

SOUND CYCLISTS

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May1, 2005

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

The President's Corner. The Friday Night Ride

By John Sohikian

The Friday Night Ride is the club's signature social ride of the week. The sunset on the Sound at the half way point is sight to behold. Donna and I enjoy the ride and meeting our friends for drinks and dinner afterwards.

On a warm summer's evening the ride attracts close to 75 riders. A lovely sight to see, but one that presents us with a challenge. While we have received no formal complaints, the residents of Darien have voiced their concerns. As President, I want very much to preserve this signature ride for years to come. The Board has discussed options such as staggering the start and asking the faster riders to consider heading out and starting with the New Canaan loop immediately, leaving the coast line route for the other riders at the start, but nothing has been formalized. We also urge riders to ride single file on busy roads and not riding three abreast at any time. Special care should be taken on blind turns and residential areas with kids playing in the street. Remember also that the beach is a private road and therefore special care should be taken. Above all, traffic laws need to be adhered to, especially stop signs and "red" lights.

The Friday Night Ride takes us through very congested areas during the Friday rush home and the exodus to one's summer place. It is imperative that we are respectful of the residents of Darien and be on our best behavior as guests on their roads so they will continue to welcome us. I look forward to seeing all of you each Friday this Spring and Summer!!

John G. Sohikian

SPECIAL BIKE RIDE

Ride of Silence Wednesday, May 18

Do you know a cyclist that has been seriously injured or killed while riding on a road?

You probably do. Now, there is something you can do about it. Ride, in their honor.

A Ride of Silence, to remember and honor those who have been injured or killed on public roadways, will be held at 7 p.m., Wednesday, May 18, starting in the parking lot next to the Luciano Park ballfield at the Westport Rail Road station.

This 9.3-mile ride is open to riders of all ages and skill levels. At no point will the pace of the ride exceed 12 miles an hour; and, of course, once under way, riders remain silent, in

(Continued on page 3)

Bloomin' Metric Volunteer Meeting



By Don Stillman, Bloomin' Metric Director

The Bloomin' Metric is a great event due to the efforts of hundreds of volunteers. Many dedicated and loyal club members have repeatedly volunteered their valuable services to this event. This is your opportunity to give something back to SCBC. We are always looking for volunteers to make the club's greatest event even better. You can ride the BM and help out before or after your ride.

Please help by attending the meeting or send an email to DONS 351 @ JUNO.com.

Monday, May 9 at 7:00pm, at Silver Star Dinner in Norwalk, 210 Connecticut Avenue (US 1), near I95 exit 14.

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:

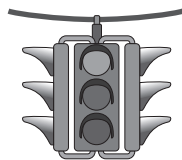
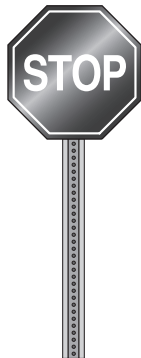
www.soundcyclists.com

Please continue to use mailbox@soundcyclists.com for individual inquiries.

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Volume 29 • Number 4 • 12 Pages

Always Obey Traffic Signs When Biking



SOUND CYCLISTS

D · 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:

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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 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 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). 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: Tricosports Travel IronCase, very good condition. Asking \$150.00. Call Dorothy at 203-226-4032, email: dafong100@hotmail.com. will deliver to mutually convenient location.

Calendar of SCBC Special Events

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

■ **Wednesday, May 18**
Ride of Silence

■ **Sunday, May 22**
Bloomin' Metric, Calf Pasture Beach Norwalk

■ **Saturday, June 11**
Volunteer Appreciation Party

■ **Saturday, July 9**
Shelter Island Ride

■ **Sunday, July 10**
Pear Tree Point Picnic,

■ **Saturday, August 13**
Block Island

■ **Sunday, August 14**
Weed Beach Picnic

■ **Sunday, September 4**
Labor Day Weekend BBQ

■ **Sunday, September 18**
Harvest Rides

■ **September 22-26**
Cape Cod Weekend

■ **December**
SCBC Annual Meeting

Ride of Silence Wednesday, May 18

(Continued from page 1)

unspoken respect for what can happen and has happened to our fellow cyclists on the same roads we all share.

