AFFILIATED WITH THE LEAGUE OF AMERICAN BICYCLISTS

# SOUND CYCLISTS

BICYCLE CLUB NEWS

June, 2003 www.soundcyclists.com • mailbox@soundcyclists.com $25 Per Year

## SCBC Launches New "CYCLING SAFETY" PSA Campaign

### 30-Second Public Service Announcement to Begin Airing on Cablevision this Month

By Chris Klimet

Safety has always been a top priority for the Sound Cyclists Bicycle Club and its members. Starting in June, the club will take this message to more than 220,000 television viewers in southwestern Connecticut. Club president Emil Albanese and SCBC "Safety Mascot," Bruce, recently visited the Cablevision studios in Norwalk to tape a 30-second Public Service Announcement (PSA) encouraging riders of all ages to wear helmets, use reflective gear, and obey traffic laws.

"Raising awareness of safe riding is especially important at this time of year, when more and more people are taking their cycling outdoors," explains Albanese. "We anticipate that the SCBC 'Cycling Safety' PSA Campaign will encourage the general public to utilize helmets and safety gear while taking all necessary precautions to make bike riding a safe and enjoyable experience."

The PSA is slated to run on a variety of local and national programming networks seen on the Cablevision of Connecticut and Southern Connecticut cable systems.

## Notes from the President!

By. Emil Albanese

The weather not withstanding, we are well into the 2003 riding season. Our club continues to grow not only in membership, but in public awareness and an increased profile. The 26th Bloomin Metric is in the books and now we turn our sights to The Harvest Event in September. Between now and then we'll have a couple of picnics, a party or two and a bunch of "event" rides. We have had a few mishaps on the road this year, but with an increased emphasis on safety, I am looking forward to the balance of the season to be injury free.

While riding there is always something that happens or pops into my mind that reminds me why I love cycling and being part our club. I want to share some of them and hope you'll do the same with me.

- Deli's like the one in Southport that encourage cyclists to stop in.
- Don's Cycles in Fairfield and Dave's in Greenwich. The owners are nice guys that support us, ride with us and on occasion have a drink with us. No offense to the shops I don't know.
- Meeting new members on a ride.
- Feeling like I'm becoming a better rider because of the truly better riders around me.
- Checking out new cycling clothes and bikes.
- Going away on a multi day ride, averaging 80+ miles a day
- Lunch in the middle of a long ride.
- Watching those riders that only hammer UPHILL.

*(Continued on page 3)*

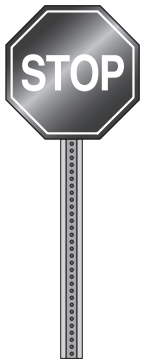
**Action Items for SCBC Members**

## SCBC Hosts Volunteer Appreciation Party on June 21st

**Arrival is at 3:00 pm, bring a swimsuit and towel to enjoy the in-ground pool. Dinner will be served at 6:00pm. If you have volunteered for SCBC over the last year, Please email your reservation to Steve at Drssolo@aol.com, please indicate ONE of the following entree choices: 1.) 1 1/2 pound lobster, 2.) marinated grilled swordfish, 3.) chicken.**

**Reservations MUST be made no later than Sunday, June 15, so we can get a proper count to the caterer. NO RESERVATIONS AFTER JUNE 15TH.**

# Always Obey Traffic Signs When Biking



SOUND CYCLISTS
BICYCLE CLUB NEWS

**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** |
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| **Treasurer** | **Jim McConnon** | **451-3610** | **jrm@optonline.net** |
| **Secretary** | **Roni Krisavage** | **876-8966** | **Roni.Krisavage@wwecorp.com** |

**Directors and Committees**

| | | | |
|---|---|---|---|
| ***Rides Director*** | **Brian Voytek** | **374-0921** | **bvoytek@optonline.net** |
| **A Rides** | **Andy Kalter** | **858-8048** | **andrewkalter@hotmail.com** |
| **B Rides** | **Don 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** |
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| ***Membership Director*** | **John Sohikian** | **563-2110** | **jsohikian@aol.com** |
| **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** |
| **Picnics** | **Mary Karnis** | **847-7547** | **karnism@optonline.net** |
| **Picnic Co-chair** | **Cindy & Jim Clark** | **847-4133** | **cclarkct@aol.com** |
| **Safety** | **Clyde Gourley** | **929-4001** | **(no e-mail address)** |
| **Club Weekends** | **Open** | | |
| **Incentives** | **Lip Lai** | **637-8707** | **lip_l@hotmail.com (LIP_L)** |

**SCBC News Editorial Board**

| | | | |
|---|---|---|---|
| **Editor/Publisher** | **Kathleen Kellett** | **372-9948** | **kkellski@aol.com** |
| **Printer** | **Exact Printing** | **377-6571** | |

