

SOUND CYCLISTS

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

June 1, 2002

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

SCBC Board Approves Racing Team

By Bob Boothroyd

Over the last few months, Pat Maldo of Northeast Cycles, in Stamford and SCBC Member, Bob Boothroyd have been engaged in discussions for a proposed United States Cycling Federation sanctioned road racing team. The organizers, have commitments from a number of sponsors, assistants and riders. After a presentation to the Board where the parties discussed whether the addition of a racing team would be a logical extension of the SCBC mission and what benefits would be realized. After very careful consideration, the SCBC Board approved the creation of the team as part of the Club.

The main concern of the Board, was keeping the integrity of the core of the Club. Specifically the "Touring and Social" aspects that most of us came to the Club for in the first place. Please rest assured that if the benefits to the club did not enhance the Clubs primary mission, that is the pure enjoyment of cycling, there would be no SCBC Racing Team. As we see it:

Benefits to SCBC:

Provide an outlet for the more competitive B and A riders who presently tend to speed up some of the C+ thru A rides.

Provide training for those wishing to further their fitness and enjoyment of cycling (this could include opening up our training races, rides, coaching and special training programs to interested club members).

Keep those who wish to race, or try racing, in the club.

Provide higher visibility for the club.

Provide a safe way for those who are ultimately going to end

(Continued to page 3)

Volunteers We Salute You!!!!

By Emil Albanese

It gives me much great pleasure to announce this years Volunteer Appreciation Party. If you have been a volunteer this past year, not only do I thank you for helping SCBC be a great club, but I want to invite you to the annual Volunteer Appreciation Party.

Paul Kempner has once again graciously offered the beautiful setting at his home for the party. It will be held on June 22nd, arrival is at 4:00 pm, bring a swimsuit and towel to enjoy the in-ground pool. We could not ask for a nicer venue to show our appreciation to the club volunteers. I look forward to seeing you there.

Please make a reservation with Steve Solomon at: drssolo@aol.com or 203 254-0594. Please indicate ONE of the following entree choices: 1.) 1 1/2 pound lobster, 2.) fresh cut rib eye steak 3.) marinated and grilled swordfish (special order). All meals come with green salad, corn on the cob, red potatoes, fresh cole slaw, dinner rolls and watermelon. Sound Cyclists will also provide appetizers, cake and pie for dessert, and non-alcoholic beverages. Reservations MUST be made no later than Wednesday, June 12. The cost for guests is \$25.

Paul Kempner's house is located at 124 Cummings Point Road, Stamford. Directions are as follows: From I-95 North or South, take Exit 5, Old Greenwich. Turn right from the exit ramp onto the Post Road, then make your first right, approximately 2/10 of a mile, from the sign on the Post Road that says Old Greenwich Business District, onto Sound Beach Avenue. At the bottom of the hill, Sound Beach Avenue bears


(Continued to page 11)

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. 

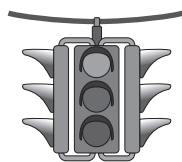
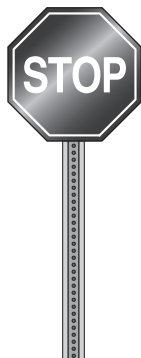
SCCC Invites SCBC Members to Picnic

The June 22 SCCC Annual Summer Picnic will be held at Brooksvale Park. It will be open to both members and non-members, so be sure to invite your friends.

For those people who would like to do a ride before the picnic starts, a Beginners and Social ride has been scheduled. To meet the needs of the people who would like to ride at a faster pace, they can use the Social ride cue sheet, and ride at a pace that meets their needs. We will be serving hot dogs, hamburgers, chicken, veggie burgers, salad, baked beans, and drinks. A volleyball/badminton net, tug of war, horse shoes, potato sack and a 3 legged race will be part of the events/fun that everyone can participate in.

Please RSVP by June 19th to Jennie Keeler (203-484-9096) jkeeler77@juno.com in order that we have a good count of participants. The cost is \$5 payable at the door if you RSVP by June 19th. If you have not reserved, the cost will be \$8.

Always Obey Traffic Signs When Biking



SOUND CYCLISTS

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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

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Directors and Committees

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C+ Rides	Suzan Maxey	374-1606	smaxey@connix.com
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D Rides	Brian Voytek	374-0921	bvoytek@optonline.net
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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.