The ride, held during Bike Safety month, aims to raise the awareness of motorists, law enforcement and city officials that cyclists have a legal right to public roadways.

Rides of Silence are now held in more than 50 cities across the U.S. and Canada. They began in 2003, after endurance cyclist Larry Schwartz of Wylie, Texas, was hit by the mirror of a passing bus and killed.

There are no brochures, no sponsors, no registration fees. Just cyclists who care about other cyclists.

Club member Tom Steinert-Threlkeld will lead the silent procession this year. Hope to see you all there.

Because you can ride. And others can't.

If anyone wants more info, they can refer to:

www.rideofsilence.org or contact Tom Steinert-Threlkeld at 203-544-8406, or email: tst@tstonramp.com.

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Register Online for the 2005 Bloomin' Metric Bicycle Tour May 22rd

By Don Stillman, Bloomin' Metric Director

Sound Cyclists Bicycle Club of Fairfield County is a nonprofit organization which hosts the largest bicycling tour in Connecticut, the Bloomin' Metric, consistently drawing over 2500 riders. A portion of the Bloomin' Metric proceeds is donated to Fairfield County Safe Kids Coalition program, a nonprofit agency which works to reduce the incidence of childhood injuries and accidents.

This 28th annual event is Sunday, May 22, 2005. The Bloomin' Metric will originate and end at Calf Pasture Beach Park in Norwalk, which is conveniently located near the East Norwalk MNRR station and just off Exit 16 of I-95. Riders have a choice of three distances: 25 miles, 75 kilometers or 100 kilometers. The routes will pass breathtaking shore-lines, reservoirs, mansions and flowering trees throughout lower Fairfield County. This event is self-paced, arrowed and signed with well-stocked food stops, SAG wagons and a post ride lunch. This event is Rain or Shine and check-in will be from 7:00 am to 9:30 am. All riders must wear ANSI, SNELL or CPSC approved helmets and abide the rules of the road.

Pre-registration is \$25 by May 15, \$35 thereafter. Pre-registrants will be eligible to receive great prizes, including a six day bike trip to Italy for one provided by Ciclismo Classico. This trip includes everything except the airfare and is valued at \$3,100. All pre-registrants will receive a high quality tee shirt, goodie bag and map/cue sheet. Sound Cyclists reserves the right to limit day of event registration signups, based on the number of pre-registrants. Register by mail forms are available on BM web page. However, we prefer that you register online rather than by mail.

DON'T DELAY. REGISTER TODAY at www.soundcyclists.com/Bloomin.

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May

News From The Shops

Thursday, 5th - 8:00a
Friday, 6th - 8:00a
Saturday, 7th - 8:00a
Sunday, 8th - 8:00a

Ride Noho - Training Camp
54 Middle Street, Florence, MA 01062
Contact: Aldo Tiboni - 888-817-6646

Thursday, 12th - 6:00p
- 7:00p

Greenwich/Westport Bicycles – Beginner 2 Maintenance
Greenwich: 189 Greenwich Avenue, CT 06830
Westport: 1560 Post Road East, Westport, CT 06880
Greenwich Contact: Rob Koshar - 203-869-4141
Westport Contact: Peter - 203-254-0451

Thursday, 19th - 6:00p
- 7:00p

Greenwich/Westport Bicycles – Bike Fit Clinic
Greenwich: 189 Greenwich Avenue, CT 06830
Westport: 1560 Post Road East, Westport, CT 06880
Greenwich Contact: Rob Koshar - 203-869-4141
Westport Contact: Peter - 203-254-0451

Thursday, 26th - 4:00p
- 7:00p

Dave's Cycle - Afternoon Ride and Beginner Bike Maintenance
78 Valley Road, Cos Cob, CT 06807
Contact: Glen Vancura - 203-661-7736

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.