**Printed on Recycled Paper**

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..*

■ June, 21, 2003
SCBC Appreciation Party,
Stamford, CT

■ Saturday June 7, 2003
Long Island Wineries Ride,
Ferry from New London, CT

■ Saturday, July, 12, 2003
Shelter Island Shuttle,
Ferry from New London, CT

■ Sunday, July 20, 2003
SCBC Picnic, Burying Hill Beach,
Westport, CT

■ Sunday, August 10, 2003
Farmington River Tubing Ride

■ Saturday, August 16, 2003
Block Island Journey
Point Judith Ferry, RI

■ Saturday, August, 2003 (TBA)
Jim's Day At The Beach, Westport, CT

■ Sunday, August 24, 2003
SCBC Picnic, Weed Beach,
Darien, CT

■ September 12-15, (Friday 9/12 Noon to Monday 9/15 at Noon) 2003
Cape Cod Weekend Trip
Directors - Larry & Ginger Katz

■ Sunday, September 14, 2003
Harvest Rides, Westport, CT

■ October, 2003 (TBA)
Apple Picking Rides

**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.**

# SCBC Hosts Volunteer Appreciation Party on June 21st

By Steve Solomon

Arrival is at 3:00 pm, bring a swimsuit and towel to enjoy the in-ground pool. Dinner will be served at 6:00pm. If you have volunteered for SCBC over the last year, please email your reservation to Steve at **Drssolo@aol.com, please indicate ONE of the following entree choices: 1.) 1 1/2 pound lobster, 2.) marinated and grilled swordfish, 3.) chicken**

All meals come with green salad, corn on the cob, red potatoes, fresh cole slaw, dinner rolls and watermelon. Sound Cylcists will also provide appetizers, cake and pie for dessert, and non-alcoholic beverages. **Reservations MUST be made no later than Sunday, June 15, so we can get a proper count to the caterer. NO RESERVATIONS AFTER JUNE 15TH.**

Please email Steve today while you are still thinking about the event. Since the reservation includes a specific meal request, there will be no extras should someone fail to reserve, then show up at the party, so please be considerate and reserve now. Spouses and significant others may also attend with a volunteer, but will be required to pay $25 per person. Mail checks made payable to SCBC in advance to: Steve Solomon, 316 Canterbury Lane, Fairfield, CT 06825. Questions, call Steve at 203 254-0594

Club policy and insurance prohibits SCBC from providing alcoholic beverages however, people are welcome to bring their own beer and wine.

Many thanks to Paul Kempner, our host, for the kind invitation to once again have the Appreciation Party at his beautiful residence, overlooking Long Island sound. Thanks also to all the volunteers who make Sound Cyclists the great organization that it is.

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 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 in the lot on the right side, just before the Private Road sign. Paul Kempner's house is the second on the left, a short walk from the parking lot.

# Notes from the President!

*(Continued from page 1)*

■ Socializing in the parking lot after the Friday night ride.
■ Every time I see one of my club friends.

That's it for now. See you on the road.
Emil

# 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 1,2003
Bike-Boat-Bike. Long Island
www.sbraweb.org/events.htm

■ Saturday, June 8, 2003
Hat City Cyclefest, Danbury, CT
call 203-791-2697

■ Saturday, June 14, 2003
Longest Day Ride, High Point, NJ
www.cjbc.org

■ Saturday, June 14, 2003
Ride for Autism, Lincroft, NJ
www.ride4autism.org

■ Saturday, June 21, 2003
New Jersey Double
www.wjw.org/jerseydouble.html

■ Saturday & Sunday, June 28-29, 2003
Cape-In-a-Day Plus One,American Youth Hostels
www.usahostels.org/activities, call 617-469-9779

■ Sunday, July TBA, 2003
Long Island Gold Coast Tour
Call 516-942-2084

■ Sunday, July 1 -18, 2003
Maine Wheels Coastal Tour
www.coastaltour.com

■ Sunday, July 11-19, 2003
Lighthouse Tour
www.canamwheelers.com/lighthouse.html

■ Sunday, July 18 - 20, 2003
Tri-State Trek, Charity Ride for ALS
www.tristatetrek.com

■ Saturday,August TBA, 2003
Steeple Chase Bike Tour, Ctbike.org/calendar.html

■ Sunday,August, 24, 2003
Tour de Putnam, NY
www.visitputnam.org/activities/tourdeputnam.html

■ Saturday,August TBA, 2003
Mad River Valley Bike Tour,VT
www.hydeawayinn.com

■ Sunday, September 7, 2003
Flattest Century in the East,Tiverton, RI
www.nbwclub.org

■ Sunday, September TBA, 2003
8th Annual Folks on Spokes, Milford
www.northeastnet.com/whitelief/bike.html

■ Sunday, September TBA, 2003
NYC Century 2003,Transportation Alternatives

■ Sunday, September 21, 2003
CT Two Ferry Crossing Metric Century,
Call 860-347-0798, Middlesex Bicycle Club

■ Sunday, September TBA, 2003
4th Annual Ride - Benefits Bennett Cancer Center
www.Stamhealth.org/theride Call 203 967 5950

■ Saturday (only), September 20, 2003
Tri-State Seacoast Century, Hampton Beach, NH,
www.granitestatewheeelmen.org

■ Sunday, September 21, 2003
Bike The Beach, Probus Club Fund Raiser
Penfield Beach, Fairfield, Ctbike.org/calendar.html