■ Saturday, June 8, 2002
Long Island North Fork Tour

■ Friday - Sunday, June 21- 23, 2002
Jim Thorpe, PA

■ Saturday, June 22, 2002
Volunteer Appreciation Party

■ Sunday, June 23, 2002
Long Island Two Ferry Ride

■ 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

■ Sunday, August 25, 2002
SCBC Picnic, Pear Tree Point, 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

SCBC Board Approves Racing Team

(Continued from page 1)

up racing to make the transition. Anyone who is interested in joining the Racing Team or just investigating what its all about, contact Bob Boothroyd at RHBOOTHROYD@AOL.COM. Everyone is welcome!!!!!!!

See you on the road,
Bob Boothroyd - Director Sportif, SCBC Racing

**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.**

Long Island Two-Ferry Ride Sunday, June 23, Rain Date: June 30

By Peter Serratore

Join us for a trip down the pretty North Fork and through what's left of Long Island's farm country, from Orient Point to Port Jefferson. This isn't the Long Island of shopping malls and the LIE. We'll be riding past salt-water harbors, farm stands, wineries, and working farms.

We'll meet at the parking lot of the Bridgeport Ferry and leave our cars there. A bus (the yellow kind) and a truck will meet us there, and take us and our bikes to New London, where we'll catch the 10 a.m. ferry to Orient Point at the end of Long Island. Once on The Island, we'll split into three groups and head west, going through Greenport, Southold, and Cutchogue. After 22 miles, we'll pause in Mattituck for a lunch stop (another brief stop may be planned about 20 miles after Mattituck, too). After Mattituck, the ride will leave the North Fork and head west on Sound Ave., which goes through farm country. We'll drop to the shore briefly as we pass Mt. Sinai Harbor.

When the riders arrive at Port Jeff, we'll plan to meet at The Village Way restaurant right by the ferry for drinks, and maybe dinner. Then we can board the ferry for Bridgeport at our leisure, where our cars will be waiting, and close to home.

There's only one significant hill in the first 46 miles, but the terrain can be rolling. There will be a hilly diversion through Wading River for stronger riders. There are a few unavoidable hills for all riders, in the last ten miles, as we approach Port Jeff.

Riders should be able to ride the 55 miles, and should feel able to handle all kinds of roads. Please make sure that your tires, especially, are in good shape, and bring a

(Continued on page 4)

Off-Road Biking in

Trout Brook Valley

Ray Rauth, Community Relations

Trout Brook Valley welcomes a variety of users including mountain bikers. However, because of the sheer numbers of off-road bikers in the area some problems have occurred. Bruce LePage, the executive director of the Aspetuck Land Trust and manager for Trout Brook suggests several ways that bikers can help.

1. Volunteer for trail maintenance – eMail Mr. LePage at blepage@snet.net.
2. Always avoid riding on wet trails
3. Do not ever ride on trails marked "No Bikes."
4. Stick to marked trails only, never bike off the trail system.

Hat City Bicycle Club Cyclefest June 9th

Hat City Bicycle Club will host their 10th annual Cyclefest on June 9, 2002. The tour features 6 routes (5 mile, 25 mile, 50 mile, 78 mile, 103 mile) starting from Rogers Park Middle School, Danbury, CT. The cost for pre-registration is \$13, received by May 25th, (includes t-shirt). The cost of day-of-ride registration is \$8 for children under 12 and \$15 for all others (sorry no t-shirt). Event will have food & water at rest stops, sag support, cue sheets and well-marked routes

Registration forms may be downloaded from HCC web site www.hatcitycyclists.org or for mail registration forms, send SASE to: Hat City Cyclists, P.O. Box 1034, Bethel, CT 06801.

VT Weekend July 12-14

Vermont Bikin' & Hikin' Weekend - Londonderry, VT

Attention all Bikers (Road & Mtn)! All Meals & Lodging Included. Getaway to VT for a Bikin' Hikin' weekend! You choose the activity, Hiking, Road riding or Mt Biking, I'll bring the food, make the arrangements and send ya in the right direction. \$115.00 per person includes; two nights lodging in Londonderry, a snack on Friday night, Breakfast, Lunch and Saturday Night Cookout, Breakfast and Lunch on Sunday. To reserve: please make checks payable to SCBC and mail to Jim McConnon, 47 Maple Lane, Westport, CT, 06880

Advanced and Beginners welcome. Excellent bike rentals (Mtn & Hybrid) available. Sign up early, trip size limited. Leader: Thomas Carruthers (days and eves) 203-778-1550 or Email: twcarruthers@cs.com. Come on along! We had wonderful trips last summer and fall!

