bethel. SR
Almost Thirty Something, D, F/R, 29 miles, 9:15/9:30. RL: Martin Iselin, 227-7237. 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 Compo Beach. FR

FRIDAY, JULY 5

Bethel to Beaches Ride, C+, C/D, R/H, 50 miles, 10:00/10:15,
RL: C+, Jeff Ross, 914-533-2711, C/D, RL: Brian Voytek, 374-0921. Meet at Exit 42 CPL, Merritt Pkwy. Socially-paced ride, north to Bethel and back to the shore. SR

SATURDAY, JULY 6

See Standing Saturday Rides on page 8

C.P.C. Road Ride, B, R/H, 46 miles, 8:45/9:00. RL: Brian Gossler, 380-2646. Meet at Cranbury Park in Norwalk. Take exit 39 or 40 on the Merritt Parkway, go North on Route 7 to Kennsett Ave. Park entrance is at the end of the road. SR
West Redding Challenge, C+, R/H, 32 miles, 9:00 / 9:15. RL: John Sloan, 438-0051. 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
Rural Ramble, C, R/H, 40 miles, 10:00 / 10:15. RL: Jerry Hunt, 847-9427. 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
Back to the Beach Boy's Ride, D, F/R, 35 miles, 9:15/9:30. RL: Martin Iselin, 227-7237. Meet at CPL exit 18 off I-95. "Follow Martin on this new ride as they bike by 8 beaches from Westport to Fairfield and back. Optional lunch at the Westport beaches near the end of the ride."
Guilford, Stoney Creek and Sachems Point, E (Social Ride), F/R, 27 miles, 10:00/10:15. RL: Clyde Gourley, 929-4001. Meet at Exit 56 CPL, I-95 (Leets Island Road). This is a social ride for the rider whose not interested in speed but in seeing new and interesting places. A variety of interesting shore neighborhoods. Bring or buy lunch. FR

■ **Tanglewood – Cycling & Symphonies**, C, F/R, 41 miles & D, F, 35 miles. Meet time 10:00 - 10:30 Ride departure times from the Housatonic Valley Regional High School in Falls Village, CT for each ride will be staggered (see timing below). Main Contact: Jeff Munk 203-261-5545. Like the upcoming "island event rides", Tanglewood is an all day affair and one not to be missed this year. Ride through the gentle terrain of northwestern Connecticut and the Berkshires of Massachusetts. We will be stopping, where both groups will meet for lunch before continuing on our way. After the ride, we will all regroup and drive a few miles down the road to Housatonic Meadows, where we will all have an opportunity to clean up and change before moving on to the next portion of the days events. We will proceed north together to a local grocery store to gathering up the food and beverages for our potluck dinner on the lawn at Tanglewood and a memorable concert performed by the Boston Symphony and will feature famed violinist Itzhak Perlman. Our shared dinner will start at approximately 6:30 pm. We will be marking an area for anyone who might get separated. The concert starts at 8:30 pm. This year there is a special connection between cycling and the symphony. Some of the selections of music used throughout the coming-of-age movie *Breaking Away* were those of Felix Mendelssohn, whose Italian symphony will be performed on this date. In 1979, *Breaking Away* became the quintessential cycling movie and introduced cycling to us as a serious sport.

• **Money to bring:** Allow for money to buy lunch and drinks. Allow for money to buy food for you and about two other people at a local grocery store where we plan to stop (if you are not planning to bring food with you). Lawn tickets to Tanglewood are \$14 to be purchased at the gate.

• **Ride Information**

■ Jeff Munk will be leading the 41-mile C ride meeting at 10:00 am - 10:25 am and leaving at 10:30 am. This ride is flat and rolling.

■ Mike Ceruzzi, 261-5369, will be leading the 35-mile D ride meeting at 10:00 am - 10:30 am and leaving at 10:35 am. This ride is flat.

