

# SOUND CYCLISTS

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

March, 2003

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

## Spring Is On The Way! Join Our Bloomin' Metric Volunteers!!

Dennis Lyall, Director BM03

Warmer weather is coming, and so is our big spring tour. Sunday, May 18 is fast approaching. There are a couple more planning meetings on our schedule, and it would be great if you could come! The next two meetings are:

Thursday, March 6, 7pm

Thursday, April 3, 7pm

Like past meetings, these will be in the Seminar Room (that's upstairs) at the Westport Library. We'll work until about 9pm, and pizza and soft drinks will be available. There is still a lot to do, and you can make a big difference. We hope to see you there!


## Join Your Friends & Meet New Members at SCBC Seminar, March 19, 2003

### Seventeen Ways to Eliminate Pain Caused by a Maladjusted Bike

By Clyde Gourley

The above named program will be take place at the Westport Library, March 19th, starting at 7:00pm. The program was originally presented by Clyde Gourley 22 years ago. The subject matter has been greatly enhanced by member's experiences and suggestions over the intervening years.

Clyde asks those attending to seriously review their riding objectives prior to attending. Racers, for instance, have relatively few options in terms of their basic set-up. Utility riders, on the other hand have many opportunities to make changes in their biomechanical relationship. The current popularity of "Comfort" bikes shows that the market is beginning to fully appreciate the popularity of the basic mountain bike set-up (if it includes road tires).

Instructions will include the basic road bike set-up, followed by common variations utilized by bikers to personalize their biomechanical relationship, and solve serious painful problems. 

Looking forward to Spring!!  
Regular Rides Schedule will  
begin Saturday April 5th  
Daylight Savings Time: Sunday, April 6th

### Bike Tip of the Month

## "Bicycling Is Good for Your Brain "

Brain Training

Regularly engaging in an exercise program may help preserve key areas of the brain. Exercise has both long-term and short-term beneficial effects on the brain, according to research. Recent studies have revealed how exercise can enhance the function of certain brain regions associated with memory, such as the hippocampus. Keep your brain sharp by scheduling a 30-minute power walk during lunch breaks or after work. RealAge Benefit: Exercising regularly can make your RealAge as much as 9 years younger. *Copyright© 2003, RealAge, Inc. All rights reserved.*

### Action Items for SCBC Members

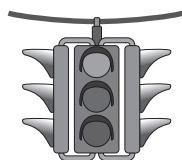
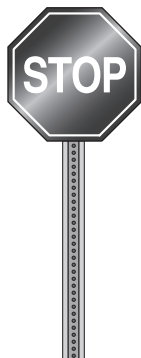
**SCBC members: Please support your club and volunteer for the Bloomin' Metric. Volunteering is fun! Next meeting is Thursday, March 6, 7pm.**

**SCBC members: Please renew your club membership. The club membership year runs from February 1 2003 to January 31, 2004. Don't miss out on the club newsletter!**

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

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Volume 27 • Number 2 • 8 Pages

# Always Obey Traffic Signs When Biking



## SOUND CYCLISTS

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

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

### Officers

|                       |                       |                 |                                   |
|-----------------------|-----------------------|-----------------|-----------------------------------|
| <b>President</b>      | <b>Emil Albanese</b>  | <b>853-7499</b> | <b>emilalb@aol.com</b>            |
| <b>Vice President</b> | <b>Bruce Felper</b>   | <b>323-3177</b> | <b>bfelper@yahoo.com</b>          |
| <b>Treasurer</b>      | <b>Jim McConnon</b>   | <b>451-3610</b> | <b>jrm@optonline.net</b>          |
| <b>Secretary</b>      | <b>Roni Krisavage</b> | <b>876-8966</b> | <b>Roni.Krisavage@wwecorp.com</b> |

