

# SOUND CYCLISTS

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

June 1, 2005

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

## The President's Corner. Volunteer Appreciation Party Saturday, June 11th

By John Sohikian

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

If you have volunteered for SCBC over the last year, please email your reservation to Donna Sohikian at dsolikian@aol.com by JUNE 6. Spouses and significant others may also attend with a volunteer but will be required to pay \$25 per person. Mail checks payable to SCBC in advance to: Donna Sohikian, 152 Kellogg Drive, Wilton, CT 06897.

The Club will provide appetizers, non-alcoholic beverages, BBQ, and dessert. Club policy and insurance prohibits SCBC from providing alcoholic beverages; however, you are welcome to bring your own wine and beer.

The party begins at 3:00 p.m.; bring a swimsuit and towel to enjoy the in-ground pool. Dinner will be served at 6:00 p.m. Please bring your own chair.

**Directions:** 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

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### SCBC @CHAT

#### @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.

## First Ride NoHo SCBC Weekend A Great Success!



Left to right: Norton Lazarus, Justin Karbel, Aldo Tiboni, Elaine Formica and Charles Doran after the RideNoHo Sunday ride. Please see article below.

By Justin Karbel

Four Sound Cyclist members attended the first ever Ride Noho intermediate skills camp especially for our club. Aldo Tiboni and Elaine Formica went out of their way to make this a fantastic weekend on and off the bikes. The weekend included training rides and classroom instruction as well as food and fellowship in the lovely town of Northampton, Massachusetts. Included in the cost of the weekend was breakfast and lunch each day, lodging, a Ride Noho tee shirt and bike jersey. This is a fantastic deal for the money. All members of the club can benefit from the offerings of Ride Noho, from the beginner to the experienced "B-type" racer. Aldo and Elaine are very knowledgeable in the field of cycling and managed to turn even the most experienced SCBC attendee into a better rider.

*(Continued on page 3)*

# Calendar of SCBC Special Events

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

■ Saturday, June 11  
Volunteer Appreciation Party

■ Saturday, July 9  
Shelter Island Ride

■ Sunday, July 10  
Pear Tree Point Picnic

■ Sunday, July 17  
Double "D" Ride

■ Friday-Sunday, August 5-7  
A/B Trip to Vermont

■ Sunday, August 7  
Tubing Ride

■ Saturday, August 13  
Block Island

■ Sunday, August 14  
Weed Beach Picnic

■ Sunday, September 4  
Old Greenwich Boogie & BBQ

■ Sunday, September 18  
Harvest Rides

■ September 22-26  
Cape Cod Weekend

■ December  
SCBC Annual Meeting

## Volunteer Appreciation Party

### Saturday, June 11th

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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's house is located at 124 Cummings Point Road, the second house on the left, a short walk from the parking lot.

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## A/B Trip To Vermont August 5-7

By Jon Swallen

If you're a SCBC member who rides at the A or B level, mark your calendar for August 5-7, the dates for an extraordinary weekend trip to Vermont.

John Sohikian has generously offered the use of his house in Jamaica, VT (near Stratton Mountain) as base camp for our operations. It's about 180 miles from the Westport area and driving time is a little over 3 hours.

The house has beds for 8 people and a pull-out sleeper sofa can accommodate two more. There's a full kitchen, bath and washer/dryer as well.

Lodging in the house is limited to 10 club members on a first-come, first-served basis. The only direct fee is a shared charge for the cleaning service, approximately \$40 per person. The house is available to us Friday through Sunday.

Additional paid accommodations can be found at the Stratton Mountain resort, which is about 5 miles away from the house. They offer hotel rooms as well as multi-bedroom condos at a variety of price points. For more info, call 1-800-STRATTON or go to [www.stratton.com](http://www.stratton.com) on the internet. A more luxurious option is the Three Mountain Inn in Jamaica which has just 15 guest rooms. 800-532-9399 or [www.threemountaininn.com](http://www.threemountaininn.com).

The Rides: On Saturday, we'll ride 70-75 miles starting from the house in Jamaica. The terrain is hilly with about 6,500 feet of elevation gain and a few multi-mile climbs over mountain passes. Of course, what goes up also goes down on the other side - and at a significantly faster speed! There are food stops along the route for snacks and lunch.

On Sunday, there is a choice of two routes ranging in length from 50-75 miles. One starts 40 minutes north in Ludlow and the other starts 30 minutes west

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# First Ride NoHo SCBC Weekend A Great Success!

*(Continued from page 1)*

Thursday 5/5: We arrived at the Best Western in Northampton around 6 pm and were shortly thereafter greeted by Aldo Tiboni. We reviewed the tentative itinerary for the weekend, which was very flexible depending on the weather. We also received Ride Noho tee shirts to take home. Plans were made to meet for breakfast Friday morning and we were left on our own for dinner that evening. We walked around town for a few minutes and stumbled upon a gem of a restaurant and managed to pack away enough calories to get us through till morning.

Friday 5/6: Met for breakfast at Sylvester's restaurant. Eggs, pancakes, and granola were enjoyed by all. We hustled back to the hotel to change into our riding gear and were shortly met by Aldo with his Ride Noho van stocked full of Powerbars, filtered water, Cytomax drink mix and munchies. We stocked up on goodies and water and headed off for our first training ride. We did a slow 30 miles, stopping often to cover some intermediate skills like emergency stopping, bunny-hopping, riding on dirt, bumping, counter steering and the like. This was only a warm up for our afternoon. Back at the hotel we changed for lunch at Fitzwilly's where we fueled up for our afternoon training ride. That afternoon we were treated to 40 miles where we practiced single pacerines, and fast-rotating pacerines. These were skills that few of our number had intimate knowledge of. When we finished the day we were riding comfortably within inches of each other, much closer than we'd ever ridden before. We also stopped at a lovely little café and bookshop overlooking a lovely waterfall. It was quite a sight.

After 70 miles of riding we were hungry and a bit tired. Dinner at the Brasserie was quite nice and much needed after the longest day any of us had spent in the saddle all year. Needless to say everyone was out cold by 10 pm.

Saturday 5/7: Cold and rainy. We met for breakfast followed by our first classroom session at the Hotel Northampton. We discussed the finer points of pacelining, riding echelon as well as bike geometry and fit. We broke for lunch and then Aldo followed us back to the hotel for some bike fitting. Each of us put our bikes on the trainer and Aldo trained his polished eye upon our position. Minor adjustments were suggested for some riders and the results were felt on Sunday's ride. More on that later.

At the afternoon's classroom session we were joined for the first time by Elaine Formica who brings with her a BS degree in Health and Physical Education and a MS in Exercise Science as well as an interest in racing, especially the Mt. Washington Hill climb. We briefly discussed bike maintenance but spent most of the afternoon discussing training, specifically how to become a stronger cyclist. Elaine and Aldo went over several strategies towards getting stronger which I'm sure would benefit anyone who followed their training regimen.

We adjourned for dinner at the India House where we managed to have another very nice meal in anticipation for Sunday's return to riding.

Sunday 5/8: The sun came out but brought the wind with it. After breakfast we began what was to become a 50 mile jaunt through the towns surrounding Northampton. Our outward leg was into the teeth of what felt like a 30 MPH headwind. No one had a cycle computer that calculated wind speed so I can only guess. Our

half-way stop was in historic Deerfield, Massachusetts, where we were treated to views of many homes and civic structures built prior to the Revolutionary War.