Meeting times for both rides are set for the same time for general announcements. The rides will leave 5 minutes apart.

• **Directions to Falls Village**

From Route 8, travel North to Exit 44 in Torrington. Take Route 4, West until you reach Route 128. Continue straight onto Route 128 and follow to Cornwall. After crossing the covered bridge in Cornwall, turn right onto Route 7, North. After five miles, you will reach the traffic light for Warren Turnpike Road in Falls Village. Turn left at the traffic light into the parking lot of the Housatonic Valley Regional High School.

From Route 7, travel North towards Falls Village. When you reach Cornwall you should see the covered bridge on the right. From Cornwall, continue on Route 7 for about five more miles, where you will reach the traffic light for Warren Turnpike Road in Falls Village. Turn left at the traffic light into the parking lot of the Housatonic Valley Regional High School.

• **Special preview/more details:** Interested in seeing where we're going? Go to the Special Events page at www.soundcyclists.com/events.htm, find the list 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.

Call 203-261-5545 or e-mail Jeff at jeff@moonlightingproductions.com for questions. Car-pooling is always encouraged. Rain cancels, clouds do not. Remember though, we don't start riding until late morning, so if the forecast that day should only call for early morning showers, the ride and concert will still go on.

SUNDAY, JULY 7

See Standing Sunday Rides in middle of page 8

White Hills of Shelton, B, R/H, 48 miles, 8:45/9:00. RL: John Swallen, 254-0164. Meet at exit 44 CPL off the Merritt Parkway. A new ride for 2002. Bike by secluded ponds, working farms, old cemeteries and scenic side roads. The highlight of this ride is a tour thru the White hills of Shelton. SR

Greenwich Armonk Ride, C+, R/H, 40 miles, 8:45/9:00. RL Steve Wolfe, 324-0828. Meet at Greenwich High School on the Post Road west of Indian Field Road off I-95 Exit 4.

Downcounty ride through Greenwich and New York, which can be hilly at times. Great bagel shop in Armonk. SR
Darien-New Canaan Tour, C, F/R, 35 miles, 8:45 / 9:00. RL: Dale Nickel, 655-3573. Meet at Hindley School Darien corner of Boston Post Road and Nearwater Lane. Nice tour of New Canaan. Food stop at Scott's Corners. 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.

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

SATURDAY, JULY 13

See Standing Saturday Rides on page 8

Tricki Ricki Road Ride, B, R/H, 41 miles, 8:45/9:00. RL: Brian Gossler. 380-2646. Meet at Exit 44 CPL, Merritt Pkwy. South to north, then north to south. While at the same time, east to west. After lunch, second verse, reverse the first. Only two serious hills. SR

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. SR
The Wilton Wanderer, C, R/H, 28 miles, 9:00/9:15. RL: Deborah Lewis & Lance Zimmerman, 840-1566. Meet at CPL exit 38 off Merritt Parkway. Nice ride around Wilton and Cranbury part of Norwalk. SR

Coleytown Cruiser, D, R/H, 23 miles, 9:15/9:30. RL Martin Iselin, 227-7237. Meet Coleytown MIDDLE School, 255 North Ave. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one-half mile. Right onto North Ave. Right into first driveway. Scenic tour of some favorite meadow and shore roads from a starting location with plenty of parking. SR

■ **Shelter Island Shuttle, D+, F/R, 50 miles, Meet 8:15-8:30.** Ferry departs at 9:00 Sharp! RL Jeff Munk 203-261-5545. If you missed out on last year's record breaking turnout of 65 riders, you won't want to miss out on this year's opportunity to do a leisurely half-century ride on an island settled nearly three and a half centuries ago. Meet at the New London ferry terminal at 8:15-8:30 am (or earlier) to catch the ferry to Orient Point. Once on Long Island, we'll ride from Orient Point to Greenport to catch the North Ferry to Shelter Island. On our arrival on Shelter Island there will be a number of places to have lunch before starting on our way. We'll be cycling to the southwest coast to West Neck Point and then head west and north along beautiful Crescent Beach for our traditional beach stop. Bring swimwear and a towel. We then bike across the island to the east and Ram Island before heading north again to the community of Dering Harbor. From there, we head for the North Ferry to Greenport and to our dinner stop at the Orient by the Sea restaurant, just a few steps from the Orient Point Ferry dock. After dinner, we'll board the 7:00 pm ferry for the sunset cruise back to New London.