There were great people and there was plenty of excellent food and drink! We had singles and couples on all the trips. There're bikers and hikers of; ability levels, and there are enough route descriptions for rides hikes to keep you busy for weeks.

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



Long Island Two Ferry Ride

(Continued from page 3)

spare tube. A cab company knows of the ride, though, and is prepared to send a van if someone has a problem that can't be fixed (not for free, though!).

Total costs will be about \$28 for both ferries, plus \$10 for the truck/bus combo. The club is partially subsidizing the truck/bus cost as a way of giving back to our members.

This ride is limited to 45 riders, and we need a minimum of 30 riders, or the ride will be cancelled.

Here's how it will work: First, call Peter Serratore at the numbers above by Friday, June 7. If you leave a message, clearly give your name, phone number, and your e-mail address. You'll then be asked to send a check for \$15 per person (you'll receive a \$5 refund on the bus). No checkee, no ressie, no kidding! Once your check is received, you'll get instructions to the Bridgeport Ferry lot, and a few other important details that I can't think of right now. If we go to the rain date, an announcement will be on e-chat and website, with instructions for how we'll deal with the change.

If we get more reservations than spaces available, you'll be put on the waiting list and called if there's a cancellation. If you reserve and don't show up without canceling in advance, your reservation deposit won't be refunded. Please be considerate of others who may be waiting to get a space and cancel well in advance. If the ride has to be postponed because of rain, it will be posted on the SCBC website, and an e-mail will also go out over e-chat. Or simply call the RL to check.

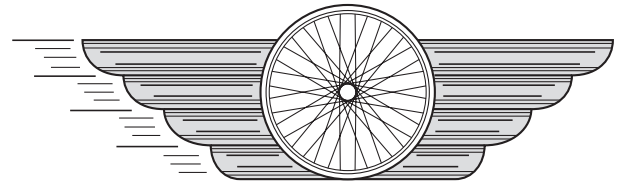
Our bikes will be packed closely on the truck, and tied down, in a way that they shouldn't suffer any damage or scratches (and a real pro will be driving the truck). But please realize that we can't guarantee anything.

Store Hours

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

Saturday: 9:30 am to 5:30 pm

Sunday: Noon to 4:00pm



**Are you fit to your bike
or is your bike fit to you?**

**Both Rob & John are certified Serotta
bike fit technicians, offering Serotta
size cycle or existing bike fits.
Please call for an appointment.**

Westport Bicycles

1560 Post Road East

Westport, CT 06880

(203) 254-0451

www.westportbikes.com

Greenwich Bicycles

40 West Putnam Ave.

Greenwich, CT 06830

(203) 869-4141

www.greenwichbikes.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 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.

EVERY FRIDAY EVENING

TGIF Unwinder, All Levels, 17/21 miles 6:00/6:15. RL: John Dugdale, 655-4277, Kathleen Kellett, 372-9948 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 maintain a 10 mph pace in order to finish by dark. Meet friends and have dinner after the 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.

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 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, 30 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. One food stop, 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. SR

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. SR

SCBC Special Weekend Event

FRIDAY, JUNE 21- 23

6

page 8 for details on Jim Thorpe, PA Bike Tour.

SATURDAY, JUNE 1

See Standing Saturday Rides on page 8

Rural Ramble, C+, R/H, 40 miles, 9:00/9:15. RL: Nick Sostilio, 512-0571. 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

Connecticut River Ramble, C, H, 39 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839. Meet at CPL Exit 6, Routes 9 and 148, Chester CT. Steam trains, ferry boats, ice cream along with a few stiff hills. No official lunch stop, but there are two or three places to stop for snacks. The ice cream shop in Essex usually attracts a crowd. FR

Silvermine-Rowayton Tour, C, F/R, 25 miles, 9:00/9:15. RL: Sandy Fisher, 840-1112. Meet at Exit 38 CPL, Merritt Pkwy. Join us for a tour of scenic areas in Silvermine and Rowayton. FR
Saugatuck Weston Twister, D, R/H, 29 miles, 9:45/10:00. RL: Martin Iselin, 227-7237. Meet at Exit 41 CPL, Merritt Pkwy. Travel to the shore in Saugatuck and make a swing through Weston around the hills. Food stop in Weston. SR

SUNDAY, JUNE 2

See Standing Sunday Rides in middle of page 8

Harvest Century/ Metric Century, B-, R/H, 100/62 miles 8:00/8:15. RL: 100 miles, Brian Gossler, 380-2646, 62 miles RL TBD. Meet at Westport RR Station N.Y. Bound side at Exit 17, I-95. Join us to travel over popular routes. 4 Food stops. SR
Bethel-To-Beaches, 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