The best part about going out in a headwind was coming back in a tailwind. We averaged 20-25 MPH for the second half of the ride. Everyone whose bike was adjusted the previous day reported feeling just great, with extra power too boot. We finished our visit to Ride Noho with a final lunch where we all scarfed down more food (including some chocolate cake) to replenish our energy after the morning's ride.

All in all, Aldo and Elaine managed to surpass our expectations for the weekend. All of us became better and safer cyclists as a result of just a few days of training with Ride Noho. Northampton is a lovely place to spend the weekend and the riding is outstanding. Sound Cyclists interested in riding with Aldo and Elaine should go to [WWW.RideNoho.com](http://WWW.RideNoho.com) for more information.

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## Save -The -Date For SCBC Picnics

By Donna Sohikian

Sunday, July 10 at Pear Tree Point Beach

Join our guests, the NY Cycling Club, for some great rides followed by a relaxing picnic, overlooking the water at Pear Tree Point Beach in Darien on Sunday, July 10. Families are welcome. Bring your bathing suit and beach towel if you'd like to take a swim.

The club will be providing all food and drinks (food is served from noon until 2 pm) for the low cost of \$5 per person, payable at the event provided you RSVP on or before Thursday, July 7. Please RSVP to Leslie Andrews at [sbcpicnic@yahoo.com](mailto:sbcpicnic@yahoo.com) (or if you do not have email, then call Leslie before 9:00 p.m. at 203-838-4476), and let her know how many to expect in your party. After July 7 or if you show up without RSVPing, the cost will be \$8 per person.

Directions: Take I-95, Exit 10, go south on Noroton Avenue, at intersection, take a right onto the Post Road and a quick left (1/8 mile) onto Nearwater Lane. Meet at Hindley School parking lot on the left corner of Hindley Lane and the Post Road. Ride Information to follow.

Sunday, August 14 at Weed Beach

Join our guests, the Westchester Cycle Club, for some great rides followed by a relaxing picnic overlooking the water at Weed Beach in Darien on Sunday, August 14. Families are welcome. Bring your bathing suit, beach towel, tennis racquet, volleyball, etc.

The club will be providing all food and drinks (food is served from noon until 2 pm) for the low cost of \$5 per person, payable at the event provided you RSVP on or before Thursday, August 11. Please RSVP to Donna Sohikian at [sbcpicnic@yahoo.com](mailto:sbcpicnic@yahoo.com) (or if you do not have email, then call Donna before 9:00 pm at 203-762-8827) and let her know how many to expect in your party. After August 11 or if you show up without RSVPing, the cost will be \$8 per person. Directions:

Take I-95, exit 10, go south on Noroton Avenue, at intersection, take a right onto the Post Road and a quick left (1/8 mile) onto Nearwater Lane. Meet at Hindley School parking lot on the left corner of Hindley Lane and the Post Road. Ride information to follow.



# June

# News From The Shops

Mondays

**Northeast Bicycle**, 308 Hope St, Stamford, CT, 06906  
Contact: Pat Maldonado - 203-359-8968 or 888-404-BIKE  
6pm B/C+ ride, expected pace 15-18 mph

Mondays

**Cycle Center of Stamford**, 1492 High Ridge Road, Stamford, CT 06903, Contact: Ken Valvo 203-968-1100  
6pm B/C+ ride 25-30 miles, expected pace 14-16 mph

Tuesdays

**New Canaan Cyclery**, 94 Park St., Suite B, New Canaan, CT 06840, Contact: Rob Sherlock 203-966-2399  
6:10 pm B ride 30+ miles till dark, expected pace 18+ mph

Saturdays

**Greenwich Bicycles**, 189 Greenwich Avenue, CT 06830  
Contact: Rob Koshar - 203-869-4141  
7:30 am B/C+ ride 25 miles, expected pace 15-18 mph

## Ride Noho - Training Camp

54 Middle Street, Florence, MA 01062  
Contact: Aldo Tiboni - 888-817-6646

June 13 through 16  
June 17, 18 & 19  
June 20 through 22  
June 25

June 13 through 16 - Women's Training Camp

June 17, 18 & 19 - C Ride Weekend

June 20 through 22 - "My First Road Bike" Camp

June 25 - We're going to Greylock! (In addition to our regular ride schedule)

## Calendar of Non-SCBC Special 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.*

### ■ June 4

Kings Tour of the Quabbin  
Ride 62, 100 and 125 mile options,  
Starting in Rutland, MA  
[www.sevenhillswheelmen.org/centuries.htm](http://www.sevenhillswheelmen.org/centuries.htm)

### ■ June 12

Tour of Awareness  
[www.tourofawareness.com](http://www.tourofawareness.com)

### ■ June 25 - July 2

Annual Bicycle Adventure Along the Wisconsin River (GRABAAR®) -  
<http://www.bikewisconsin.org>

### ■ July 15 - 17

Tri-State Trek-Boston to New York to End Lou Gehrig's Disease 860-523-8442  
[www.tristatetrek.com](http://www.tristatetrek.com)

### ■ July 16 - 17

Mohegan Sun MS 150 Bike Tour  
Phone: 860.953.0601 Fax: 860.953.0602 [www.ctnmss.org](http://www.ctnmss.org) Contact: Scott Spewock Development Manager, [sspewock@ctnmss.org](mailto:sspewock@ctnmss.org)

### ■ July 24

Southern CT Cycle Club Century  
Charity ride, 25, 62 and 100 mile options,  
Starting in Middletown, CT  
[www.ctcycle.org/century.htm](http://www.ctcycle.org/century.htm)

### ■ August 7 - 13

Sprocket's Annual Great Bicycle Ride Across Wisconsin (SAGBRAW®)

### ■ October 2

Major Taylor Century (In 1899, Major Taylor was world cycling champion, "the Fastest Bike Rider in the world"). Ride 25, 62, 100 mile options,  
Starting : Whitinsville (section of Northbridge), MA  
[www.sevenhillswheelmen.org/centuries.htm](http://www.sevenhillswheelmen.org/centuries.htm)

# The Rules

Road Rides: 1.) All participants in the club must wear a helmet throughout the duration of the ride. Any rider without an ANSI and/or SNELL approved helmet will NOT be permitted to ride. 2.) All traffic laws and regulations must be observed. This includes observing all stop signs and lights. 3.) Bikers are expected to ride single file unless there is no traffic. Under no circumstances should riders ride more than two abreast. The call "CAR BACK" is a signal to all riders to immediately drop to single file riding.



Off Road Rides: 1.) When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. 2.) When encountering equestrians from the front, stop, get off the bike and move well off the trail until they pass. When approaching from the rear, ask permission to pass and ask for advice as to the best way to pass. 3.) Don't skid. Take turns and climb hills slowly enough to avoid trail marks. 4.) Be friendly to land managers, hikers and equestrians. 5.) Only ride on trails open to bikers. 6.) Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach. All riders should bring one or two water bottles



filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will improve your riding performance.

# The Pace and Terrain

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

## Road Bike Rides

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

## Mountain Bike and Off Road Rides

### Terrain

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

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

# The Ride Tips

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

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

# The Rides

## WEBSITE UPDATE

### IMPORTANT NOTE:

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

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

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

## PLEASE NOTE: FOR STANDING EVENING RIDES

All official Sound Cyclists Bicycle Club standing evening rides will start in May 2005. A night headlight and rear reflector on your bicycle IS REQUIRED and you must wear a reflective vest when doing weekday evening rides during May 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.