### Directors and Committees

|                                 |                              |                 |   |
|---------------------------------|------------------------------|-----------------|---|
| <b>Rides Director</b>           | <b>Brian Voytek</b>          | <b>374-0921</b> | <b>bvoytek@optonline.net</b>            |
| <b>A Rides</b>                  | <b>Open</b>                  |                 |   |
| <b>B Rides</b>                  | <b>Don Rosaforte</b>         | <b>849-8159</b> | <b>(no e-mail address)</b>              |
| <b>C+ Rides</b>                 | <b>Suzan Maxey</b>           | <b>374-1606</b> | <b>smaxey@connix.com</b>                |
| <b>C Rides</b>                  | <b>John Dugdale</b>          | <b>655-4277</b> | <b>jdugda@peoplepc.com</b>              |
| <b>D Rides</b>                  | <b>Brian Voytek</b>          | <b>374-0921</b> | <b>bvoytek@optonline.net</b>            |
| <b>E Rides</b>                  | <b>Clyde Gourley</b>         | <b>929-4001</b> | <b>(no e-mail address)</b>              |
| <b>Mountain/Off Road</b>        | <b>Dave Cleveland</b>        | <b>226-7355</b> | <b>dcleve9692@aol.com</b>               |
| <b>Communications Director</b>  | <b>Chris Chait</b>           | <b>461-9364</b> | <b>cchait@optonline.net</b>             |
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| <b>Community Relations Rep</b>  | <b>Ray Rauth</b>             | <b>454-7080</b> | <b>rayrauth@optonline.net</b>           |
| <b>Web Administration</b>       | <b>Jeff Munk</b>             | <b>261-5545</b> | <b>info@moonlightingproductions.com</b> |
| <b>Membership Director</b>      | <b>John Sohikian</b>         | <b>563-2110</b> | <b>jsohikian@aol.com</b>                |
| <b>New Member Liaison</b>       | <b>Janet Flandreau</b>       | <b>662-9553</b> | <b>famouslily@aol.com</b>               |
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| <b>Program Director</b>         | <b>Mary Karnis</b>           | <b>847-7547</b> | <b>karnism@optonline.net</b>            |
| <b>Picnics</b>                  | <b>Mary Karnis</b>           | <b>847-7547</b> | <b>karnism@optonline.net</b>            |
| <b>Picnic Co-chair</b>          | <b>Cindy &amp; Jim Clark</b> | <b>847-4133</b> | <b>cclarkct@aol.com</b>                 |
| <b>Safety</b>                   | <b>Clyde Gourley</b>         | <b>929-4001</b> | <b>(no e-mail address)</b>              |
| <b>Club Weekends</b>            | <b>Steve Solomon</b>         | <b>254-0594</b> | <b>drssolo@aol.com</b>                  |
| <b>Incentives</b>               | <b>Lip Lai</b>               | <b>637-8707</b> | <b>lip_l@hotmail.com (LIP_L)</b>        |
| <b>Finance Director</b>         | <b>Jim McConnon</b>          | <b>451-3610</b> | <b>jrm@optonline.net</b>                |

### SCBC News Editorial Board

|                         |                         |                 |                         |
|-------------------------|-------------------------|-----------------|-------------------------|
| <b>Editor/Publisher</b> | <b>Kathleen Kellett</b> | <b>372-9948</b> | <b>kkellski@aol.com</b> |
| <b>Printer</b>          | <b>Exact Printing</b>   | <b>372-6571</b> |                         |

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](http://www.soundcyclists.com) or \$25 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form.

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

### Article Submission Guidelines:

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

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

### Display and Classified Advertising:

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

### Incentives Program:

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

### Sound Cyclists Advertising Rates

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

#### Rates Are Per Issue

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

### Club Information Line

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

## Call (203) 840-1757



# Calendar of SCBC Special Events

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

- Saturday, December, 2002  
Winter Rides Schedule begins and continues through March 31, 2003
- Wednesday, March 19, 2003  
Seminar by Clyde Gourley (See page 1)  
Westport Library
- Sunday, May 18, 2003  
Bloomin' Metric Tour,  
Calf Pasture Beach, Norwalk, CT
- June, 2003 (Date TBA)  
SCBC Appreciation Party, Stamford, CT
- June, 2003 (Date TBA)  
Long Island Wineries Ride,  
Ferry from New London, CT
- July 12, 2003  
Shelter Island, Ferry from New London, CT
- July, 2003 (Date TBA)  
Tanglewood Ride & Concert,  
Lenox, MA
- Sunday, July 20, 2003  
SCBC Picnic, Burying Hill Beach,  
Westport, CT
- Sunday, August 16, 2003  
Block Island, Ferry from Point Judith, CT
- Sunday, August 24, 2003  
SCBC Picnic, Weed Beach,  
Darien, CT
- September, 2003 (Date TBA)  
Cape Cod Weekend Trip
- Sunday, October, 2003 (Date TBA)  
Harvest Rides, Westport, CT

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

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

## "Drink (water) to your health!"

By Patty Kondub

In the spirit of "Who Wants to be a Millionaire", let me be your lifeline as I share my latest findings with my fellow SCBC members in what you may have thought a very simple subject: drinking water.