• **Money to bring:** Parking in New London is about \$10.00. Don't drive into the ferry terminal, there is no parking there. New London ferry same day round trip with bike is \$18.00; North Ferry same day round trip is \$5.00. 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 83. You will see signs before getting off the exit for Transportation Center and State Pier. Counting the traffic light at the top of the exit, go straight and then follow the road around to the right to the third traffic light. At the third light, turn left onto Governor Winthrop Blvd. and follow that street down toward the entrance to the ferry terminal.

• **Parking:** There are parking lots and garages all around the area. If you carry a bike on a car roof rack, remember to remove it before entering any garages! There are very limited areas where you might find free parking. Leave a bit earlier to give yourself time to find the parking suited for you.

• Special preview/more details: Interested in seeing where we're going? Go to the Special Events page at 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 any questions, call 203-261-5545 or e-mail Jeff at: jeff@moonlightingproductions.com. Car-pooling is encouraged for the ride to New London. 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. Gillette Castle, Deep River, Essex and the 121st Annual Muster of the Ancient Fife & Drum Corps in Deep River, E, F/H, 30 miles, 10:30 / 10:45. RL: Clyde Gourley, 929-4001. Meet at CPL Exit 6, Route 9 at Chester. Lunch at Gillette Castle after hard climb. Option of attendance Muster. We traditionally watch a half dozen units perform before moving on. Some stay throughout the afternoon. FR

SUNDAY, JULY 14

See Standing Sunday Rides in middle of page 8

Please RSVP for Shady Beach Picnic by July 18

Stanley Steamer Extended, B, R/H, 49 miles, 9:30/9:45, RL: Joe Nivert, 262-6476. Meet at Hollow Park in Woodbury. Take Exit 15, I-84, Route 6. Go north on Route 6 for 4 1/2 miles, left onto Hollow Road. Entrance to Hollow Park is 1/4 mile on the left. Extremely scenic ride in the Litchfield Hills from Woodbury to Litchfield and return with plenty of climbing and great downhill to reward your efforts. The original Stanley Steamer has been extended 6.7 miles to include a scenic loop around Bantam Lake and thru White Memorial Park. Lunch can be purchased at the stop on the Litchfield Green at mile 23. SR

B.O.W. - Bethany, Orange, and Woodbridge, C+, R/H, 37 miles, 9:45/10:00. RL: Mark Kiley, 799-2640. Meet at Exit 58, Wilbur Cross Pkwy. Take a trip to new territory over in New Haven County. Food stop in Hamden. SR

Trumbull-Monroe Backroads Tour, C, R/H, 31 miles, 10:00/10:15, RL: Tom Ebersold, 874-7839. Meet at CPL Exit 50, Merritt Pkwy. There is no Exit 50 from the south, so take the Merritt Pkwy. to Exit 51 and come back one exit. Scenic tour of roads seldom seen on Sound Cyclist rides through Trumbull and Monroe. Bring snacks. SR
Ride to Ridgefield, C, R/H, 38 miles, 9:15/9:30. RL: Michelle Lamothe, 226-4283. Meet at Darien RR station, southbound side. Nice climb up to Ridgefield and back. Bring snacks. SR
Ex Libris, D, F/R, 24 miles, 8:15/8:30. RL: Pavel Gurvich, 853-3481. Meet in the parking lot of the Westport Library. An easy ride for those looking to move up from the slower pace rides. Ride the standard shore route up to Greenfield Hill and points north, and back via Route 136. FR