■ Sunday, September 21, 2003
Golden Apple Bicycle Tour, Westchester Cycle Club

■ Sunday, September 21, 2003
Trumbull Rotary Fall Ride
Email: RotaryFallRide@aol.com

■ Sunday, September TBA, 2003
Mid-Hudson Century, NY, www.idsi.net/~mhbc/

■ Sunday, September TBA, 2003
MS Bike Tour, Sherwood Island,
Westport

■ Sunday, October TBA, 2003
Tony Fenton Bike Tour,Westport, CT

■ Sunday, October 5, 2003
2003 Fall Foliage Bike Tour,Washingtonville, NY,
McQuade Children's Services.
Call 845-561-0436 X157

## Race Across AMerica 2003

Sanctioned by the Ultra Marathon Cycling Association

Seventeen solo men and one woman will tackle the 21st Race Across America. Departing San Diego, CA on Sunday, June 15th at 7:00 a.m. PDT the racers will ride a new route, covering 2,922 miles. Racers will face challenging climbs in the first 100 miles, compounded by the heat of the desert. Racers will climb over 80,000 feet during the race, compared to 100,000 feet last year. Riders and crews will travel through some of the best scenery in the southwest going through Arizona and New Mexico. Crossing the deadly Oklahoma panhandle, riders will hope for tailwinds as the route heads northeasterly. The course will go through the American heartland for a thousand miles passing thr Kansas City, St. Louis and Indianapolis.

*(Continued on page 10)*

# 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 from the rear, ask permission to pass and ask for advice as to the best way Don't skid. Take turns and climb hills slowly enough to avoid trail marks. to land managers, hikers and equestrians. **5.)** Only ride on trails open to Bikers should space out on grades to allow riders use of the full width of 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.**

## STANDING 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.

## 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 MONDAY

**Mike's Ride, C/C+ Combo, F/R, 21 miles, 6:00/6:15.** RL: Mike Stoll, 847-8506. mstoll88@aol.com Meet Merritt Parkway Exit 38 CPL. Flat to rolling with a few hills. This is a new ride.

## EVERY TUESDAY

**Return of Exit 42, A, R/H, 23, 6:00/6:15,** RL: Mark Covello, 852-9947. Fast paced training ride bringing back the old favorite.

**New Tuesday Night Spin, C+/B, R/H, 24 Miles, 6:00 /6:15 p.m.** RL: Peter Serratore, 259-3381.peters@luminaria.biz. Meet in parking lot next to Luciano Park near the Westport RR station. Ride goes up into Wilton, with most of the climbing in the ride's first half, then we fly! RL gives out a route map with plenty of bail-outs to shorten the ride. Note: RL WILL NOT BE AT THIS RIDE ON JULY 22 AND JULY 29.

**Summer Solstice Spin, C+, F/R, 20 miles, 6:00/6:15 pm sharp!** RL: Kathleen Kellett, 372-9948. kkellski@aol.com. Meet at Exit 44 (South bound CPL) off Merritt Pkwy. Ride for 90+ minutes on scenic back roads and enjoy the Fairfield and Easton country side. Route varies weekly and there is no cue sheet. Rain cancels. Ride ends August 26

**Scenic Silvermine Tuesday Workout aka "Mary's Whim" C-/D+, 15/20 miles, 6:00/6:15 sharp!** RL Mary Karnis, 847-7547. karnism@optonline.net Meet at Silvermine Elementary School, Perry Avenue, (off Main Avenue, Norwalk, Merritt Pkwy. Exit 40. Ride for 90 minutes on varied routes. Rain cancels. Ends August 26.

## EVERY WEDNESDAY EVENING

**The Wednesday Night Social Spin – All Levels, 20 Miles, F/R. Meets 6:00/6:15 sharp!** RL: Brian Voytek, 374-0921, bvoytek@optonline.net. Meet at Hindley School in Darien, corner of Nearwater Lane & Post Road. Bike through coastal Da scenic New Canaan. Cyclists should maintain a minin speed of 10 mph. C/D riders are welcome to join Bria social ride every Wed, no rider will be left behind. Fas

ers please meet and leave 15 minutes early

## EVERY THURSDAY EVENING

**Thunder in the Hills, A/B/C+, H, 24 Miles, 6:00/6:15 p.m.** RL: Andy Kalter, 846-1183, andrewkalter@hotmail.com (A+)/Dave Lockwood, 847-2815, dblped@hotmail.com /Greg Ziebell, 367-7270 GREGZ@PREFERREDPRINTING.COM Meet at Exit 38 CPL Merritt Pkwy. This is the usual Thursday night ride with plenty of hills and no dreaded West Rd. It is the standing training ride for anyone interested in riding with the SCBC Racing Team.

**The Coastal Cruiser, All Levels especially C/D, F/R, Approx. 20 Miles, 6:00 / 6:15 p.m.** RL: Brian Voytek, 374-0921, bvoytek@optonline.net. 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 ride through Longshore, Compo Beach and Southport. Rain Cancels.