**PLEASE NOTE: Many ride descriptions now include a new abbreviation: EAP - Expected Average Pace**  
**STANDING RIDES**

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### **EVERY MONDAY**

Mike's Ride, C+/C Combo, F/R, 21 miles, 6:00/6:15.  
RL: Mike Stoll, 981-3483. mstoll88@aol.com and Brian Voytek, 374-0921 bvoytek@optonline.net. Meet Merritt Pkwy. Exit 38 CPL. Flat to rolling with a few hills.

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### **EVERY TUESDAY**

Summer Solstice Spin, C+, R/H, 20 miles, 6:00/6:15 pm. RL: Kathleen Kellett, 372-9948 or kkellski@aol.com. Meet Merritt Pkwy. Exit 44 (North bound CPL) Ride for 90+ minutes on scenic back roads in Fairfield and Easton. End of ride average will be 14.5 mph. Cue sheets will be available, faster riders are encouraged to start ride a couple of minutes in advance. Rain cancels.

Tuesday Night Spin, B/C+, R/H, 24 Miles, 6:00/6:15 p.m. RL: (B) Eric Johnson, 434-3373 or eric.d.johnson@smithbarney.com; (C+) Bill Meredith, 943-5808, wmered2277@aol.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Ride goes to 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.

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### **EVERY WEDNESDAY MORNING**

Weekday Wonder, C & D, R/H, 20/30 miles, 10:15/10:30 a.m. RL: Don Stillman, 531-7057 or dons351@juno.com. Meet at Darien Town Hall/ Board Ed parking lot, Exit 11, I-95, South on Route 1 (Post Rd), 0.25 miles to right turn onto Renshaw, then right turn into parking lot. Scenic route through Darien travels along Long Island Sound then turns north heading to New Canaan for lunch. 20 mile route is arrowed Wed. night route without Lunch. Average pace will vary from 11 to 14 mph depending on the number and abilities of the riders. When practical we will break into two groups. Rain at 9:00 a.m. Cancels. SR.

### **EVERY WEDNESDAY EVENING**

The Wednesday Night Spin – All Levels, Self-paced, 20 Miles, F/R. Meets 6:00/6:15 p.m. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net; John Dugdale, 655- 4277 or jdugda@peoplepc.com. Meet at Hindley School in Darien, corner of Nearwater Lane & Post Road. Bike through coastal Darien and scenic New Canaan. The ride is self-paced. The route is arrowed. Cyclists should maintain a minimum speed of 10 mph to finish by dark.

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### **EVERY THURSDAY**

Thunder in the Hills, A/B, H, 24 Miles, 6:00/6:15 p.m. No ride leader. This is a show and go. Meet at Exit 38 CPL Merritt Pkwy. This is the usual Thursday night ride with plenty of hills and no dreaded West Rd. If you need a copy of the cue sheet e-mail Norton W. Lazarus nwl@oemcapitalcorp.com

The Hills of Easton C+, H, 23, 6:00/6:15 p.m. RL: Greg Ziebell, 881-2519 or gregz@preferredprinting.com. Meet Merritt Pkwy. Exit 46 CPL. Extremely challenging ride through Fairfield & Easton as you climb and descend hills. NR

Up and Down Greenwich, C+ or C, R/H, 20 to 25 miles, C+: 6:15/6:30 p.m. RL: Justin Karbel, 203-537-8787, Jkarbel@optonline.net; C: 6:00/6:15 p.m. RL: Don Stillman, 531-7057 or dons@juno.com. Meet at Cos Cob RRS parking lot on Sound Shore Drive (across from #8), off exit 4 of I-95. Various routes along the scenic shoreline and the hilly backcountry of Greenwich. We can't skip the hills, but we will avoid the worst. Average pace expected to be 15.5 to 16 mph. SR

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The Coastal Cruiser, C, F/R, Approx. 20 Miles, 6:00/ 6:15 p.m. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet Coleytown Middle School, 255 North Ave. From Merritt Pkwy. 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. The expected speed for the month of May will be 13.5 to 14.5 mph. Rain Cancels. SR

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### **EVERY FRIDAY**

TGIF Unwinder, All Levels, Self-paced, 17/21 miles 6:00/6:15. D/E Riders arrive at 5:45/6:00 before the faster riders. D/E riders: please contact Shelia Carmine at 203-322-9534 if you will be riding. RL: John Dugdale, 655- 4277 or jdugda@peoplepc.com Meet at the Darien RR station NY bound side. The start will be staggered with the C+ and B riders heading out at 6:10 sharp to avoid flooding the start. Please join us on the club's shoreline ride to Rowayton and back. The route is arrowed. 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.

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### **EVERY SATURDAY**

Back to Bethel, A/B, R/H, 40 miles, 8:45/9:00. Show and Go. Meet Merritt Pkwy. Exit 41 CPL. Join us for this fast-paced ride up around the reservoirs to Bethel and down Route 58. Quick stop on Steck's Hill. Nasty weather cancels ride. NR

Saturday Morning Special, C, R/H, 21 miles, 7:30/7:45. RL: (C) Phil Miano, 646-225-4332 or pmiano@microsoft.com; (C+) Emil Albanese 853-7499 emilalb@aol.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, I-95 Exit 17. Early morning ride past Compo Beach and over to Southport. Coffee after the ride, Peter's Bridge Market. SR Same Damn Ride Every Saturday, C+, R/H, 34 miles, 9:30/9:45. (Starts May 7). RL: John Sohikian, 762-8827 or jsohikian@aol.com; Bill Meredith, 943-5808 or wmered2277@aol.com ; Anne Spellman, 259-3381. Meet Fairfield RR station, off I-95 Exit 21, 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.

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### **EVERY SUNDAY**

Sunday Morning Spin, B, B-/C+, R/H, 27 to 42 miles, 9:30/9:45. Show and Go. Meet Westport RR station parking lot, adjacent to Luciano Park, I-95 Exit 17. A ride for experienced cyclists. We leave on time. The C+/B- and B rides have no food stop (one quick bathroom stop before the hills) and very limited regrouping. These rides are appropriate for self-sufficient cyclists wanting to spin-with (not race-against) others. Rides are inappropriate for inexperienced and stop-a-lots.

Early Sunday Spin, C, R/H, 25 to 30 miles (extension possible if group agrees), 8:45/9:00. RL: John Watt, 203-273-9770 or john\_watt\_2001@yahoo.com. Co RL: Mark Serlin, 642-4000 or serlinm@aol.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Early morning ride past Compo Beach, and to Southport. Ride will include routes north of the Merritt Pkwy. No food stop. SR

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## **Featured Rides in June**

(See Descriptions for further details)

June 11: Long Island Winery Ride, C+, F, 53 miles,

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8:30/9:00

June 11: Savin Rock Ramble, C, F/R/H, 32 miles, 9:00/9:15.

June 12: Three County Tour, A/B, R, 68 miles, 9:30/9:50 (yes, 9:50!)

Three County Tour Abridged, C+/C, R/H, 52 miles, 9:45/10:00

June 18: Putnam Rail Trail, D+, F, 32 miles, 10:00/10:15.

June 25: Bennetts Bridge, B, R/H, 51 miles, 8:45/9:00

## **SATURDAY, JUNE 4**

See Standing Saturday Rides on page 6.