West Redding Challenge, C+, R/H, 32 miles, 1:00/1:15 PM.
RL: Chris Michaelson, 888-1608. Meet at Exit 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop (Station House) in West Redding. SR
Rural Ramble, C, R/H, 40 miles, 9:15/9:30. RL: Bruce Felper, 323-3177. 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

Captain's Cove Ride, D+, F/R, 23 miles, 9:45/10:00. RL: Scott Maus, 226-3448. Meet at Exit 18 CPL, I-95. Join a club standard as we bike through Westport and Fairfield for lunch at Captain's Cove in Bridgeport. FR

Ex Libris, D, F/R, 24 miles, 9:45 / 10:00. 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

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.

Deep River, Essex, and Saybrook Point, E, F, 30 miles, 10:00 / 10:15. RL: Clyde Gourley, 929-4001. Meet behind the library in Deep River center. Take I-95 to Route 9; take Exit 5 off Route 9 and proceed into Deep River center. Turn left to go behind the library. This is a touring ride near the Connecticut River, with a lunch stop and optional visit to the River Museum in Essex. Bring snacks too. FR Call to confirm.

SATURDAY, JUNE 8

See Standing Saturday Rides on page 8

Catskill Mountains Century, A, H, 100 miles, 8:45/9:00, SR, RL. Andrew Kalter 846-1183 andrewkalter@hotmail.com. Join us for a fast hilly century beginning in South Fallsburg, NY.

Approximately 6000 feet of climbing as we pass the trailheads for Peekamoose and Slide Mountains and then cross the Neversink Reservoir. Lunch stop at a Deli after about 65 miles. Please RSVP for directions.

Lake Truesdale Special, B, R/H, 45 miles, 9:00 / 9:15. RL: John Swallen, 254-0164. Meet at Talmadge Hill RR Station. Exit 36 off of Merritt Parkway. Challenging ride through South Salem, North Salem, Cross River, Bedford and Pound Ridge before returning to New Canaan. SR

Long Island North Fork Tour, C/C+, F, 53 miles, 8:30 to catch 9:00 ferry. RL: Mark and Marasha Kiley, 799-2640. Meet Cross Sound Ferry dock New London at 8:30 to catch 9:00 ferry.

Directions to start: On 95 North - Take exit 83 for downtown New London. At third light, go left onto Gov. Winthrop Blvd. Go straight over RR tracks and bear right to the ferry entrance. Ride from Orient Point to Mattituck and return.

Lunch in Mattituck and bakery stop in Greenport. Will return on 4 or 5 PM ferry depending on group speed. Average speed 14-16 MPH. We will pass by some wineries on the return from Mattituck. The ferry costs \$20 round trip for rider and bike. The trip is 1 hour and 20 minutes. SR

Fairfield-Westport Great Circle Tour, C, F/R, 27 miles, 9:15 / 9:30. RL: Gerry Weinstein, 327-3530. Meet at Exit 44 CPL, Merritt Pkwy. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. FR

New Canaan-Darien Ramble, D, R/H, 27 miles, 9:15 / 9:30. RL: Steve Dorso, 322-9423. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Ride through the reservoir district in Stamford, up to New Canaan and back through Darien. NO lunch stop bring snacks. FR

Historic Windsor and the Enfield Rapids, E, F, 35 miles, 10:00 / 10:15. RL: Clyde Gourley, 929-4001. Meet at the parking lot located at the North End of the Windsor Locks Canal. Take I-91 North to Enfield at exit 47 (RT. 190). Cross the bridge and turn left at RT. 153, and turn left again at the next road, Canal St. Go to end of Canal St. to parking lot. An 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.

SUNDAY, JUNE 9

See Standing Sunday Rides in middle page 8

Lake Truesdale Special, C+, R/H, 45 miles, 10:00 / 10:15. RL: Jeff Ross, (914)533-2711. Meet at Talmadge Hill RR Station. Exit 36 off of Merritt Parkway. Challenging ride through South Salem, North Salem, Cross River, Bedford and Pound Ridge before returning to New Canaan. Food stop. SR

Stamford Reservoirs Tour, C, R/H, 26/34 miles, 9:15 / 9:30. RL: Mike Tamborrino, 359-3948. 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