## EVERY FRIDAY EVENING

**TGIF Unwinder, All Levels, 17/21 miles 6:00/6:15.** RL: John Dugdale, 655- 4277, jdugda@peoplepc.com 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, 40 miles, R/H, 8:45/9:00** RL: Mark Covello, 846-6689. Meet at Exit 41 CPL, Merritt Pkwy. Join us for this fast-paced ride up around the reservoirs to Bethel and down Route 58. Snack stop at Bagel Crossing. This is a standing ride every Saturday until the fall. Nasty weather cancels ride. NR

**Saturday Morning The Early Bird Special, C+/C, R/H, 21 miles, 7:15/7:30.** RL: Emil Albanese 853-7499 emilalb@aol.com. 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 at Peter's Bridge Market. SR

**Same Damn Ride Every Saturday, C+/C, R/H, 34 miles, 9:15/9:30.** RL: Peter Serratore, 259-3381, peters@luminaria.biz. Meet Fairfield RR station, off I-95 Exit21, N.Y. bound side: Same old route — it's too good to change — we climb to the Senior Dam, head southwest to Saugatuck, then return along the shore. No food stop, but there's optional coffee and donuts at Devores Bakery a quarter mile before the ride finish. Note: RL WILL NOT BE AT THIS RIDE ON JULY 19, JULY 26, OR AUGUST 2.

## EVERY SUNDAY

**Sunday Morning Spin (3 versions), C, C+/B-, & B, R/H, 27 to 42 miles, 8:30/8:45. RL**s: "B" Gus Pecunia, 426-9185 pecunia@earthlink.net; "C+/B-" Lisa West 838-7193; "C" John Dugdale, 655-4277, jdugda@peoplepc.com and John Watt, 655-1277, Meet at Southbound side of Westport train station (I-95 exit 17), near Luciano Park. A very friendly/chatty ride for experienced cyclists. No nonsense. We leave on time (progressively earlier as weather warms). The C+/B- and B rides have no food stop (one quick bathroom stop before the hills) very limited regrouping. Ride will lengthen over The C version has an optional food stop and some regrouping. These rides are appropriate for self-suffi- cyclists wanting to spin-with (not race-against) others, but not spending the whole day doing it. Rides are inappropriate for inexperienced and stop-a-lots. Call leaders for questions/if marginal weather



## SATURDAY, MAY 31

See Standing Saturday Rides on page 6

**Miles Plus Mix, A-, R/H, 25-50 miles, 11:15/11:30..** RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com. Meet at Exit 41 CPL off the Merritt Pkwy. This will follow the Back To Bethel ride, except it will be led at a smooth/no attack, distance training pace. Timing is approximate and RSVP is highly recommended for loop description and confirmation. No RSVP's and/or bad weather cancels ride.

**Pine Tree Road Ride, B, H, 40 miles, 9:15/9:30.** RL: Brian Gossler, 380-2646. Meet at CPL Exit 44 off Merritt Parkway. Ride on lightly traveled roads between Fairfield and Wilton. Five major hills. SR

**Three County Tour Abridged, C+, F/R/H, 56 miles, 9:45/10:00.** RL: Suzan Maxey,374-1606, smaxey@connix.com 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. SR

**The Backwoods to Shoreline Spin, C, F/R, 32 miles, 9:00/9:15.** RL: Jerry Weinstein, 327-3530, gmweinstein@snet.net. 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. Lunch can be eaten at harborside. SR

**Flat Ride to Bell Island, C-, F/R, 23 miles, 9:15/9:30.** RL: Mike Tamborino, 359-3984, tambo4-@hotmail.com. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Starting in north, we head down to the shore. SR

**Lake Minnewaska Ramble, MB, R/H, 18 miles, 8:15/8:30.** RL: Tom Ebersold, 874-7839 or tebersold@att.net. Car pool from Starbucks off I-84 Exit 2 CPL in Danbury. Heading west, take Exit 2. Follow the signs for Mill Plain Road. Right at the end of the ramp. Straight at the light into the shopping center. View spectacular scenery in the Shawagunk Mountains at Minnewaska State Park Preserve, near New Paltz, N.Y. Cliff views provide miles of views in all directions with canyons, lakes, and farmlands. Be sure to bring your camera. Take along all the food and water you need, since none will be available at the park. Lake Minnewaska offers mildly technical off-road biking over wide carriage trails. Since the trail is graveled, a mountain or hybrid bike is necessary. There is a parking fee of $6. E-mail or call to confirm by Friday at 9 p.m. Optional early dinner in New Paltz. No confirmation. No ride.