Land O' Lakes, B, EAP: 17 mph, R/H, 55 miles, 8:45/9:00. HRL: Jon Swallen. 254-0164 or jswallen@att.net. Meet at the Ridgefield High School parking lot on Route 116. A distinctive route which passes ten major reservoirs and lakes amidst the rolling hills of Putnam County. Ride across two causeways with stunning views of the Croton watershed. Several sustained hills, including a pair of 5% grades in the last 10 miles. The ratio of elevation gain (4,760 feet) to ride distance is a high 1.66%. Food stop. SR

Titicus and Amawalk Reservoir Ride, C+, R/H, 40/50 miles, 9:15/9:30. RL: Gary Bebell, 858-4964 (cell and voicemail) or gary.dani@att.net. Meet at Steve's Bagels in Ridgefield. It is in the CVS shopping center on the west side of Main Street in Ridgefield, just past Catoonah Street. If you're coming from Westport/Weston/Fairfield, the easiest route is Rt 7 north to Branchville, left on 102 West, all the way up the hill to T intersection with Main Street, Ridgefield. Go right on Main Street, CVS entrance is on the left about 2 blocks into town. (If you hit RT 116, you've gone too far.) Please do not park in the front row. Scenic ride around both reservoirs. Ride plan is a short stop at Somers Bagels mile 14, then longer food and rest stop in Salem Center mile 33. From there you (or we as a group) have option of straight 7 mile ride back to Ridgefield (no turns - you can't get lost), or 17 more miles to make 50 total. Food stop. SR

Destination: Mamanasco Lake, C, EAP: 13 mph, R/H, 37 miles, 9:00/9:15. RL: Dennis Lyall, 846-6000 or LyallArt@aol.com. Meet at Exit 38 CPL, Merritt Pkwy. Scenic loop up to Mamanasco Lake and back to Norwalk through Silvermine. Food stop in Ridgefield. SR

Darien New Canaan Tour, D+, EAP: 11.5-12.5 mph, R/H, 34 miles, 9:00/9:15. RL: Herb Wexler 854-9368 or herbwex@optonline.net. Meet at Hindley School, corner of Nearwater Lane and Route 1, Darien, off I-95 Exit 10. This ride is rolling to moderately hilly with no significant climbs. Bring snacks. SR

Darien Surf and Turf, D, EAP: 11-12 mph, F/R, 20 miles, 9:00/9:15. RL: Lauren and Jerry Hunt: 203-847-9427 or lauren-sc567@aol.com. Meets at Talmadge Hill RR Station, Exit 36 off Merritt Pkwy. Join us on this scenic ride through New Canaan, Darien and Rowayton. Beautiful back roads and water views. Snack stop midway at Rowayton Market. Sweep provided. FR

Darien Surf and Turf, E, F/R, 20 miles, 9:00/9:15 (Show and Go). Pickup a cue sheet from the D ride leader and do the ride at your own pace. There will be no ride leader, so make sure you have a pump, spare inner tube, a tube patch in case you get a flat and most importantly know how to change a bicycle flat.

## **SUNDAY, JUNE 5**

See Standing Sunday Rides on page 6.

North Salem Winery Ride, B, EAP: 17.5-18 mph, R/H, 48 miles, 8:45/9:00. RL: Mark Gillies, 240-0747 (cell) or magillies2@aol.com. Meet at Exit 38 CPL, Merritt Pkwy. A briskly paced ride to Ridgefield and North Salem. The terrain is diverse and the climbing is not perverse. The ratio of elevation gain (3,283 feet) to mileage is a very civil 1.27%. Food stop. SR

Searching for Titicus, C+, EAP: 15-16 mph, R/H, 42 miles, 9:15/9:30. RL: Lucia Chapman 914-393-9216 or trigril58@aol.com. Meet at Bedford Village Elementary School, 45 Court Rd. Bedford. From CT, take Long Ridge Rd to the end and turn left on Rt 172. Bear right at the village green in .7 miles. Turn right almost immediately after the stop sign at the end of the green onto Court Rd. This is a very scenic route, rolling and hilly, with lots of climbing and some fast descents. The ride travels through Bedford, Pound Ridge, South Salem, Waccabuc, North Salem, Purdys, Golden Bridge and Katonah. Rain Cancels. Food Stop. SR

Aspetuck/Saugatuck Extended Ride, C, EAP: 13-13.5 mph, R/H, 36 miles, 9:15/9:30. RL: Tom Syrstad, 353-8516 or tom\_syrstad@yahoo.com. Meet at Exit 41 CPL, Merritt Pkwy. Scenic tour of reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a long descent down Newtown Turnpike. Food Stop, Redding Ridge Market. SR

Trumbull-Monroe Backroads Tour, C, R/H, 31 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet Exit 50 CPL, Merritt Pkwy. There is no Exit 50 from the south, so take the Merritt Pkwy to Exit 51 and come back one exit. Drive a mere 11 minutes from Exit 42 and enjoy a scenic tour through Trumbull and Monroe over roads seldom seen on Sound Cyclist rides. Leader guarantees he will not exceed the 14 m.p.h. average pace, so if you keep the pace, you will not be dropped. SR

Almost Thirty Something, D+, EAP: 11.5-12.5 mph, F/R, 29 miles, 9:00/9:15. RL: Martin Iselin, 256-0085 or mbiselin@optonline.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. Bring Snacks. SR

## **SATURDAY, JUNE 11**

See Standing Saturday Rides on page 6.

Volunteer Appreciation Party - See article on page 1.

Lake Truesdale Special, B, EAP: 17 mph, R/H, 46 miles, 8:45/9:00. RL: Norton Lazarus, 698-3032 or nwl@oemcapital-corp.com. Meet at Talmadge Hill RR Station, off Merritt Pkwy Exit 36. We got rained out in April with this ride so we'll try again. Scenic route through South Salem, North Salem, Cross River, Bedford and Pound Ridge before returning to New Canaan. 3,450 feet of climbing gain. As a percentage of the linear ride distance (46 miles), that's 1.42% which is a normal ratio for area rides. Food stop. 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 approx. \$23 same day round trip w/bike. Food Stop. SR

**Land O' Lakes, C+/B-, EAP: 16-17 mph, R/H, 55 miles, 8:45/9:00.** RL: John Sohikian 203-668-0194, john.sohikian@omnicomgroup.com. Training ride for experienced C+ riders. Pace lining. Meet at the Ridgefield High School parking lot on Route 116. A distinctive route which passes ten major reservoirs and lakes amidst the rolling hills of Putnam County. Ride across two causeways with stunning views of the Croton watershed. Several sustained hills, including a pair of 5% grades in the last 10 miles. The ratio of elevation gain (4,760 feet) to ride distance is a high 1.66%. Food stop. SR

**Savin Rock Ramble, C, F/R/H, 32 miles, 9:00/9:15.** RL: Tom Ebersold, 874-7839 or tebersold@att.net. Debut of a new ride in Milford and West Haven that includes favorite views along the shore with some novel inland roads in West Haven that are smoothly paved with moderate traffic. The ride includes some new and familiar coastal views at Savin Rock with lunch at Chick's. We will finish in plenty of time for you to attend the volunteer appreciation party. Meet in the parking lot behind the tennis courts at the rear of the Milford Library. Take I-95 North to Exit 37. Right onto High Street and cross Route 1 to Milford Green. Left onto Broad St. at light. Go straight across the stone bridge. Turn right at light by the Milford Library. Drive around the back of the library and past the tennis courts to the parking lot behind the tennis courts near the sign for Wilcox Park. Joint ride with AMC.