Were you busy riding or on summer vacation this past August when the latest controversy about drinking water hit the newsstands?

And do you know what is going to be released on this subject by the National Academy of Sciences (USA), Food & Nutrition Board in the middle of 2003? (Those are your tax dollars at work!)

Let's start with August 2002. Dr. Heintz Valtin, professor emeritus at Dartmouth Medical School, conducted a review of the eight glasses of water a day theory (drink eight glasses of eight ounces per day, aka "8 x 8"). This review appeared online in the August 8, 2002 issue of the American Journal of Physiology, and actually all 51 pages of the review can be found at [www.dartmouth.edu](http://www.dartmouth.edu).

His review sought to find the origin of the "8 x 8" dictum and examine the scientific evidence...and subsequent headlines in newspapers & on websites across the country asked "Are 8 glasses of water every day excessive?" (Associated Press 08/26) or "Drink at least 8 glasses of water a day—Really?" ([msn.com](http://msn.com), [www.dartmouth.edu](http://www.dartmouth.edu))

The 8 x 8 Rule: How Did It Start?

Cited in Valtin's review, the origin of the "8 x 8" was perhaps either: 1) An obituary on a renowned nutritionist Fredrick J Stare. Dr. Star had co-authored a book in 1974 that had this unreferenced passage: "the average adult needs somewhere around 6 to 8 glasses per 24 hours and this can be in the form of coffee, tea, milk, soft drinks beer etc. Fruits and vegetables are also good sources of water" or, 2) When the Food and Nutrition Board of the National Research Council recommended "approximately 1 milliliter of water for each calorie of food", which would amount to roughly 2 to 2.5 quarts per day (64-80 ounces).

And if you took a minute right now and looked in most diet books and fitness certification manuals, most preach the "8 x 8 rule", or something in that ballpark.

I found another source for the "8 x 8 rule", in Gastrointestinal Health by Steve R. Peikin, M.D., (Harper Collins Publisher, 1999) and it states on page 177 regarding drinking water "You need about 30 cubic centimeters of water per kilogram of body weight every day, or 1cc for every calorie that you consume.

*(Continued from page 7)*

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### New Website User Name and Password

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

User Name:  Password:

*Enter Here!* →

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

# 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.*

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■ Thursday, April 10 - 13, 2003  
Cycle Zydeco, Louisiana's Cajun & Creole Cycling Festival, [www.cyclezydeco](http://www.cyclezydeco)

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■ Sunday, April 27, 2003  
Wallkill Valley Cycling Tour, NY  
Call 845-895-3729

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■ Saturday, May 3, 2003  
Farm Lands Flat Tour, Central Jersey Bicycle Club  
[www.cjbc.org](http://www.cjbc.org)

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■ Sunday, May 4, 2003  
Bike New York  
[www.bikenewyork.org](http://www.bikenewyork.org)

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■ Sunday, May 4, 2003  
WCSU Centennial Century & Connecticut-RI to NY Border Challenge  
[www.wcsu.edu/bike100/](http://www.wcsu.edu/bike100/)

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■ Saturday, May 10, 2003  
Pinelands Triple Loop, NJ  
[www.shorecycleclub.org](http://www.shorecycleclub.org)

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■ Saturday, May 11, 2003  
Seaport Metric Century, Groton, CT  
[www.pequotcyclists.com](http://www.pequotcyclists.com)

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■ Saturday & Sunday, May 17 & 18, 2003  
MS Coast the Coast Tour, NJ  
[www.mjcms.org](http://www.mjcms.org)

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■ Sunday, May 18, 2003  
Housatonic Valley Classic Race  
Danbury, CT

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■ Sunday, May TBA, 2003  
Hartford Parks Tour  
Benefits the programs of CBC

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■ Saturday & Sunday, May 31 & June 1, 2003  
River Ramble, Delaware River Washington Crossing  
[www.Pedalpa.com](http://www.Pedalpa.com)