**Almost Thirty Something, D, F/R, 29 miles, 9:45/10:00.** RL: Martin Iselin, 227-7237 mbiselin@earthlink.net. 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. SR

**Milford and West Haven Shores, E, F, 20/32 miles, 9:30/9:45.** RL: Clyde Gourley, 929-4001. 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

## SUNDAY, JUNE 1

See Standing Sunday Rides on page 6

**Easton Reservoir Ride, B, R/H, 48 miles, 9:15/9:30.**RL: Don Rosaforte, 849-8159. Meet at Marvin School parking lot. Take I-95, Exit 16. Go South on East Ave, left on Gregory Blvd. left onto Marvin St. Scenic tour thru Easton and Monroe. SR

**Greenwich Estate Country Tour, C+, R/H, 39 miles, 9:15/9:30.** RL: Suzan Maxey, 374-1606, smaxey@connix.com Meet at West Hills H.S. in Stamford. Take the Merritt Pkwy. to Exit 34. Head south one mile on Long Ridge Road (Route 104). Make a sharp right at light onto Roxbury Road. Right into school parking lot at light after one-third of a mile. Superb tour of the mansions of Greenwich with a brief visit to Banksville for a reality check and the food stop. FR

**New Canaan Ramble, C, F/R, 34 miles, 10:00 /10:15.** RL: Herb Wexler, 854-9368, herbwex@optonline.net. Meet at Hindley School Darien corner of Boston Post Road and Nearwater Lane, off I-95 Exit 10. Nice tour of New Canaan. Food stop at Scott's Corners. SR

**Norwalk, Darien, Rowayton Tour, D, F/R, 25 miles, 9:15/9:30.** RL: Pavel Gurvich, 853-3481. pavelgur@cs.com Meet at Exit 38 CPL, Merritt Pkwy. Take a lovely spin through West Norwalk before joining the familiar Friday Night Ride route. SR

## SATURDAY, JUNE 7

See Standing Saturday Rides on page 6

**New Paltz Panic 5X, A/B combo and possible C, H, 50-100 miles, 9:15/9:30.** RL: "A" Andrew Kalter, 858-8048, andrewkalter@hotmail.com, "B" Don Rosaforte, 849-8159. Meet in Wallkill, NY near Rte 208 and Rte 300 intersection. Great route, friendly traffic, great climbs, speedy descents. Distance options from 50-100 miles with 2-5 mtn climbs depending on route. Please RSVP for ride info, carpooling, and exact meeting location. SR

**Long Island Winery Ride, C+, F, 53 miles, 8:30/9:00.** RL: Mark Kiley, 799-2640, mkiley431@aol.com . Meet at the Orient Point Ferry terminal in New London. Take I-95 North to Exit 83 and follow the signs to the pier. See the last undeveloped area of Long Island. Flat ride along the North Fork from Orient Point to Mattituck for lunch and back. Optional stops at 10 wineries and mandatory bakery stop in Greenport. Return on the 5 p.m. ferry to New London. The ferry takes one hour and 20 minutes. Ferry is $23 same day round trip w/ bike. Food Stop. SR

**West Redding Challenge, C+, R/H, 32 miles, 9:15/9:30.** RL: Dennis Lyall, 846-6000, LyallArt@aol.com . 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. Food Stop. SR

**Saugatuck Reservoir Ride, C, R/H, 27 miles, 10:00/10:15.** RL: Jerry Hunt, 847-9427 or jerr331@aol.com . Meet at Exit 42 CPL, Merritt Pkwy. Tour around the scenic Saugatuck Reservoir on this ride through Weston. Bring snacks. SR

**Bloomin' Metric 25M, C/D Combo, R/H, 25 miles, 9:30/9:45.** (New Member Breakfast). RL: Albanese, 853-7499 emilalb@aol.com; Brian Voytek 374-0921, bvoytek@optonline.net. 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. Join SCBC club president for breakfast after the ride. President's treat. SR

**Cycling 101, D Level. F/R, 10-12 miles. 7:30/7:45.** RL: Patty Kondub, 259-2829, nortonpk@aol.com. Meet behind the Westport Y. Rise and Shine!! Beat the traffic and end your week with 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 in her 9:15 water aerobics class.

**Sound Cyclists Classic, D, R/H, 27 miles, 9:45/10:00.** RL: Daphne White, 324-3194, daphne.white@wiltonct.org. 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

**Family Ride (Trailer/trail-a-bike only ride), E, F/R, 8 miles, 9:00/9:15.** RL: Deborah Lewis, 840-1566, dlewis@bredeson.com. Meet at Silvermine Elementary School, Perry Avenue (off Main Avenue in Norwalk), Merritt Pkwy. Exit 40. Friendly ride for SCBC members and their children. Optional: romp on the playground and BYO picnic afterwards in school playground. FR

## SUNDAY, JUNE 8

See Standing Sunday Rides on page 6

**East Of Eden, B-, H, 60 miles, 9:15/9:30.** RL: Brian Gossler, 380-2646. Meet at Exit 42 CPL Merritt Parkway. Travel through lightly-traveled areas of Easton, Newtown, and Monroe. Good training ride. SR

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

**CT-NY Seasonal Tour, C, R/H, 35 miles, 9:15/9:30.** RL: Peter Dee, 972-7472, pdee@hjsims.com . 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

**North Park Backcountry Circuit, C, R/H, 37 miles, 10:00/10:15.** RL: Tom Ebersold, 874-7839, tebersold@worldnet.att.net. Meet at Exit 46 CPL, Merritt Parkway. Extremely scenic backcountry ride that highlights the best of the Rural Ramble with some less familiar terrain as an added bonus. SR