■ May 15
Annual Seaport Metric Century
Rose City Cycle Sport, Groton
www.pequotcyclists.com

■ June 4
Kings Tour of the Quabbin
Ride 62, 100 and 125 mile options,
Starting in Rutland, MA
www.sevenhillswheelmen.org/centuries.htm

■ June 12
Tour of Awareness
www.tourofawareness.com

■ June 25 - July 2
Annual Bicycle Adventure Along the Wisconsin
River (GRABAWR®) -
<http://www.bikewisconsin.org>

■ July 15th - 17th, 2005
Tri-State Trek-Boston to New York to End Lou
Gehrig's Disease 860-523-8442
www.tristatetrek.com

■ July 24
Southern CT Cycle Club Century
Charity ride, 25, 62 and 100 mile options,
Starting in Middletown, CT
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 in Whitinsville (section of Northbridge),
MA
www.sevenhillswheelmen.org/centuries.htm

SCBC Executive Board Meeting

Minutes 3/28/05

Norwalk, CT Town Hall 2nd Floor Lounge

John Sohikian, Club President, called the meeting to order at 7:13pm. Members present were Mike Tamborrino, Brian Voytek, Phil Miano, Don Stillman, Jeff Munk, John Dugdale, Ray Rauth, Greg Garland, Jon Swallen, Charles Doran, Norton Lazarus and Heidi Snelling. Absent was Emil Albanese.

Last Month's Minutes - Board reviewed and approved last month's minutes

Treasurer's Report - In Emil Albanese's absence, John Sohikian reported the club's net worth. Questions as follows: 1) Postage permit account \$6,850.00 does not look right. 2) Clothing Money Collected - why is this a liability for \$1,044.25, should it be booked to the Income Statement. Emil to provide list of attendees at the Annual Meeting to distribute gloves. Board did not approve until questions are answered.

Community Affairs - Ray Rauth

Ray Rauth presented his community relations report, which included the State Comprehensive Outdoor Recreation Plan, CT Citizens Transportation Lobby, Stamford plans and Merritt Parkway Trail Alliance.

Darien Ride will be kicked off in May. Discussion included the following: members are not respecting the rules of the road, and we are creating a problem. This is an issue with the community. Brian Voytek and John Dugdale will take the issue offline and provide possible solutions. John Sohikian will publish an article on rider safety including rules of the road in next month's newsletter.

Bloomin' Metric - Don Stillman

Don reported that routes and cue sheets are complete. Approval for new rest stop in Weston was secured by Brian Voytek. Westport/Norwalk is still to be approved. Brochures are done and mailings has started. 200 riders through active.com are signed up. Planning meetings are in full swing, activities are going as scheduled. BMX National stunt champion underwritten by Red Bull to perform in the parking lot, Mike Steidley.

Website - Jeff Munk

Jeff reported that the Special Event page is being populated with details at this time. Winter news is being removed. Bike shop vendor section is being updated.

Ride Chairperson - Brian Voytek

Brian reported that April rides are full. Bloomin metric road permits are in progress. Special event section on standing rides for the newsletter will be updated soon. Brian will highlight 'Special Rides' during each month. Brian Voytek will add average pace on all C rides

Incentives - Justin Karbel

Justin reported that things are quiet in the off season. The weather is effecting participation in the Bike Maintenance clinic program. Each ride leader will talk with riders before that start of the rides to encourage involvement in the program. Norton Lazarus mentioned that the effort was probably

too early and a lot of energy went into the programs but few member have participated. Phil Miano recommended setting up our activities during the off-season where cyclists gather i.e. Spin Odyssey. Norton will look to tweak the program to improve member participation.

Ride Leader Training

54 members have signed up for the Velocity training to date. Program has been well received by the members.

Communications - Phil Miano reported on the Ride of Silence. Phil also mentioned that the @chat Yahoo group is getting a little out of hand. Phil suggested that we use the Bulletin Board feature instead of @chat. The service is free. Phil would like to use the skills of Jeff Munk to implement. Jeff Munk will report at next month's meeting.