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■ Sunday, June 1, 2003  
Bike-Boat-Bike. Long Island  
[www.sbraweb.org/events.htm](http://www.sbraweb.org/events.htm)

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■ Saturday, June 14, 2003  
Longest Day Ride, High Point, NJ  
[www.cjbc.org](http://www.cjbc.org)

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■ Saturday & Sunday, June 28 - 29, 2003  
Cape-In-a-Day Plus One, American Youth Hostels  
[www.usahostels.org/activities](http://www.usahostels.org/activities)  
Call 617-469-9779

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

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■ Sunday, July TBA, 2003  
Maine Wheels Coastal Tour  
[www.coastaltour.com](http://www.coastaltour.com)

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■ Sunday, July TBA, 2003  
Lighthouse Tour  
[www.canamwheelers.com/lighthouse.html](http://www.canamwheelers.com/lighthouse.html)

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■ Sunday, August 3, 2003  
Tour de Torrington, Torrington  
Benefits: The American Cancer Society  
[www.tommysfitness.com](http://www.tommysfitness.com)

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■ Saturday, August TBA, 2003  
Steeple Chase Bike Tour  
[Ctbike.org/calendar.html](http://Ctbike.org/calendar.html)

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■ Saturday, August TBA, 2003  
Mad River Valley Bike Tour, VT  
[www.hydeawayinn.com](http://www.hydeawayinn.com)

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■ Sunday, September 7, 2003  
Flattest Century in the East, Tiverton, RI  
[www.nbwclub.org](http://www.nbwclub.org)

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■ Sunday, September TBA, 2003  
8th Annual Folks on Spokes, Milford  
[www.northeastnet.com/whitelief/bike.html](http://www.northeastnet.com/whitelief/bike.html)

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

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■ Sunday, September TBA, 2003  
CT Two Ferry Crossing at Rocky Hill,  
[Ctbike.org/calendar.html](http://Ctbike.org/calendar.html)

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

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

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■ Sunday, September 20-21, 2003  
Tri-State Seacoast Century, Hampton Beach, NH,  
[www.granitestatewheelmen.org](http://www.granitestatewheelmen.org)

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■ Sunday, September TBA, 2003  
Bike The Beach, Probus Club Fund Raiser  
Penfield Beach, Fairfield, [Ctbike.org/calendar.html](http://Ctbike.org/calendar.html)

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■ Sunday, September TBA, 2003  
Mid-Hudson Century, NY  
[www.idsi.net/~mhbc/](http://www.idsi.net/~mhbc/)

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

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

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

## Mountain Bike and Off Road Rides

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

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

### Abbreviation Key:

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

# The Ride Tips

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

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

# The Rides

## WEBSITE UPDATE

### IMPORTANT NOTE:

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

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

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

### NOTE: FOR EVENING RIDES

SCBC has officially discontinued club week night rides for this year. Hope to see everyone on next season's week night rides starting in April 2003.

## WINTER RIDES SCHEDULE

### EVERY SATURDAY

### Continues every Saturday throughout the winter.

There are no ride leaders and cyclists must bring their own cue sheets to the rides, except for MTB rides.

Mountain Madness, A, H, MTB, 20 miles, 9:00/9:15.  
RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com.  
Meet at Cranbury Park in Norwalk. Hard core off road training ride with a mix of singletrack, doubletrack, technical climbs, descents, log crossings, and a little pavement thrown in for paceline practice. Some re-grouping, minimal waiting. RSVP required as weather may postpone.

Mountain Bike Skills Training, All levels. 11:30/11:45, 1 hour.  
RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com.  
Meet at Cranbury Park in Norwalk. Class will cover bike setup, proper shifting, braking, climbing, descending, cornering, and tricks for clearing obstacles. This will be taught as a non-aerobic, beginner/ intermediate class appropriate for all skill levels. RSVP required. Extreme cold and/or no RSVP's cancels.

Wednesday Night Ride, All Levels, 20 Miles, F/R. Meets 10:30/10:45 Meet at Hindley School in Darien, corner of Nearwater Lane and Post Road. Bike through costal Darien and scenic New Canaan. SR

### ALTERNATE RIDES STARTING AT HINDLEY SCHOOL

Note: Cyclists must bring their own cue sheets for the alternate rides.