Westport-Weston Wanderer, D, F/R, 25 miles, 9:45 / 10:00. RL: Martin Iselin, 227-7237. Meet at Exit 18 CPL, I-95. Coast along this route through Weston and Westport. Bring snacks. No food stop. FR

Fox Run, Rowayton, Norwalk Tour, E, F/R, 22 miles, 9:00 / 9:15. RL: Gene Schlesinger, 762-5984. Meet at Fox Run School at the North End of Richards Avenue. On I-95, take Exit 13, go

East on Route 1 to Richards Avenue, turn left and head North to the school. The route will travel through the back roads of Norwalk and Darien to the shore. After a rest stop at Pear Tree Point, continue over a moderate hilly section for a brief snack in Rowayton. Gradual climb back to the school. FR

SATURDAY, JUNE 15

See Standing Saturday Rides on page 8

Dodgington Double Nickel, B+, R/H, 55 miles, 9:00 / 9:15. RL: Brian Wood, 613-4435. Meet at Exit 18 CPL, I-95. Stretch your legs on this extended tour from Westport to Newtown with a bit of everything: beaches, quiet country roads, and yes some climbing. SR

Three County Abridged, C+/C, R/H, 53 miles, 10:00 / 10:15. RL: Suzan Maxey, 374-1606. Meet at Cousin's Mini Mart on the west side of Route 22, at the intersection with Route 81 in Dover Plains, NY (it's 29.5 miles north of I-84). This is a different ride. We roll through real farm and dairy land, stopping at a general store in Bangall, NY, for a break. Although it's mostly rolling to moderately hilly, there are three real hills to climb. Allow about 1 and 1/2 to 2 hours travel time from most of Fairfield County. The shopping traffic and lights on lower Route 22 will slow you down, so your best bet is to take a diagonal route from Danbury and intersect with 22 a little further up, instead of taking I-84 to 22 in Brewster. Food stop. SR

Westport-Georgetown-Bethel Loop, C, R/H, 40 miles, 10:00 / 10:15. RL: Tom Ebersold, 874-7839. Meet at Exit 41 CPL, Merritt Pkwy. Extremely scenic ride up to Bethel (and back) with some climbing to make it interesting. 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.

Holy Ghost Rochambeau Tour, D/E, R/H, 30 miles, 9:45/10:00. RL: Vinny Keenan, 264-2157. Take I-84 to Exit 11. Right at the end of the exit ramp, left at the light, then go one mile to St. John's, located on the right just before a traffic light in Sabdy Hook. From Exit 10 off I-84, go right if headed east and left if headed west. Go to the light, make a right, and take the first driveway on the right. Ride crosses Lake Zoar in two different places and goes to Sandy Hook, Southbury, and Woodbury. Many points of interest, including the Glebe House in Woodbury. Please call to confirm. SR

Figure Eight, D/E, F/R, 13/26 miles, 8:30 / 8:45 (New Member Ride). RL: Nancy Rosett, Bobbie Kinn, 857-4847. Meet at Exit 42 CPL, Merritt Pkwy. First loop is flat, second loop has some hills. Riders can do one or both loops. Snack stop comes late in second loop, so riders planning on doing both loops, advised to bring plenty of water and a snack. FR

Rail Trail + Mountain Bike ride, All Levels, F/R, 10+ miles, 10:00 / 10:15. RL: Dave Cleveland, 226-7355. Mountain bike or Hybrid please. Meet at CPL Route 25, Daniels Farm Road. North bound Rte 25 left off exit, 1st right to CPL. South bound Rte 25 right off exit, left to CPL. The ride will be split into two groups, rail trail and single track. Rain w move ride to Sunday. Bring water and snacks. FR

SUNDAY, JUNE 16

See Standing Sunday Rides in middle of page 8

Waldo Wheelers, B, R/H, 47 miles, 9:15 / 9:30. RL: John Swallen, 254-0164. Meet at Joel Barlow High School In Redding Ridge. Merritt Parkway, Exit 44, then 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 thru remote Waldo State Park. SR

West Redding Challenge (Extended), C+, R/H, 45 miles, 9:45 / 10:00. RL: Claire Falkner, 451-8161. Meet at Exit 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding, Weston and Danbury with a food stop at the Branchville Train Station. SR

West Redding Challenge, C+, R/H, 32 miles, 1:00 / 1:15 RL: Chris Michaelson, 888-1608. 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 (Ride designed for the after church crowd)

CT-NY Seasonal Tour, C, R/H, 35 miles, 9:30 / 9:45. RL: Peter Dee, 972-7452. 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

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.