**Saugatuck Reservoir Ride, D+, EAP: 11.5-12.5 mph, R/H, 26 miles, 9:00/9:15.** RL: Glen Balamaci, 722-7501 or gbalamac@optonline.net. Meet at Exit 42 CPL, Merritt Pkwy. Tour around the scenic Saugatuck Reservoir on this ride through Weston. Lunch can be purchased. SR

**TGIF Unwinder, D, EAP: 11-12 mph, F/R, 20 miles, F/R, 9:15/9:30.** RL: Daphne White 324-3194 or daphne.white@wiltonct.org; Meet at the Darien RR station, NY-bound side, Exit 11 I-95. The route is arrowed so come join us on the club's traditional shoreline ride to Rowayton and back. Snack stop at Rowayton Market. FR

**Little Loop to Stoney Creek, D/E, F/R, approx. 26 miles, 9:45/10:00.** RL Charles Pape and Pat Adams, 877-1602. Meet at East Shore Park parking lot. I-95 N exit 50. Right onto Woodward Ave, approx 1 mile to lot on right. An easy ride to Stoney Creek and back. Rain Cancels.

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## SUNDAY, JUNE 12

See Standing Sunday Rides on page 6.

**Three County Tour, A/B, R, 68 miles, 9:30/9:50 (yes, 9:50!).** RL: Jon Swallen, 254-0164 or jswallen@att.net. Average speed around 19 mph. Meet at Kent (CT) Town Hall. Take Rt. 7 into center of Kent. Cross RR tracks then make a quick right into Kent Greens Shopping Village. Town hall is the brick building at the end of the driveway to your right. This route snakes through miles of gently rolling farmland in Dutchess and Columbia counties, along well-paved roads where you'll see more cows than cars. The terrain lends itself to extensive pacelining (just 4500 feet of elevation gain; an average grade of 1.24%) and faster speeds. Adding to the fun, we'll be chasing C+ and C groups who are doing an abridged version of the route and starting 9 miles ahead. Timed properly, we'll all meet at a food stop. Kent is about 55 miles and 80-90 minutes from the Norwalk area via Rt. 7. If you're coming from

Fairfield and points east, try Rt. 25 to Rt. 133 to Rt. 67 and join Rt. 7 in New Milford to avoid traffic. Food stop(s). SR.

**Three County Tour Abridged, C+/C-, R/H, 52 miles, 9:45/10:00 .** RL: (C+) Suzan Maxey, 374-1606 or smaxey@snet.net; (C-) Mike Ceruzzi, 261-5369 or mceruzzi@snet.net. Meet at Cousin's Mini Mart on the west side of Route 22, at the intersection with Route 81 in Wassaic, NY (it's 29.5 miles north of I-84 and 4 miles north of Dover Plains). This is a different ride. We roll through real farm and dairy land, stopping at a general store in Ancramdale, NY, for a break. Although it's mostly rolling to moderately hilly, there are two 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

**Coleytown Cruiser, C, EAP: 12-13 mph, R/H, 23 miles, 9:00/9:15.** RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.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 tour of some favorite meadow and shore roads from a starting location with plenty of parking. SR

**Norwalk, Darien, Rowayton Tour, D+, EAP: 11.5-12.5 mph, F/R, 25 miles, 9:15/9:30** RL: Pavel Gurvich 853-3481 or pavelgur@optonline.net. Meet at Exit 38 CPL, Merritt Pkwy. Take a lovely spin through West Norwalk before joining the familiar Friday Night Ride route. Bring snacks. SR

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## SATURDAY, JUNE 18

See Standing Saturday Rides on page 6.

**The 'Bury Blast, B, R/H, 48 miles, 9:00/9:15.** RL Paul Zackin, 264-1430 or pzackin@zackin.com. Expect an average speed in the low 17s. Meet at I-84, Exit 14 CPL in Southbury. For the down-county crowd, make your way to Newtown to pick up I-84 East. Southbury is 5 minutes from Newtown and 40-45 minutes from the Norwalk area. This well-conceived route through Southbury, Roxbury, Middlebury and Woodbury is a delightful alternative to standard club rides. There are extended stretches on quiet back roads and many rolling sections that are challenging but not intimidating. The biggest climb of the day comes in the first 5 miles. Total elevation gain of 3,875 feet. Food stop. SR.

**Destination: Mamanasco Lake, C+, R/H, 37 miles, 9:15/9:30.** RL: Dennis Lyall, 846-6000 or LyallArt@aol.com. Meet at Exit 38 CPL, Merritt Pkwy. Scenic loop up to Mamanasco Lake and back to Norwalk through Silvermine. Food stop in Ridgefield. SR

**Greenwich Estate Country Tour, C, EAP: 14 mph, R/H, 39 miles, 9:00/9:15 .** RL: Mike Tamborrino, 359-3984 or tambor40@hotmail.com. Meet at West Hill H.S. in Stamford, Exit 35 off Merritt Pkwy. 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 visit to Banksville for a reality check and the food stop. SR

**Silvermine-Rowayton Tour, D+, EAP: 11.5-12.5 mph, R/H, 25 miles, 9:00/9:15.** RL: Donna Sohikian, 668-0186 or dsohikian@aol.com. Meet at Exit 38 CPL, Merritt Pkwy. Join us for a tour of scenic areas in Silvermine and Rowayton. Bring snacks. SR



Putnam Rail Trail, D+, EAP: 12.5 mph, F, 32 miles, 10:00/10:15. RL: Mike Ceruzzi, 261-5369 or mceruzzi@snet.net. Paved Rail Trail. Suitable for a road bike. Meet at Yorktown Heights Shopping Center, NY. Directions: I-84 West to Brewster, N.Y. Then I-684 South to Katonah (Exit 6). Take Route 35 West for 6.5 miles. At traffic light, continue straight onto Route 118 (2nd Traffic Light). Travel 0.2 Miles and take 1st left into Downing Drive. Then, First right into Burger King Parking Lot. Bring lunch or buy lunch. FR Milford Shoreline Ice Cream Ride, E, EAP: 10 mph, F/R, 26 miles, 10:15/10:30. RL: Noel Gabrielle, 799-3573 (home), 927-0946 (cell) or ngabrielle@sikorsky.com (work days only). Meet at Exit 55B CPL, Merritt Pky/Wilbur Cross Parkway. Third exit after Sikorsky Bridge (Wolf Harbor Road) or from I-95, take Milford Connector, head toward Hartford, take the second exit, 55B, CPL is on the left Scenic route covering rural Milford, Devon, Milford Center, and Woodmont. Ride the entire Milford Shore from Milford Point to Woodmont. Beautiful back roads and fabulous water views. Ice cream stop in Milford harbor in the middle of the ride. Bring snacks if you like. Terrain is mild throughout with no point higher than 200 feet and many miles of flat cruising. Frequent stops at key turns. No cue sheets. Rain cancels.

Branford Supply Ponds, MB, R/H, 15/25 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet at Zane's Cycle, corner of Rt. 1 and Cedar St., Branford. From I-95 Exit 54, head south on Cedar St. to Rt. 1. Debut of a new mountain bike ride in a location near to Fairfield County. The Branford Supply Ponds is a great place for a skilled road rider who wants to try some off-road riding. Most trails are smoothly packed double track with a few mildly technical single-track sections. After doing two loops through the supply ponds, we will add 10 road miles at the end for those interested. Bring lunch.