Membership - Mike Tamborrino

Mike reported that we have 623 active members, which is behind last year's pace. In a couple of weeks, Mike Tamborrino will send email renewal notice, followed up with reminder post cards to those that do not respond and those without email addresses. Board members have access to membership roster on the SCBC website. Collect personal data for board members - Heidi Snelling

Special Events - Charles Doran discussed the need of ride leader training - create a Ride Leaders Handbook. Small group will be organized to create this guide book to include riders from each level. Greg Garland presented his ideas on creating the Cape trip and club sponsored weekends. Cape trip conflicts with Harvest Ride on some years. Sep 22-26 is the date for the Cape trip - Thu to Mon. \$1512 (including clean charge) [regular rate is \$3,010] to accommodate 24 people. Motion was approved to underwrite the cost prior to member payments, and the event will be annually reviewed

President - John Sohikian thanked all members for attending and contributing to this month's board meeting. John adjourned the meeting at 9:00 pm.



The Greasy Sprocket

Well folks, spring is in the air. Finally! Lord knows it's tough to keep a good club down in the wet, windy, chilly Northeast. I've been keeping tabs on the racer guys tuning up for the Bethel races. Everybody's getting faster, and thinner. New bikes are popping up that are lighter than air. Leslie's sporting a brand new Seven. The thing weighs 6 ounces. It's a sweet looking hot rod. She's beaming from ear-to-ear.

By the time you read this the Bloomin' Metric will be close. Think about being a volunteer, and also riding the best ride of spring with our club. Bring your SCBC jersey and shorts to show off your club spirit during our big event. Volunteer, Volunteer, Volunteer! This is your club.

Safety committee, awesome job folks! Jeff and Suzanne are trying their hardest to keep us from being the Un-Sound Cyclists. Truly though, it's all up to each rider to ride predictably, and ride single file. Car back is not a casual call. Pull in back of your friend, and continue the conversation in the parking lot. We all ride selfishly at times. The angry horns are our fault. Looking from behind at our crew rolling up the street is inspiring at times, frustrating at others. When the cars can't pass, or swerve into the opposing traffic, we make people angry. Chances get taken, riders go down.

The weekly rides will be in full swing by the time you read this. Great training can be had on every single ride. Look around you at riders that inspire you. Emulating them will make you a better rider. Look less at your computer. Ride in the small front chainring and increase pedal speed. Your knees will thank you, and you'll be less tired. Cheating by using your big ring will tire you, and use up your strength faster. Stop signs and other traffic devices are for us too. Let's make this a year of riding safely, and having fun. I can be reached at greasysprocket@yahoo.com. Feel free to send me notes about what you see and like about the club. RideStrong,

The Greasy Sprocket

Bloomin' Metric Train Information for Sunday May 22

By Don Stillman,
Bloomin' Metric Director


The bicycle permit and per train bicycle limit IS suspended on all New Haven line trains leaving Grand Central between 5:40am and 9:07am (#6504, #6306, #6506, #6310, #6510, #6314 & #6514).

Train #6504, from GCT to New Haven at 5:40am WILL MAKE AN UNSCHEDULED stop at East Norwalk at 6:59am

The bicycle permit and per train bicycle limit IS suspended on all New Haven line trains leaving from East Norwalk and South Norwalk to Grand Central between 11:14am and 5:39pm, including their connecting trains at Stamford.


(#6523, #6525, #6325, #6529, #6329, #6533, #6333, #6537, #6337, #6541, #6341, #6545, #6345, #6549 & #6349).

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Volunteer Appreciation Party Save the Date Saturday, June 11

By Donna Sohikian
Program Director

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 dsohikian@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, chair, wine/beer. Dinner will be served at 6:00 p.m. Please bring your own chair. Look for directions in the June newsletter.



The Rules

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



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



The Pace and Terrain

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

Road Bike Rides

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

Mountain Bike and Off Road Rides

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

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

Abbreviation Key:

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

The Ride Tips

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

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

The Rides

WEBSITE UPDATE

IMPORTANT NOTE:

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

www.soundcyclists.com/News.htm

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

NOTE: FOR 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.

STANDING RIDE

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.

STANDING RIDES

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, C+, R/H, 24 Miles, 6:00 /6:15 p.m. (B ride starts in June). RL: Bill Meredith, 943-5808 or wmered2277@aol.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Ride goes up into Wilton, with most of the climbing in the ride's first half, then we fly! RL gives out a route map with plenty of bail-outs to shorten the ride.