Sound Cyclists Classic, D, R/H, 27 miles, 9:15 / 9:30. RL: Daphne White, 324-3194. 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

Special Weekend Event FRIDAY, JUNE 21- 23

Jim Thorpe, PA - D/E pace, flat, novice rider, 46 miles & 18 miles. Meet at CPL I-84, Exit 1, at 1pm Friday, June 21. Will caravan to Hazelton, Pa. Saturday's ride is a rail-trail that follows the Lehigh River through the gorge to White Haven, Pa, where we stop for refreshments then return on the same trail. Sunday's ride follows a gravity railroad known as the Switch Back built in the 1800's to transport coal, mined at Summit Mountain and transported to the Lehigh River. Total trip length is 18 miles and the scenery and views are fantastic. This is a gentle climb on a 1% grade. Bring a mountain bike or hybrid. Bring snacks, camera and a bathing suit for an evening swim at the Hotel. Call ride leader, Lou Kuti for more information and number for hotel reservations @ (203) 445-9858 - home or (203) 653-0408 -work, leave a message. I will return your call. The Town and scenery is well worth the trip.

SATURDAY, JUNE 22

See Standing Saturday Rides on page 8

Not Too Twisted, B, R/H, 42 miles, 9:15 / 9:30. RL: Don Rosaforte, 849-8159. Meet at exit 41 CPL off the Merritt Parkway. Join us on this ride that starts out easy, becomes challenging with a couple of hills, then ends easy. 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 deli in Newtown. SR

Into the Woods Warbler, C, H, 28 miles, 9:15 / 9:30. RL: Gerry Weinstein, 327-3530. Meet at Exit 44 CPL, Merritt Pkwy. Scenic tour of Easton on lightly trafficked roads that involves climbing a few hills. Optional shortcut 23 miles. SR

Darien Surf and Turf, D, F/R, 25 miles, 9:15 / 9:30. RL: Jim Ganis, 322-1996. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Bring lunch or snacks. FR

SUNDAY, JUNE 23

See Standing Sunday Rides in middle of page 8

Pine Tree Road Ride, B, H, 39 miles, 9:30 / 9:45. RL: Brian Gossler, 380-2646. Meet at exit 44 CPL off the Merritt Parkway and ride on lightly traveled roads between Fairfield and Wilton. Five major hills. 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

Long Island Two-Ferry Ride, C+, C, D, Flat, 55 miles, 7:15/7:30. RLs Emil Albanese C+, Peter Serratore C, Rodney Stavert D. Please call Peter Serratore with all ride questions 259-3381 evenings, 221-3062 days. Reservation needed by June 7 (Rain date Sunday June 30). Join us for a trip down the pretty North Fork and through what's left of Long Island's farm country, from Orient Point to Port Jefferson. We'll be riding past salt-water harbors, farm stands, wineries, and working farms. (See article for more details). There's only one significant hill in the first 46 miles, but the terrain can be rolling. There will be a hilly diversion through Wading River for stronger riders. There are a few unavoidable hills for all riders, in the last ten miles, as we approach Port Jeff. Riders should be able to ride the 55 miles, and should feel able to handle all kinds of roads. Total costs will be about \$28 for both ferries, plus \$10 for the truck/bus combo. This ride is limited to 45 riders, and we need a minimum of 30 riders, or the ride will be cancelled. Ride is by reservation only. Reserve by June 7. Sunday. Rain date Sunday June 30.

Norwalk, Darien, Rowayton Tour, D, F/R, 25 miles, 8:30 / 8:45. 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

Milford and West Haven Shores, E, F, 20/32 miles, 9:30 / 9:45. RL: Arthur Doiron, 729-6236. I-95 North to Exit 37. Right onto High Street 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. This ride is about as flat as you can find in Connecticut. 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, JUNE 29

See Standing Saturday Rides on page 8

Millwood and Back, B, R/H, 55 miles, 9:15 / 9:30. RL: Don Rosaforte, 849-8159. Meet at exit 38 CPL off the Merritt Parkway. New ride thru North Stamford, Greenwich, Armonk, Chappaqua, Katonah, Bedford and Pound Ridge. SR

Westport-Georgetown Loop Expanded, C+, R/H, 35 miles, 9:00 / 9:15. RL: John Sohikian, 762-8827 (jsohikian@aol.com). Meet at exit 41 off the Merritt Parkway. Here's an old club favorite lengthened a bit and refined to make it new again. The route travels through some lovely roads in Wilton, Georgetown, Redding and Weston before heading

back to Westport. Check Web for early morning rain delays. Steady rain cancels ride. Food stop. SR