**Figure Eight, D/E Combo , F/R, 13/26 miles, 9:15/9:30.** RL: Brian Voytek, 374-0921, bvoytek@optonline.net ; Nancy Felper, 323-3177. Meet at Exit 42 CPL, Merritt Pkwy. First loop is flat, second loop has some hills. Riders can do one or both loops. Note: snack stop comes late in second loop, so riders planning on doing both loops are advised to bring plenty of water and a snack. FR

## SATURDAY, JUNE 14

See Standing Saturday Rides on page 6

**Canaan Ride, C+, R/H, 57 miles 9:45 / 10:00.** RL: Suzar Maxey, 374-1606 smaxey@connix.com. This is a Yankee Pedalers ride in the northwest corner of CT. It is well v the drive with rural, scenic and lightly traveled roads. T

one killer hill at mile 35 but the rest of the route is F/R with some long moderate upgrades. Take Route 8 North to Winsted, Route 44 West to Canaan., meet at Stop and Shop on right or take Route 7 North to Canaan, right on Route 44 to Stop and Shop on the left. Food Stop. SR

**Salisbury/Lakeville Ride, C+/C-, R/H, 31/48 miles, 10:00/10:15.** RL John Beauchamp 011-44-7775-818-909 or john.beauchamp@gecapital.com ; John Dugdale, 655-4277 jdugda@peoplepc.com . Meet at Salisbury Town Hall in Salisbury. Give yourself 90 minutes drivetime from lower Fairfield County. This ride has been named one of the top bicycle rides in CT.

**Darien Surf and Turf, D, F/R, 23 miles, 9:30/9:45.** RL: Lauren Schmitt, 847-9427 jerr331@aol.com . Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Peaceful ride through Stamford, Darien and New Canaan. Lunch after the ride. SR

**Easy Rider, E, F/R, 17 miles, 10:00/10:15.** RL Jeff Munk, 261-5545 jeff@moonlightingproductions.com . Meet at CPL Exit 18 off I-95, Westport. This ride is exclusively for you new and/or social riders who have not yet found that perfect opportunity to ride on a club ride. Ride regulars are welcomed and should join in with the sole intention of making you new riders feel welcome and comfortable. We will be riding at your pace and answering any and all questions you may have about the club. Snacks can be purchased along the route but we will be sitting down for lunch to talk about the great time you will most certainly have. FR

## SUNDAY, JUNE 15

See Standing Sunday Rides on page 6

**Land O'Lakes, B, R/H, 55 miles, 9:15/9:30.** RL: Jon Swallen, 254-0164 jswallen@att.net . Meet at Ridgefield H.S. on Rte 116. A longer varient of the "Camel Ball" ride, with 35-40 miles of different roads. We pass 10 major reservoirs and lakes amidst the rolling hills of Putnam County, and cross two causeways with stunning views of the Croton Watershed. Lots of terrain changes add to the fun. Food Stop. SR.

**Greenwich Armonk Ride, C+, R/H, 40 miles, 9:00/9:15.** RL Steve Wolfe, 321-1042 wolfest59@yahoo.com . 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.

**Bethel or Bust, C/D Combo, R/H, 31 miles, 9:30/9:45.** RL: Jerry Weinstein, 327-3530 gmweinstein@snet.net ; Rodney Stavert, 762-8128. Meet at Wilton Railroad Station parking lot (Route 7). Some new wrinkles on an old favorite. Will be ridden at a C or D pace with easy options for those who want to avoid a couple of hills. Food Stop. SR

## SATURDAY, JUNE 21

See Standing Saturday Rides on page 6

**NJ Double, 200 miles,** RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com . I will be coordinating a Sound Cyclists Group as we go and do one of the most well organized double centuries. There are 4 stocked rest stops and the route is arrowed. We are all staying at the same motel and will meet for dinner on the eve of the event. Riders will be ing according to time goals. RSVP for more informa-

**Ricki Road Ride, B-, R/H, 40 miles, 9:00/9:15.** RL: Bailer, 834-2577 rbailer@dsgroup.com . Meet at Exit 44 CPL, Merritt Parkway. South to North, then North to South, while at the same time East to West. After lunch, second verse, reverse the first. SR.

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

**Lake Pataconk Pedal, C, R, 34 miles, 10:00/10:15.** RL: Tom Ebersold, 874-7839 or tebersold@worldnet.att.net. Meet at CPL Exit 63, I-95 (Route 81). Scenic tour on low-traffic roads with moderate uphills followed by miles of downhills. The highlight includes by a secluded lake. Bring a swimsuit and a small towel for a refreshing dip at the lake. Shop at Clinton Crossing on your way home. SR

**Captain's Cove Ride, D, F/R, 23 miles, 10:00/10:15.** RL: Martin Iselin, 227-7237 mbiselin@earthlink.net . 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

## SUNDAY, JUNE 22

See Standing Sunday Rides on page 6

**Two Challenge Faux Double Nickel, B, R/H, 52 miles, 8:45/9:00.** RL: Brian Wood, 613-4435 brian_m_wood@yahoo.com . Meet at Exit 41 CPL, Merritt Parkway. A seamless blend of three popular club rides. SR.