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## SUNDAY, JUNE 19

See Standing Saturday Rides on page 6.

Dodgingtown Double Nickel, B+/B- combo, R/H, 55 miles, 8:45/9:00. RLs: (B+) Rick Bailer, 834-2577 or rbailer@sirius.com and (B-) Jon Swallen, 254-0164 or jswallen@att.net. Expect an average pace around 18 mph for B+ and low 17s for B-. The B- section of this ride is intended specifically for C+ riders who are interested in a more competitive, faster paced ride and who want to work on group riding skills. Meet at I-95 Exit 18 CPL. Stretch your legs on this extended tour from Westport to Newtown with a bit of everything: beaches, quiet country roads, and yes, some climbing, but nothing too challenging. In fact, the total climbing gain is a modest 3,495 feet. As a % of the linear distance (55 miles) that's 1.20% which is a below-average ratio. The easy terrain means faster speed and that's reflected in the pace projection. Food stop. SR.

Greenwich H2O, B-/C+, EAP: 15.5 - 16 mph, R/H, 37 miles, 8:45/9:00. RL: Will Schwartz, 531-4517 or wjsaia@optonline.net. Meet at parking lot behind Glenville firehouse in western Greenwich. Exit 27S from southbound Merritt Pkwy., right off ramp, right on King St. (south), left at third light onto Glenville St. right at next light, bear right through next light past firehouse, next right onto Pemberwick Rd., parking lot is on the right behind the firehouse which is 1.1 miles from the Merritt Pkwy. Exit. New ride for 2004, ride past waterfalls, ponds, streams, fountains, reservoirs and finally the sound. First half is hilly with one good hill at the end, food stop in Old

Greenwich. SR

Greenwich Shore & Country, C, EAP: 12-13 mph, R/H, 33 miles, 9:15/9:30. RL: Charles Doran 661-4174 or cjdoran@fairfieldtechnology.net. Meet at Exit 3 CPL, I-95. Meet at Greenwich RR PL Horseneck Lane (I-95 exit 3, southbound. Turn right at TL, left at TL onto Horseneck and Left into lot). Ride along shore, through Bruce Park, alongside Mianus river to mid country. Through Audobon and back along Byram river. Food stop at Banksville. (Avoids worst of Greenwich hills, but there is one long hill). Has been reworked to avoid traffic in Byram.

The Backwoods to Shoreline Spin, D+, EAP: 11.5-12.5 mph, F/R, 32 miles, 9:00/9:15. RL: Fran Ramanauskas, 866-3996 or frjr@optonline.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. Bring snacks. SR.

Milford Meander, D, F/R, 21 miles, 12:15/12:30. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Debut of a new ride in Milford that includes favorite views along the shore with some less familiar inland roads. Terrain is mild throughout with no point higher than 200 feet and many miles of flat cruising. This ride specifically excludes the heavily trafficked shoreline roads in West Haven. Meet in the parking lot behind the tennis courts at the rear of the Milford Library. Take I-95 North to Exit 37. Right onto High Street and cross Route 1 to Milford Green. Left onto Broad St. at light. Go straight across the 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 behind the tennis courts near the sign for Wilcox Park. Joint ride with AMC.

Cranbury Park East, E, F/R, 16 miles, 8:45/9:00. RL: Gene & Jean Schlesinger 762-5984. Meet at Cranbury Park, Norwalk. From Norwalk RT 7 North to Kensett Rd (Wilton diner on right) turn right onto Kensett. Park is at end of road. Pleasant fairly flat ride with gentle climb last mile back to park. No food stop, bring snacks. FR

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## SATURDAY, JUNE 25

See Standing Saturday Rides on page 6.

Keeler Express, B, EAP: mid 17's, R/H, 47 miles, 8:45/9:00. RL: Bill Carney, 359-3659 or wcarney@optonline.net. Meet at Talmadge Hill RR Station, Merritt Pkwy Exit 36. A straightforward up and back to North Salem on paceline-friendly Routes 124, 137, 116, 35 and 123. There's a KOM (King Of Mountain) climb midway - 500 feet of elevation gain in 1.25 miles with grades topping out at 14% - which can be skipped. Bring an appropriate cogset. Food stop. SR

Greenwich Groove, C+, R/H, 50 miles, 8:45/9:00. RL: Rick Brooks, 820-4814 or rbrooks2@familygroup.org. Meet at Old Greenwich RR station. This ride leaves from the Old Greenwich RR Station and heads up through Eastern Greenwich to Banksville, then down through Western Greenwich to Glenville. Food stop in Banksville, coffee after the ride in Old Greenwich. SR

Sound Cyclists Classic, C, R/H, 27 miles, 9:00/9:15. RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.net. 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. Food Stop. SR

Stamford Reservoir Tour, D+, EAP: 11.5-12.5 mph, R/H, 28/34 miles, 9:00/9:15. RL: Glen Balamaci, 722-7501 or gbal-

mac@optonline.net. 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. Snack stop in Scotts Corners. SR

Figure Eight, D/E, EAP: 11.5-12.5 mph/E: 9-10 mph, F/R, 13/26 miles, 8:45/9:00 RL: Nancy Rosett & Bobbie Kinn , 857-4847 or n\_rosett@yahoo.com. 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.

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## SUNDAY, JUNE 26

See Standing Sunday Rides on page 6.

Bennetts Bridge, B, R/H, 51 miles, 8:45/9:00. RL: John Ercolani, 926-9153 or johne@txc.com. Average speed is expected to be in upper 16s. Meet at Exit 44 CPL, Merritt Pkwy. Cycle lesser known backroads up to Newtown, through Sandy Hook and down to Monroe. Diverse terrain and scenery with loss of smooth pavement. Several short steep hills and one long climb of 1.5 miles at 4.5% grade. Total climbing gain of 4,235 feet. As a % of the linear ride distance (51 miles) that's 1.57% which is above the norm for area rides. Food Stop. SR

Flying Ridge Ride, C+, R/H, 39 miles, 9:30/9:45. RL: Jeff Jenkins, 333-6016 or jeffjenkins@email.com. Meet at Exit 44 CPL, Merritt Parkway. A backwoods excursion thru Hattertown and Huntingtown on the way to Flying Ridge. Bail out option reduces ride to 26 miles. Food Stop. SR

Run to Ridgefield, C, R/H, 38 miles, 8:15/8:30. RL: John Dugdale, 655-4277 or jdugda@peoplepc.com. Meet at Darien Train Station, Exit 11 off I-95. Join us on the gradual climb to Ridgefield and coast down the hills on the return. Food stop in Ridgefield at Steve' Bagel. SR

The Coastal 30 plus 20, D+, EAP: 12.5-13mph, F/R, 20/30/50miles, 9:00/9:15. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet at 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. Join Brian on this coastal ride with two loops. The first loop will go through Westport, Southport and Fairfield for 30 miles returning to Coleytown School at approx. 12:00/12:15. After that the second loop will go from Westport to Calf Pasture and back totaling about 20 miles. Ride either 30 or 20 mile loops or ride both. Note the 2nd loop (20 miles) starts sometime after 12:30. Food Stop. SR

Harlem Valley Rail Trail, D+, EAP: 12.5 mph, F/R, 28 miles, 10:00/10:15. RL: Mike Ceruzzi, 261-5369 or mceruzzi@snet.net. Meet at the Wassaic Railroad Station in Amenia N.Y. (Free parking on weekends). Take I-84 West to Brewster N.Y. Then take Route 22 North for 29.5 miles. RR station will be on the right. Bring Lunch, the lunch stop will be at Rudd Pond State Park. For New York City and Westchester county members; Take the Harlem line Train #9611; Leaves Grand Central at 7:48. (Note: No public restrooms at Wassaic RR Station.) SR

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## SATURDAY, JULY 9

See Standing Saturday Rides on page 6.