Harvest 100 ... 75K, C+/C, R/H, 46 miles, 9:00 / 9:15. RL: Karen Gardner, (914) 738-7742 / John Dugdale, 655-4277. Meet at Westport RR Station N.Y. Bound side at Exit 17, I-95. Join us to travel over popular routes. Food stop in Easton. SR

Captain's Cove Ride, D, F/R, 23 miles, 9:45 / 10:00. RL: Martin Iselin, 227-7237. Meet at Exit 18 CPL, I-95. Join a club standard as we bike through Westport and Fairfield for lunch at Captain's Cove in Bridgeport. FR

SUNDAY, JUNE 30

See Standing Sunday Rides in middle of page 8

East of Eden (East Village) ,B ,R/H 60 miles, 9:15 / 9:30. RL: Brian Gossler, 380-2646. Meet at Exit 42 CPL off Merritt Parkway. Ride thru lightly traveled areas of Easton, Newtown and Monroe. Two food stops. SR

Stanley Steamer, C+/C, R/H, 47 miles, 9:45 / 10:00. RL: Joe Nivert, 262-6476 / Tom Ebersold, 874-7839. 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 with plenty of climbing and great downhill to reward your efforts. Lunch can be purchased at the stop on the Litchfield Green. SR

Destination: Mamasasco Lake, C, R/H, 37 miles, 9:00 / 9:15. 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

Captain's Cove Ride In Reverse, D+, F/R, 27 miles, 9:15 / 9:30. RL: Scott Maus, 277-3448. Meet at Exit 18 CPL, I-95. Join a club standard as we bike through Westport and Fairfield for lunch at Captain's Cove in Bridgeport. SR

Greenwich Backcountry Boogie, D, H, 29 miles, 9:45 / 10:00. RL: Rod Stavert, 762-8128. 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. Lunch at Banksville. SR

Saugatuck Weston Twister, D, R/H, 29 miles, 9:15 / 9:30. RL: Brian Voytek, 374-0921. Meet at Exit 41 CPL, Merritt Pkwy. Travel down to the shore in Saugatuck and then make a swing through Weston twisting around the hills. Food stop in Weston. FR

The Tanglewood Short Ride, D/E, F/R, 26 miles, 10:00 / 10:15. RL: Larry Stevens., 775-8655. Call to confirm. Meet at the Housatonic Valley Regional High School in Falls Village CT. Directions: Take Route 7 north past Kent and Cornwall. Just past where Route 112 goes left to Lime Rock, continue on Route 7. After crossing the Housatonic River, turn left at traffic light on to Warren Turnpike. The Housatonic Valley Regional school is immediately on the left in Falls Church. Bring snacks. FR

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

SATURDAY, JULY 6

See Standing Saturday Rides on page 8

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

■ **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 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.



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.

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 the beaches from Norwalk to Fairfield.

SUNDAY, JULY 7

See Standing Sunday Rides in middle of page 8

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

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

SATURDAY, JULY 13

See Standing Saturday Rides on page 8

■ **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.

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.

■ **Sunday, June 9, 2002,**
Trumbull Rotary Bicycle Tour
Call 203 397-1511

■ **Sunday, June 23, 2002**
Country Roads Mardi Gras on Wheels,
Orange county Bicycle Club, Warwick, NY
www.sussexonline.com/ocbc

■ **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
Perception Programs, Wilimantic, CT
Ctbike.org/calendar.html

■ **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 22, 2002**
Tri-State Seacoast Century, Hampton
Beach, NH, www.granitestatewheemen.org

SCBC Board Meeting - April 22nd, 2002

Norwalk Town Hall

The meeting was called to order at 7:01pm.

A special thanks was given by Emil to two club members for their exceptional work done on behalf of the club, community and cycling:

John Dugdale was recognized for the effort he put forth in organizing the successful Tyron's Raiders Ride on April 20th.

Jim McConnon was recognized for the time and effort he spent compiling a survey of bicycle club opinions and policies regarding ride schedule availability to non-members.

Over 80 clubs responded to the survey.

Standing Committee Reports:

Treasurer's Report – Jim McConnon

Liabilities for 2003 and 2004 membership expenses have been increasing due to multi-year renewals. The club is in the midst of its high cash flow period due to membership renewals and the Bloomin' Metric. The Bloomin' Metric requires large upfront cash outlays. The proceeds from the event are used to make up the budget shortfall and support club events such as picnics, the ride leader dinner and the volunteer appreciation party.