**Weir's Wilton, C+, R/H, 30 miles, 9:30/9:45.** RL: John Sohikian, 762-8827 jsohikian@aol.com . Starting at the Park'n Ride just off route 33, north of route 35- from south on route 33 left to King Lane behind the ref brick Methodist Church in Ridgefield. This ride will take us through some beautiful rolling and hilly sections of Wilton, Ridgefield, New Canaan and Vista, NY; some roads not yet discovered by our club standard fare. Historic houses dot this area. Quick stop at Weir Farm, CT's only National Park. Optional lunch after ride at Station House, Roma, or Piccolo's Pizza. Many short hill climbs, steady inclines, rollers and some fast down hills. Try something new, as a change of pace. Rain cancels ride. SR

**Country Roads, C, R/H, 30 miles, 9:30/9:45.** RL: Michael Ceruzzi, 261-5369 mceruzzi@snet.net Meet at Drug Store/Blockbuster Video parking lot on the corner of Route 25 and Route 59 in Monroe. Scenic back roads. Very little traffic. Lunch can be purchased. SR.

**Almost Thirty Something, C-, F/R, 29 miles, 9:15/9:30.** RL: Lisa Brown, 227-1318 lsb913@aol.com . 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. SR

**Fairfield-Westport Great Circle Tour, D, F/R, 27 miles, 9:00/9:15.** RL: Brian Voytek, 374-0921 bvoytek@optonline.net . Meet at Exit 44 Southbound side CPL, Merritt Pkwy. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. SR

**No Excuses New Member Ride, D, F/R, 13/23 miles, 12:00/12:15.** RL: Tom Ebersold, 874-7839 or tebersold@worldnet.att.net. Meet Fairfield Town Hall, corner of Old PostRoad and Beach Road, Fairfield, off I-95 Exit 22. New member: have you been looking wistfully at the newsletter, thinking about riding, but have been stopped by assorted excuses? Well, here are your excuses and here's my response.

Excuse: SCBC members have fancy bikes and clothing and I just won't be able to keep up.

Reality: This ride will proceed at a moderate 10 to 12 mph average pace.

Excuse: I won't be able to climb the hills.

Reality: There ARE no hills on this ride. REALLY!

Excuse: It's too far.

Reality: If you have had enough after 13 miles, you can skip the last 10 miles.

Excuse: I don't know anybody.

Reality: You will after this ride.

Excuse: I like to sleep late on Sunday.

Reality: We meet at noon.

The Fairfield Coastal Cruise offers an almost totally flat tour of coastal Fairfield and Black Rock, especially suited for people just starting the season. The group will stay together and no one will be dropped. Bail-out option at 13 miles for those watching their mileage. Lunch stop at Captain's Cove overlooking the water in Black Rock Harbor. SR

**Southport-Westport Scene, E, F, 23 miles, 8:45/9:00.** RL: Gene and Jean Schlesinger, 762-5984 sgenenjean@aol.com . Meet behind the Westport Police Station on Jessup Road. This new ride winds thru Westport and Southport with a food stop at Elviras. Enjoy looking at the pretty houses with a ride across the RR bridge over the river before returning to parking lot. FR

## SATURDAY, JUNE 28

See Standing Saturday Rides on page 6

**White Hills Of Shelton, B, R/H, 48 miles, 9:00/9:15.** RL: Jon Swallen, 254-0164 jswallen@att.net . Meet at Exit 44 CPL Merritt Parkway. Secluded ponds, working farms, old cemeteries and scenic side roads highlight this tour thru the White Hills of Shelton. SR.

**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.

**Back to the Beach Boy's Ride, C Combo, F/R, 35 miles, 9:00/9:15.** RL: Drew Berescik, 261-5521 or drewster33@aol.com . Meet at CPL Exit 18 off I-95. Follow Drew on this socially paced 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. SR

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

## SUNDAY, JUNE 29

See Standing Sunday Rides on page 6

**New Canaan, Bedford Village, Purdys, Ridgefield, and Wilton, B, R/H, 54 miles, 9:00/9:15.** RL: Mark Gillies, 438-0547 magillies2@aol.com . Meet at Exit 38 CPL Merritt Parkway. The name of the ride says it all.

**Weir's Wilton, C+, R/H, 30 miles, 9:30/9:45.** RL: John Sohikian, 762-8827 jsohikian@aol.com . Starting at the Park'n Ride just off route 33, north of route 35- from south on route 33 left to King Lane behind the ref brick Methodist Church in Ridgefield. This ride will take us through some beautiful rolling and hilly sections of Wilton, Ridgefield, New Canaan and Vista, NY; some roads not yet discovered by our club standard fare. Historic houses dot this area. Quick stop at Weir Farm, CT's only National Park. Optional lunch after ride at Station House, Roma, or Piccolo's Pizza. Many short hill climbs, steady inclines, rollers and some fast down hills. Try something new, as a change of pace. Rain cancels ride. SR

**Fairfield-Westport Great Circle Tour, C, F/R, 27 miles, 9:00/9:15.** RL: Jerry Weinstein, 327-3530 gmweinstein@snet.net . Meet at Exit 44 Southbound side CPL, Merritt Pkwy. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. SR

**Cycling 101, D Level. F/R, 10-12 miles. 7:30/7:45.** RL: Patty Kondub, 259-2829, nortonpk@aol.com. Meet behind the Westport Y. Rise and Shine!! Beat the traffic and end your week with 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 in her 9:15 water aerobics class.