Into the Woods Warbler, C, H, 28 miles, 9:00/9:15.

RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet Exit 44 CPL, Merritt Pkwy. Extremely scenic ride on roads most club members have never ridden. Little traffic along most of the route. Yes, there are some hills to climb in Easton, especially in the first half of the ride, but you will enjoy the freedom from not having to continually yell "Car back." SR

### 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 ride has become a "Rite of Passage" and a traditional premier event. Average speed should be a little over 13 mph but we do regroup often and have scheduled stops. If you're a member, you can't wait to do it again. If you're new to the club or just visiting, you'll want to do this one! It's one of the club's more popular rides and you don't want to miss out on it.

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 if you like. 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.

Reservations are NOT required.

- **Money to bring:** Parking in New London is about \$8.00 - \$10.00. Don't drive into the ferry terminal, there is no parking there. New London ferry same day round trip with bike is \$21.00; North Ferry same day round trip is \$5.00. Dinner is approx. \$20.00 - \$25.00 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](http://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: [info@moonlightingproductions.com](mailto:info@moonlightingproductions.com). You can try to arrange to car pool for the ride to New London by using @ Chat. 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.

## SUNDAY, JULY 17

See Standing Sunday Rides on page 6.

Double "D" Ride, D, F/R/H, 23, 18, or 41 miles, 9:15/9:30 and 12:15/12:30. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet in the rear parking lot of the Trumbull Senior Center on Priscilla Place. Take the Merritt Pkwy to Route 108 North (Exit 51 northbound and Exit 52 southbound). Priscilla Place is one block north of the Merritt. Two D rides in one day. In the early morning, we will ride the Shelton Reservoir Rollercoaster, which provides many reservoir views as you climb through Shelton's admittedly hilly terrain. In the afternoon, we will kick back and relax on the Nichols-Lordship Loop, a mostly flat ride with a gradual climb back up to the parking lot. Ice cream stop at the beach in Lordship. The afternoon start time could run a bit late, depending on when the morning ride is finished.

## SATURDAY, JULY 23

See Standing Sunday Rides on page 8.

Lake Pattaconk Pedal, C, R/H, 34 miles, 9:30/9:45. RL Tom Ebersold 874-7839 or tebersold@att.net. Meet at I-95, Exit 63 CPL (Route 81). Scenic tour on low-traffic roads with moderate uphill followed by miles of downhill. The highlight includes lunch by a secluded lake. Bring a swimsuit and a small towel for a refreshing dip at the lake (optional). Shop at Clinton Crossing on your way home. SR

**Please note: many ride descriptions now include a new abbreviation: EAP - Expected Average Pace**



# The Greasy Sprocket

Time to take off the gloves, and get down to it. We are well on the way to another great cycling year, but, the Un-Sound Cyclists are already hurting our club and it's members. On a recent ride a rider was taken out by a motorist delivering pizza to a house in Darien. The car was backing out into the street, and took out one rider, and almost a few more. The car was damaged almost as heavily as the bike. The driver was cited, the owner of the pizza place has promised free pizza for life, and will fix the bike. It could have been much worse. Another rider on his own collided head on with a motorist (87 years young) making a left turn. The rider left 68 feet of skid marks, the bike was in 4 pieces, and the rider may still be in the hospital. A helmet saved his life. We have already seen 2 riders over the yellow line and the pack riding 3 wide. When do we learn?

My last column generated a question about gearing, and spinning lightly in the little front ring vs. the big ego satisfying big ring. You will tire faster in the big ring, exerting more strength. Cardio-wise you will feel better at the end of the ride with a faster cadence. We all fall into that trap of harder gear, for faster bike, to get back in touch with the leaders. Once you're there, back off a little and get back to spinning and conserving power for the hills.

Our 5/8 scale president is doing a fine job guiding the flock. Let's all help him by not crashing, and by volunteering to lead rides. I live for emails and responses from you. Please email anything you besides spam to: Greasysprocket@yahoo.com. Spin Strong, G.S.

## COME JOIN ME FOR A TRIP OF A LIFETIME!!!! TO SOUTHERN ITALY!!!!

Enjoy biking (at a C pace), sightseeing,  
European culture and great food!!!!

Dates: August 21, 2005 – August 29, 2005.

Experience this amazing journey  
for 8 days and 7 nights for only \$2,385.00.

This includes air fare, hotel and meals.

For more information contact  
Vinny Esposito.  
(203-926-1386) or  
email: (esposi29@aol.com).

I look forward to hearing from you!!!!

Vinny Esposito



# SCBC Executive Board Meeting

## Minutes 4/25/05

### In Attendance:

John Sohikian  
Mike Tamborrino  
Ray Rauth  
Justin Karbel  
Don Stillman  
Brian Voyteck  
John Swallen  
John Dugdale  
Fran Ramanauskas  
Norton Lazarus  
Phil Miano  
Emil Albanese

Board approved last month's meeting minutes.

First issue raised concerned the dwindling interest in "E" rides. The club is getting faster and there are fewer folks to both lead and follow on "E" rides. Fran suggested they migrate to a 'show and go' for the most part. Don Stillman offered, on his Wednesday morning ride, to give the cue sheet to any "E" riders who wanted to trace his path.

### Bloomin Metric

Justin has a few folks to place signs, but he has made an appeal for more assistance. We cannot post to anything other than telephone poles, definitely no trees. The registration tent procurement is in process. Since Mary Karnis cannot manage the food tent, we need someone to step up. Peter Carlton needs help with the sag wagon. All areas still need volunteers. John Sohikian suggests ride leaders announce to their group this need. Registration is 30% ahead of last year at this time.

### Friday Night Ride

Although there's been no official Darien town complaint, individuals have voiced a concern over unsafe conditions. John Sohikian suggests sending the faster riders to New Canaan via Brookside at 6:10 so they don't pass the slower riders in the beginning. We might want to think about changing the location of the ride at some point. The course could use some rearranging.

Fran raised an issue concerning the "true" speed of "D" rides. She feels most average 11.5 to 13MPH. We should do away with any ride ending with a minus grade (i.e. C-). The board voted to change the speed range of "D" rides to 11-13MPH. We also will urge ride leaders to list the speed in the newsletter.

### Ride Leader Training

Overall very effective but needs to be tweaked less towards the "riding" and more towards the "leading". We should offer the training to all members.

### Communication

Phil proposed a more effective and interactive method for club members to communicate on the web by suggesting an online bulletin board. The cost is minimal because it's shareware. Bloomin Metric promotion is ongoing.

### Treasurers Report

Emil says we will be switching from Wachovia Bank to Bank of America for our financial accounts and from Quicken to Quickbooks for our financial reporting. This will result in greater report clarity. All board members accepted the treasurer's report.

### Membership

New and renewing membership took a nice jump forward in the 30 days since the last meeting. We are now up to 835, with 91 new folks joining as a result of BM registration. More people are using active.com as their preferred vehicle for registration. The surcharge for mail-in membership is having its intended affect of increasing online registration.