Communications – Marlene Cohen

The large volume of rides in May schedule coupled with paid advertising has created a space issue in the newsletter. Emil will work with Kathleen to try and resolve the problem on a going forward basis.

Membership cards will now be printed on business stock paper making for easier handling. The membership cards should be used to obtain bike shop discounts.

The club web site pop-up window for Updates has been replaced by a button at the bottom of the club home page.

Active.com registration procedures have been clarified to eliminate username and password confusion. The initial username and password being created belongs to Active.com. The email confirmation of registration sent to new members contains the SCBC web site username and password.

Publicity – Ginger Katz

A preliminary Bloomin' Metric press release was sent out via email and fax on April 21st to newspapers, radio stations and magazines. A phone follow-up will be done on May 13th. Thirty Public Service Announcements for the event will be played on WSTC, WNLK and KOOL 96.7.

Mayor Knopp has been given a head's up on the Bloomin' Metric schedule and will hopefully be at the start and also at the after picnic between 12 and 2pm.

Community Affairs – Ray Rauth

A kick-off meeting was held on April 30th in Guilford regarding creation of the Shore Line Greenway which will run from east of Guilford to East Haven (about 25 miles). The meeting was well attended and very enthusiastic.

The annual Board Meeting of Greenwich Safe Cycling is in June. SCBC has been asked to speak about SCBC. Ray will provide a date so that a speaker can be provided.

The Regional Plan Association is trying to establish a Merritt Parkway demonstration trail from Long Ridge Road to Newfield Ave in Stamford. This is a multi-use trail if established, would open the Merritt Right Of Way and provide a multi-use facility within Stamford. It would be the beginning needed to further access along the entire Merritt Parkway. Bruce Felper made a motion to have SCBC join the Merritt Parkway Trail Association Coalition. The motion passed unanimously.

Bloomin' Metric – Dennis Lyall

Registration is 35% ahead of last year. Eight exhibitors (including three bicycle shops) will be represented at the Bloomin' Metric.

The same day registration reconciliation procedure has been developed and will be implemented for the Bloomin' Metric.

Membership – Tony Restuccia

Membership is up almost 700 members from last month. The Active.com registrations are increasing. New paper members will receive the web username and password via email if an email address has been included in the member's registration information. If no email address is provided, the username and password will be mailed via USPS.

Rides – Brian Voytek

The monthly ride schedule is being sent out to ride coordinators and other key members for review to eliminate errors. Ride leaders are reminded that they must show up at the published starting time of the ride.

Programs – Mary Karnis

The Vermont Weekend has yet to be scheduled.

Lip Lai - Incentives

Ride sign-up sheets should be mailed in as soon as possible after a ride. The newsletter will begin publishing monthly standings of ride leader points.

Old Business

Open Board Meetings – The July 8th Executive Board Meeting will be open to all club members. The first hour will be reserved for standing committee reports. The second hour will be open for member input.

SCBC Racing Team - The idea of SCBC incorporating a racing team has been investigated in greater detail. The team members must belong to SCBC and would be required to provide their own racing insurance. The team leadership would be part of the Membership Committee. Rides may be listed in the club newsletter. The team will provide an outlet for those members wishing to pursue racing just as the club supports member interest in mountain biking. Tony made a motion to accept the SCBC Racing Team into the club. The motion was passed unanimously. Tony will continue to fill out team details.

New Business

Membership Growth – New Member Orientation

Emil urged ride leaders, at the start of every ride, to ask if any new members are present. New club member names will be published monthly in the newsletter. Tony will send the new member list to Kathleen.

Club Survey – Jim McConnon distributed the summary and details of his club survey concerning ride calendars. The survey should be reviewed by all board members. The subject of making the ride schedule available to everyone on the web will be discussed at a future board meeting.

The meeting was adjourned at 9:06pm.

Next meeting is scheduled for June 3 at Norwalk Town Hall.

Volunteers We Salute You!!!!

(Continued from page 1)

right at the traffic island. Continue on Sound Beach Avenue through the center of Old Greenwich to the end. Turn left onto Shore road and go to the end and then turn right through the stone pillars onto Cummings Point Road. Please park on the street, not in the parking lot (due to construction), just before the Private Road sign. Paul Kempner's house is the second on the left.

Please make a reservation with Steve Solomon at: drssolo@aol.com or 203 254-0594. Reservations MUST be made no later than Wednesday, June 12. The cost for guests is \$25.


11

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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.