New Canaan Ramble, All Levels, R/H, 34 miles, 10:30/10:45. Meet at Hindley School Darien corner of Boston Post Road and Nearwater Lane. Nice tour of New Canaan. Food stop at Scott's Corners. SR.

Pear Tree Point Beach Rides in Darien, • **B Ride** - 45 miles, • **C+ Ride** - 35 miles, • **C Ride** - 30 miles, • **D Ride** - 25 miles. 10:30/10:45. Meet at Hindley School Darien corner of Boston Post Road and Nearwater Lane. Bring your cue sheets for the Pear Tree Picnic Rides & join your riding pals. SR

ALTERNATE RIDES STARTING AT Darien



## YMCA

(DARIEN YMCA IS 1/4 MILE SOUTH OF HINDLEY SCHOOL  
ON THE BOSTON POST ROAD)

Shoreline Meander, All Levels, F, 18 miles, 10:30/10:45.

Meet at the Darien YMCA on Rte 1. Unwind from the week and have lunch at the bagel shop at end of the ride. SR

Stamford-Darien Shoreline, All Levels, F, 16 miles, 10:30/10:45.

Meet at the Darien YMCA on Route 1. Join us for this ride along the Stamford shoreline and through New Canaan and Darien. Two loops. Bring snacks. SR

Darien Loops, All Levels, F/R, first loop 10 miles, . Second loop 15 miles. 10:30/10:45. Meet at the Darien YMCA on Route 1, 3/4 mile north of Exit 9, I-95. Two loops. The first travels through Darien and Noroton. The second tours through Tokeneke to Rowayton where there will be a stop for lunch. Food can be purchased. SR

Double Dip in Darien, All Levels, F/R, 22 miles, 10:30/10:45. Meet Darien YMCA on Route 1, 3/4 mile north of Exit 9, I-95. Two 11 mile loops past some very upscale homes. Stop in Waveny Park. Food stop on second loop. SR

### EVERY SUNDAY

**Continues every Sunday  
throughout the winter.**

There are no ride leaders and cyclists must bring their own cue sheets to the rides, except for MTB rides and Sunday Morning Spin: Starts March 2nd.

Sunday Morning Spin, C+ and B, R/H, 35 miles, 9:30/9:45.

RL: C+ Mark Serlin 838-0384, RL: B Gus Pecunia 426-9185.

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), no food stop (1 quick bathroom stop before the hills), very limited regrouping, ride will lengthen over time. Very appropriate for self-sufficient cyclists wanting to spin-with (not race-against) others, but not spend the whole day doing it. Inappropriate for inexperienced and stop-a-lots. The C+ and B versions of the ride will start together, warm-up together, and do first part of the ride together. Temps below 40 at start time cancel C+ version, call B leader if marginal weather. Ride to be expanded in April to include a C version.

Mountain Bike Show and Go, 10:00/10:15, 2 hour ride time, Location TBA. RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com. Ride location will be decided after the Saturday ride. Typically this ride will be used to explore a different location each week. I will be leading an B+ group but would like to act as a liaison for riders of other abilities. Optimally, we will get 2 or 3 packs. I will create an e-mail/phone group and get the ride location and directions out Saturday afternoon. RSVP required.

Almost Thirty Something, All Levels F/R, 29 miles, 10:30/10:45. 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. Food Stop. Shorter bail out is possible. SR

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## ALTERNATE RIDES STARTING AT I-95 EXIT 18

Note: Cyclists must bring their own cue sheets for the alternate rides.

Westport-Weston Wanderer, All Levels F/R, 25 miles, 10:30/10:45. Meet at Exit 18 CPL, I-95. Coast along this route through Weston and Westport. Bring snacks. No food stop. SR

Back to the Beach Boy's Ride, All Levels, F/R, 35 miles, 10:30/10:45. Meet at CPL exit 18 off I-95. this new ride bikes by 8 beaches from Westport to Fairfield and back. Optional lunch in Westport at end of the ride. SR

Broken Axle Route, All Levels, R/H, 28 miles, 10:30/10:45. Meet at CPL Exit 18, I-95. Another ride on familiar roads starting in the Westport area and right out of our archives. SR