Milford and West Haven Shores, E, F, 20/32 miles, 9:45/10:00. RL: Arthur Doiron, 729-6236. I-95 North to Exit 37. Right onto High Street (which becomes West River St.) to Milford Green. Left onto Broad St. at light. Straight across stone bridge. Make a right turn at light by the Milford Library. Drive around the back of the library and past the tennis courts to the parking lot opposite the boat launch. Ride is as flat as you can find in CT. Cycle for 20 miles and return to the start for lunch at Milford Harbor, followed by an (optional) additional 12 miles to the Milford Point area and return. SR

SATURDAY, JULY 20

See Standing Saturday Rides on page 8

Pine Tree Road Ride, B, H, 39 miles, 8:45/9:00. RL: Brian

Gossler, 380-2646. Meet at Exit 44 CPL, Merritt Pkwy. Ride on lightly traveled, paved roads between Fairfield and Wilton. Five major hills. SR

West Redding Challenge, C+, R/H, 32 miles, 9:15/9:30. RL: Nick Sostilio, 748-5769. 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

Aspetuck-Saugatuck Reservoir Ride, C, R/H, 30 miles, 9:00/9:15. RL: Steve Solomon, 254-0594. 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

Bloomin' Metric 25M, D, R/H, 25 miles, 9:15/9:30 (President's Breakfast + New Member ride). RL: Emil Albanese, 853-7499. New and old members come join Emil for breakfast after one of the club's favorite rides. Come Meet at the Westport RR station, NY-bound side at Exit 17, I-95. Enjoy the 25-mile route of the Bloomin' Metric, which travels through Westport and Fairfield. Bring snacks. SR

Lake Waramaug & Washington Depot, D/E, F/R 25 miles, 10:00/10:15. RL: Lou Kuti, 445-9858. Meet behind the town hall in Washington Depot, located near the intersection of Routes 109 and 47. Join Lou as he leads you up a gradual climb to the lake area from Washington Depot, followed by rolling roads around the lake and surrounding area. There will be a food stop at the state park on the lake. Bring a snack and lunch. FR

SUNDAY, JULY 21

See Standing Sunday Rides in middle page 8

JULY PICNIC AT SHADY BEACH, NORWALK

Shady Beach - Rides and Picnic in East Norwalk, B/C/D/E, F/R/H, distance & terrain will vary by level. Directions: Take I-95, Exit 16, go south on East Avenue, left onto Gregory Blvd. and left onto Marvin street. All rides meet at Marvin School parking lot. Please see article for picnic RSVP details on page 1.

B Ride - 45 miles, 8:45/9:00. RL: Don Rosaforte, 849-8159.

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

C Ride - 30 miles, 9:15/9:30. RL: Scott Maus, 227-3448.

D Ride - 27 miles, 9:30/9:45. RL: Jeff Munk, 261-5545.

E Ride - 19 miles, 10:15/10:30. RL: Brian Voytek, 374-0921.

E ride is socially-paced touring ride.

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.

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.

SATURDAY, JULY 27

See Standing Saturday Rides on page 8
Bedford Banksville Boogie Extended, B, R/H 48

8

miles, 8:45/9:00. RL: John Swallen, 254-0164. Meet at Talmadge Hill RR Station off of exit 36, Merritt Parkway. Cycle another route up to the North Country into New York. Get a workout on this faster paced ride to Banksville and back. SR
The Backwoods to Shoreline Spin, C, F/R, 32 miles, 9:00/9:15. RL: Mike Tamborrino, 359-3948. 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 for lunch at harborside. SR
Fairfield-Westport Great Circle Tour Modified, D, F/R, 27 miles, 9:15/9:30. RL: Brian Voytek, 374-0921. Meet at Exit 44 CPL, Merritt Pkwy. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. FR
CT Muffin Ride, D/E, F/R, 20 miles, 8:00/8:15 (New member ride). RL: Nancy Rosett and Bobbie Kinn, 857-4847. Leave from the Fox Run School. Take exit 13 off I-95, turn right on the Post Road; turn left at traffic light onto Richards Avenue. Fox Run School is at the end of Richards Avenue on Fallow Street. Work off the calories on this nice ride so you can enjoy your muffin at the end of the ride. Food stop. FR