### Ride Coordinator Report

A suggestion was made to mix more rides with the Westchester and Southern CT bike clubs. We've added a standing Thursday night ride from Cos Cob to accommodate those who can't fight northbound traffic to Norwalk and up. All other standing week night rides have leaders. The group raised the issue of whether we should allow impromptu rides to be talked up on @chat.

### Incentives

Justin has a box of a few SCBC jerseys he's looking to get rid of. Price \$45.

### Community Report

Ray went over some statistics provided by the State Comprehensive Outdoor Recreation Plan. The results of 10,000 respondents say that people enjoy a variety of outdoor activities.

### Web Site and Graphics

The web site is going through a major overhaul on the background. The majority of changes will not be noticed on screen.

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## A/B Trip To Vermont

### August 5-7

*(Continued from page 2)*

in Manchester. The terrain for each course is mostly rolling and goes around the big mountains, not over them. Again, there are food stops along the way. You can wash up back at the house before heading home.

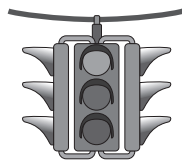
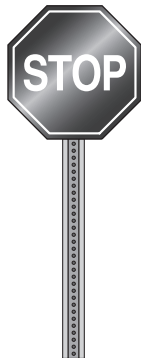
Early arrivals on Friday can spend the afternoon riding around the Jamaica area, taking in the mountain views.

Meals: The house has a full kitchen and there's the option to cook-in (and clean up) or eat out at one of several restaurants located within a 10 minute drive of the house. There's a nearby diner that's an option for breakfast. On Saturday night, people usually go out together and load up on pasta to replenish for the Sunday ride.

Reservations: If you plan on coming and want to reserve a spot in the house, please send a check for \$40 (payable to "SCBC") to Jon Swallen, 230 Orchard Hill Lane, Fairfield CT 06824. Once you've reserved a spot in the house, there will be no refunds unless a paying replacement is found. If you prefer one of the alternate lodging options, act quickly to book a room as the Stratton area is a popular summer vacation destination.

If you have questions or need additional information, please contact Jon Swallen at jswallen@att.net or 254-0164.

# Always Obey Traffic Signs When Biking



## SOUND CYCLISTS

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

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

### Officers

President	John Sohikian	668-0194	jsohikian@aol.com
Vice President	Norton Lazarus	698-3032	nwl@oemcapitalcorp.com
Treasurer	Emil Albanese	853-7499	emilalb@aol.com
Secretary	Heidi Snelling	273-8394	heidi.snelling@diageo.com

### Directors and Committees

<b>Rides Director</b>	<b>Brian Voytek</b>	<b>374-0921</b>	<b>bvoytek@optonline.net</b>
<b>A Rides</b>	<b>Jon Swallen</b>	<b>254-0164</b>	<b>jswallen@att.net</b>
<b>B Rides</b>	<b>Jon Swallen</b>	<b>254-0164</b>	<b>jswallen@att.net</b>
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<b>C Rides</b>	<b>John Dugdale</b>	<b>655-4277</b>	<b>jdugda@peoplepc.com</b>
<b>D Rides</b>	<b>Fran Ramanuskas</b>	<b>866-3996</b>	<b>frjr@optonline.net</b>
<b>E Rides</b>	<b>Open</b>		
<b>Mountain/Off Road</b>	<b>Dave Cleveland</b>	<b>226-7355</b>	<b>dcleve9692@aol.com</b>
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<b>Member Liaison</b>	<b>Janet Flandreau</b>	<b>662-9553</b>	<b>famouslily@aol.com</b>
<b>Bloomin' Metric Director</b>	<b>Don Stillman</b>	<b>531-7057</b>	<b>dons351@juno.com</b>
<b>Program Director</b>	<b>Donna Sohikian</b>	<b>668-0186</b>	<b>Dsohikian@aol.com</b>
<b>Picnics</b>	<b>Open</b>		
<b>Picnic Co-chair</b>	<b>Open</b>		
<b>Safety</b>	<b>Clyde Gourley</b>	<b>929-4001</b>	<b>(no e-mail address)</b>
<b>Club Weekends</b>	<b>Open</b>		
<b>Incentives</b>	<b>Justin Karbel</b>	<b>537-8787</b>	<b>jkarbel@optonline.net</b>
<b>Signing Council Co-Chairs</b>	<b>Emil Albanese</b>	<b>853-7499</b>	<b>emilalb@aol.com</b>
	<b>Chris Klimek</b>	<b>561-0809</b>	<b>cklimek@cablevision.com</b>
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<b>Printer</b>	<b>Exact Printing</b>	<b>377-6571</b>	

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

If you wish to join, send a signed copy of the membership application at the back of the newsletter with \$20 check for electronic membership, to obtain your newsletter on [www.soundcyclists.com](http://www.soundcyclists.com) or \$30 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form. This price includes a \$5.00 handling fee. Consider joining or renewing online by going to: [www.soundcyclists.com/Membership.htm](http://www.soundcyclists.com/Membership.htm) to avoid this handling fee.

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

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

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

#### Display and Classified Advertising:

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

#### Incentives Program:

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

### Sound Cyclists Advertising Rates

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.

### Members Market Place

For Sale: CENTURION ROAD/TRI BIKE - 58 cm/24" frame, Dave Scott Ironman model, 14 speed, v.g. cond, Suntour GPX groupo, (crankset, 700c wheels, derailleurs & indexed shifters), new Kestrel Pro Carbon fork, new Shimano 105 brakes and cables, new Specialized Avatar BG seat. Asking \$425 obo. Call Jim at (203) 521-0247. Pictures on request - email [james.booth@ubs.com](mailto:james.booth@ubs.com)

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# Membership Application Form

Use this form **ONLY** if you do not have internet access. Avoid a \$5 special handling charge by registering online.

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

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

**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, disclaimer, 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 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-, SNELL- or CPSC-approved helmet during this Sound Cyclists Bicycle Club ride as per club policy rules.

Name (Last/First/Middle) \_\_\_\_\_

Signature \_\_\_\_\_

Name (Last/First/Middle) \_\_\_\_\_

Signature \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Date \_\_\_\_\_

SCBC occasionally sells its mailing list.  Check box if you do not want your name used

Telephone (\_\_\_\_\_) \_\_\_\_\_

Check One:  New or  Renewal /  Electronic: \$20.00 or  Mail: \$30.00

(see important note below about pricing)

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**IMPORTANT: When using this mail-in form**, annual dues is \$20.00 for electronic membership (you access the newsletter from the Web site) or \$30 for paper membership (you receive the newsletter by mail). **This price includes a \$5.00 handling fee. Consider joining or renewing online by going to: [www.soundcyclists.com/Membership.htm](http://www.soundcyclists.com/Membership.htm) to avoid this handling fee.** Membership runs from February 1st of one year to January 31st of the following year. If you join after October 1st, your membership will continue past the first January 31st date and will expire the following January 31st - giving you a 16 month membership.

**Mail to: M. Tamborrino, Sound Cyclists Bicycle Club, Membership Chairman, 248 Seaton Road, Stamford, CT 06902.** Unsigned forms or those without checks will be returned. When using this mail-in form you must allow time for your membership to be processed. Two to three weeks between the time you mail your application until the time you receive your welcome letter, which includes the web site user name and password. **Again, consider joining/renewing online for instant processing and avoiding the \$5.00 handling fee. Go to: [www.soundcyclists.com/Membership.htm](http://www.soundcyclists.com/Membership.htm)**