Captain's Cove Ride, All Levels, F/R, 23 miles, 10:30/10:45. Meet at CPL Exit 18, I-95. Join a club standard as we bike through Westport and Fairfield for lunch at Captain's Cove in Bridgeport. SR

Shoreline Wanderer, All levels, F, 25 miles, 10:30/10:45 Meet at CPL Exit 18, I-95. Join us for an easy trip from Westport to Norwalk. Food stop in Westport at end of ride. SR

Easy Rider, All levels, F/R, 17 miles, 10:30/10:45. Meet at CPL Exit 18, I-95. Snacks can be purchased along the route, lunch after the ride to talk about the great time you had. SR

## Starting in Mid April Every Monday Evening

MIKE'S RIDE, C/C+ Combo, F/R, 21 miles, 6:00/6:15.

RL: Mike Stoll, 943-9392. Meet Merritt Parkway Exit 38 CPL.

Flat to rolling with a few hills. This is a new ride. Important Note for cue sheet: Unless otherwise specified, continue straight at all stop signs and lights. Tricky & important exceptions will be noted on cue sheet.

### New Website User Name and Password

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

User Name:  Password:

Enter Here! 

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

### Cycle the Net/Sound Cyclists On-line

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

**www.soundcyclists.com**





From front center: Suzan Maxey, left: Delores Malins, Jim Ganis, Brian Voytek Ruth Suhr, Howard Weiss, Kathleen Kellett, Nancy Rosett and Gerry Weinstein. The group is framed under the arches of the Milford Audubon Society's sunny deck with the marsh in the background. This was a late Fall ride along the Milford shoreline. (Photo by Don Malins).

**For Sale:** Madshus Nordmarka Multigrip 205 cm waxless X-C skis. Salomon bindings \$200 + shipping. Email: [twcarruthers@cs.com](mailto:twcarruthers@cs.com), call Tom Carruthers at 788-1550.

## "Drink (water) to your health!"

(Continued from page 3)

Therefore, if you consume an average of 2,000 calories a day, you need 2,000 cc of fluid each day—or eight 8 ounce glasses of water."

### Breaking the Rule

In Dr. Valtin's search for the origin on our national mantra of 8 x 8, he reported finding no scientific studies in support of 8 x 8, and depending upon the media spin & editorial judgment on the media's recap of his research, the reader can walk away ready to switch a glass of water for a cup of coffee or beer! This excerpt from his abstract appeared in quite a few of the media stories: "caffeinated drinks (and to some lesser extent, mild alcoholic beverages like beer) may indeed count toward the daily total" .

But this sort of citation is what can be so confusing to the public, for what about the studies that do show caffeine to be a diuretic?

"In some instances, the media's interpretation and presentation of emerging research, especially studies that seem to contradict previous findings, serve to confuse rather than clarify. Moreover, competition for broadcast time, print space, and, ultimately, consumers' attention may mean that careful deliberate reporting of research findings is sacrificed to achieve quick turn-arounds and eye-catching headlines," writes Edith Howard Hogan in Nutrition Today Jan-Feb, 2002.

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# Tune-up special at Don's Cycle

This is the "You help us and we'll help you" sale.

Once April hits, everybody and his dog will be breaking down our doors, looking for service. It could take us a week or two to get your bike back to you.

So come in during March, and you'll get a tune-up for only \$40.

Tune-ups are important because they keep gears working smoothly (you want that on hills!), and eliminate excess wear that causes parts to fail--and parts always fail on a ride far from home, yah know.



We're at 1964 Post Rd. In Fairfield (across from Devores Bakery).  
203-255-4079

### Our tune-up is a great deal:

- Adjust/tighten bearings
- Adjust brakes
- Adjust derailleurs
- True wheels
- De-grease gears
- Clean frame
- Pump up tires
- If you order them, handlebar taping, cable & pad replacement are done for the parts cost only (no extra labor charges!).

Major degreasing & re-lubing, plus delivery, available


This is an offer for SCBC members, so please bring your membership card.

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



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

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

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

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

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

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

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

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

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

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date \_\_\_\_\_ SCBC occasionally sells its mailing list. Check box if you don't want your name used  Membership:  1Yr  2Yr  3Yr  
 Telephone (\_\_\_\_) \_\_\_\_\_ Check One:  New  Renewal  Change of Address  
 E-mail \_\_\_\_\_  Electronic \$15  Mail \$25

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