SUNDAY, JULY 28

See Standing Sunday Rides in middle of page 8

Darien RR Station to Titicus Resovior, B+, R/H 62 miles, 8:45/9:00. RL: Brian Wood, 613-4435. Meet at Darien RR Station N.Y-bound side. Ride has a bailout option in Ridgefield. SR

The Radio Ride, C+, R/H, 53 miles, 9:30/9:45. RL: Peter Serratore, 259-3381. Meet at the Fairfield RR station, NY-bound side. This is the pretty 53-mile Route of the Radio Ride benefit that ran two years ago. We'll go up into Newtown on Hattertown Road, take a quick break in Dodgingtown, and return through Redding down Route 58. A good steady pace and hammerfest is the goal, we hope. SR

Salisbury Sultry Sojourn, C, H, 41 miles., 10:00/10:15. RL: Mike Ceruzzi, 261-5369 (mceruzzi@snet.net). Meet at the Salisbury Town Hall parking lot on route 44, behind the fountain. Take route 7 North to Lime Rock. Turn left on to route 112. Go 4.5 miles and turn right on to route 41. Go another 2 miles to Lakeville. Turn right on to route 44. Follow route 44 to Salisbury. The Town Hall is on the left. Route is mostly flat with one significant hill. Lunch can be purchased. Possible swim stop at lunch if weather is warm. FR

Darien-New Canaan Tour, C, F/R, 35 miles, 8:45 / 9:00. RL: Bruce Felper, 323-3177. Meet at Hindley School Darien corner of Boston Post Road and Nearwater Lane. Nice tour of New Canaan. Food stop at Scott's Corners. SR

Four Beaches and Then Sum, D, F, 25 miles, 9:45/10:00. RL: Fran Ramanauskas, 866-3996. Meet at Noroton Heights RR station, NY-bound side, just off Exit 10, I-95. This is as flat as a ride can be in Fairfield County. Scenic views of Long Island Sound. FR

Cranbury Park East, E, F/R, 16 miles, 9:00/9:15. RL: Gene Schlesinger, 762-5984. Meet at Cranbury Park, Norwalk. Take exit 39 or 40, Merritt Parkway, go North on route 7 to Kensett Road. (Wilton Diner on right) At the end of the road is the entrance to cranbury Park. Pleasant, fairly flat ride with a gentle climb on the last mile back into the Park. Bring snacks. FR

E Rides are socially-paced touring rides.

SATURDAY, AUGUST 3

See Standing Saturday Rides on page 8

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

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 rout 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 will include 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

Rural Ramble, C+/D+, R/H, 40 miles, 9:00/9:15. RL: John Sloan, 438-0051, 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 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

SUNDAY, AUGUST 11

See Standing Sunday Rides in middle of page 8

The Great Tubing Ride and River Run, B/C+/C/D, 18-34 miles, terrain varies, 10:15/10:30. Meet at River Tubing parking lot of Satan's Kingdom State Recreation Area on Route 44 in New Hartford (directions below). Splish splash, you'll be takin' a bath, tubing down the Farmington River after riding around rural CT. This is an all-day event.

B Ride - R/H, 34 miles. RL: TBA, 000-0000.

C+ Ride - R/H, 34 miles. RL: TBA, 000-0000.

C Ride - R/H, 31 miles. RL: TBA, 000-0000.

D Ride - F/R, 18/28 miles. RL: TBA, 000-0000.