**Norwalk, Darien, Rowayton Tour, D, F/R, 25 miles, 9:45/10:00.** RL: Pavel Gurich, 853-3481 pavelgur@cs.com . Meet at Exit 38 CPL, Merritt Pkwy. Take a lovely spin through West Norwalk before joining the familiar Friday Night Ride route. SR

**Fairfield Coastal Cruise, D/E Combo, F/R, 23 miles, 8:15-8:30 (New Member Ride).** RL: Bobbie Kinn/Nancy Rosett , 857-4847 n_rosett@yahoo.com . Meet Fairfield Town Hall, corner of Old Post Road and Beach Road, Fairfield, off I-95 Exit 22. Almost totally flat tour of coastal Fairfield and Black Rock. Bail-out option at 13 miles for those watching their mileage. FR

## FRIDAY, JULY 4, INDEPENDENCE DAY

**Fourth of July Firecracker 50, C+, R/H, 50 miles, 9:15 / 9:30.** RL: **Mark Kiley, 799-2640, mkiley431@aol.com.** Meet at Exit 44 CPL, Merritt Pkwy. Join us for this annual Independence Day ride to Bethel. SR

## SATURDAY, JULY 5

See Standing Saturday Rides on page 6

**Not Necessarily the Friday Night Ride, E, F/R, 16/23 miles, 10:00/10:15.** RL: Sheila Carmine, 322-9534 cqia@aol.com . Meet Darien RR station, NY-bound side. Join us for a weekend version of the traditional Friday night ride. The route is arrowed so come join us on the club's traditional shoreline ride to Rowayton and back. FR

## SATURDAY, JULY 12

See Standing Saturday Rides on page 6

### SPECIAL EVENT

■ ***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. This is perhaps one of the club's more popular rides and you are not going to want to miss out on this one. The route for this half-century ride on an

island settled nearly three and a half centuries ago has been changed a bit to add some interest. 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, we will first cycle to our lunch stop before continuing on our way. We'll be cycling first across the island to the east and onto Ram Island before looping around to the north and the community of Dering Harbor. We'll crisscross our tracks through Shelter Island Heights and then head to the southwest tip of the island, turn and head west and north along beautiful Crescent Beach for our traditional beach stop. Bring swimwear and a towel. We then bike back from the beach to 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 $20.00; North Ferry same day round trip is $4.00. 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 is 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 most recent updated map and cue sheet. Additionally, there will be some very helpful detailed information when you click 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. SR

# Race Across AMerica 2003

*(Continued from page 4)*

Farther east racers will pedal past some of the most unforgettable historical ground in America including Sharpsburg, Hagerstown, and Gettysburg to finish on the Boardwalk in Atlantic City, NJ. The first solo riders are expected to finish on Tuesday, July 24 on the famous Boardwalk at Kennedy Plaza in front of Boardwalk Hall, Atlantic City, NJ.

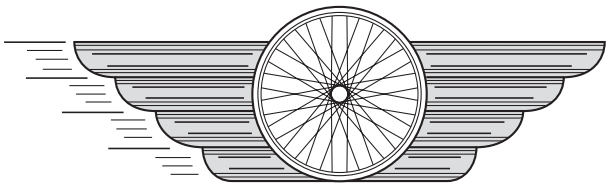
Ten relay teams will start at 1 p.m. on Monday, June 16. The two-, four- and eight-person teams will take turns riding on the same course. The first team riders will finish on Sunday, June 22.

The 2003 race is dedicated to Pete Penseyres, who in 1986 set the all-time RAAM average speed record of 15.4 mph, including time off the bike. Penseyres will be honored at the pre-race banquet at 5 p.m. on Saturday June 14, 2003 at the San Diego Holiday Inn, 1355 N. Harbour Dr. Pete will talk about his racing memories and show past RAAM history highlights. Tickets available on the RAAM website http://www.raceacrossamerica.org

$40,000 in prize money will be divided among the fastest solo and team riders. There is a $10,000 cash prize if a solo male can beat Penseyres average speed record of 15.4 mph, $10,000 cash will be awarded if a solo female can beat Seana Hogan's 1995 record of 13.20 mph. If a four-person team can beat Kern Wheelmen's 1996 the average speed record of 23.04 mph, they will receive $10,000.

For more information and daily standings, go to www.raceacrossamerica.org.

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

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

**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. Hereby release, discharge**, covenant not to sue Sound Cyclists Bicycle Club, the League of American Bicyclists their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessers 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_____
**If a couple, both must sign**

Name (Last/First/Middle)_____ Signature_____

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: **J. SOHIKIAN, Sound Cyclists Bicycle Club, Membership Chairman, 152 KELLOGG DR, WILTONt, CT 06897.** 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.**

SOUND CYCLISTS
B·I·C·Y·C·L·E · C·L·U·B
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