All rides leave at 10:30 and return for a short picnic. Then everyone goes down the Farmington River in very large yellow tubes (tubes are rented and shuttle buses bring you back to the start). The tubing trip takes 2-3 hours, depending on the current, and you'll travel three sets of rapids. Two of the rapids are wimpy, and the middle rapid is a little more robust, but short. Bring the following:

\$12 for the tubing trip and shuttle. Swimwear to change into. Sneakers or sandals for the river (mandatory)

A means to lock your bike to your car. A tee shirt to wear, and/or one in a plastic bag to take on the river if thunderstorms threaten (for after the storm when it gets cold and you're still on the river). Picnic food and drink (you can buy stuff nearby, too). A towel for afterwards. Sun protection (lotion, sunglasses, and hat) Waterproof camera/strap to hold it in the rapids. Strap to hold your glasses

Directions to New Hartford: Take Route 8 north to the end of the highway in Winsted. Left at the end of the ramp. Take Route 44 east for almost 8 miles. Satan's Kingdom is on the left across from Foothills Plaza. Tell the attendants you are with the bike club. There is a special parking area set aside for us every year.

SATURDAY, AUGUST 17

■ **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, 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. 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.

Big Jim's Day at the Beach, C, F/R, 27 miles 9:45/10:00 RL:
Jim McConnon 259-3450, Meet at Greens Farms Train Station

off Greens Farm Road. An easy ride, then head to Burying Hill beach as Jim will carpool from the station after the ride at 12:30. Bring your beach towel & cold drinks.

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. Join your riding pals for a bash on the Sound. Picnic admission is \$5 to cover food and drink. Look for article in the August newsletter

B Ride - 45 miles, 8:45/9:00. RL:TBA.

C+ Ride - 35 miles, 9:00/9:15 RL:TBA.

C Ride - 30 miles, 9:15/9:30 RL:TBA.

D Ride - 25 miles, 9:30/9:45. RL:TBA.

E Ride - 15 miles, 10:15/10:30. RL:TBA.

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

■ Sunday, August 4, 2002

Tour de Torrington, Torrington

Benefits: The American Cancer Society

www.tommysfitness.com

■ Saturday, August 17, 2002

Steeple Chase Bike Tour

Ctbike.org/calendar.html

■ Saturday, August 24, 2002

Mad River Valley Bike Tour, VT

www.hydeawayinn.com

■ Sunday, September 8, 2002

Flattest Century in the East, Tiverton, RI

www.nbwclub.org

■ Sunday, September 22, 2002

Golden Apple Bicycle Tour, Westchester,
Westchester Cycle Club

■ Sunday, September 21-22, 2002

Tri-State Seacoast Century, Hampton Beach, NH,

www.granitestatewheelmen.org

■ Sunday, September 29, 2002

Mid-Hudson Century, NY,

www.idsi.net/~mhbc/

CHARTER OAK CHALLENGE FOUNDATION



CHALLENGE YOURSELF.

SOMEONE'S FUTURE IS RIDING ON IT.

TO REGISTER CALL 203.226.2305

CHALLENGE YOURSELF.

OCTOBER 4-6, 2002

Participate in the
SECOND ANNUAL
CHARTER OAK CHALLENGE
CLASSIC BIKE TOUR

*The Charter Oak Challenge Classic is a fully supported bike tour.
Riders will cycle 200 miles over beautiful back roads of
Connecticut and Massachusetts.*

*Overnight accommodations at:
Trinity Conference Center in West Cornwall, CT*



*Interested? Please call Andy Boas, President
Charter Oak Challenge Foundation at
203.226.2305 or email at Aboas@carlmarks.com*


*The Charter Oak Challenge Foundation provides college scholarships
for bright and deserving students from Bridgeport and funding for
grassroots, community-based organizations throughout Connecticut.*

FIRST CLASS
 U.S. POSTAGE
PAID
 PERMIT NO. 654
 BRIDGEPORT, CT



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, 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.