STANDING RIDES

EVERY WEDNESDAY

Weekday Wonder, C & D, R/H, 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), 1/4 mile to right turn onto Renshaw, then right turn into parking lot. Scenic route thought Darien travels along the sound then turns north heading to New Canaan for lunch. 30 mile route is arrowed Wed night route without lunch. SR. 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 cancels. SR.

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.

STANDING RIDES 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 and Easton as you climb and descend the hills. NR

Up and Down Greenwich, C/C+, R/H, 20 to 25 miles, 6:00/6:15 p.m. RL: Don Stillman, 531-7057 or dons@juno.com; Steve Wolfe, 321-1042, wolfest59@yahoo.com. Meet at Cos Cob RRS parking lot on Sound Shore Drive (across from #8), off exit 4 of I95. 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 13 to 14 mph. SR

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

STANDING RIDE 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.

STANDING RIDES 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: (B) 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

Ride Starts May 7

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

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.

STANDING RIDES 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, off I-95 Exit 17. A ride for experienced cyclists. No nonsense. 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.

Ride Starts in June: June 5, 12, 19, 26.

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. Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Early morning ride past Compo Beach and over to Southport. Ride will include routes north of the Merritt Pkwy. No food stop. SR (Ride Dates: June 5, 12, 19, 26)

Featured Rides in May (See Descriptions for further details)

Sunday, May 1st, Hudson River Ride I, (Bear Mountain and Newburgh Bridges) Approx 30 miles, R/H C+/C/C- Special Ride of the Month.

Saturday, May 14th, Almost Annual CT/Big Apple Ride II, B/C+, R/H, 57 miles

Sunday, May 15th, Roxbury Rendezvous, B, H, 62 miles

Saturday, May 21st, Cheshire to Lake Compounce, C, R/H, 31 miles

Sunday, May 22nd Bloomin' Metric (All Levels, Self-paced) See www.soundcyclists.com for details.

Saturday, May 28th Red Brook Candle, B, R/H, 47 miles

May 28-30th. Holiday Weekend in the Mountains. A, H, 70-100 miles daily, departing each day at 9:15 sharp.

SATURDAY, APRIL 30

See Standing Saturday Rides on page 8.

Lake Truesdale Special, B, R/H, 46 miles, 9:00/9:15. RL: Norton Lazarus, 698-3032 or nwl@oemcapitalcorp.com. Meet at Talmadge Hill RR Station, off Merritt Pkwy Exit 36. Scenic ride 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. Expected pace is 16-17 mph. Food stop. SR

S.O.B. – Seymour – Oxford - Bethany, C+, R/H, 40 miles, 9:45/10:00. RL: Greg Ziebell, 881-2519 or gregz@preferredprinting.com. A scenic new ride in New Haven County with a few hills to keep you warm. Meet at Exit 22 off Rt 8. Right turn off exit to parking lot by skate park about 100 yards to the right. Temperature below 35 degrees cancels ride. Expect an

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average speed 14 to 15 mph. Food Stop. SR

Milford Turf to Surf, C, F/R, 24 miles, 10:00/10:15.

RL: Tom Ebersold, 874-7839 or tebersold@att.net . Repeat 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. Lunch at Milford Harbor after the ride. Bring snacks. 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. SR

CT/NY Trek, C, R/H, 34 miles, 10:00/10:15. RL: Bruce Felper, 323-3177 or bfelper@yahoo.com. Meet at Talmadge Hill RR Station, off Merritt Pkwy, Exit 36. Scenic ride to Bedford and back. Food Stop. SR

To Bedford for a Banana or a Bagel, C-, R/H, 32 miles, 10:00/10:15. RL: Don Stillman, 531-7057 or dons351@juno.com . Meet at Cos Cob RR Station near Exit 4, I-95, northbound (Stamford) side. Ride uphill through Greenwich and Armonk to Bedford for a snack or lunch. Return via Stamford. Lotsa hills. For C riders who need extra time on the hills. Average pace 12+ mph. SR

Darien Surf and Turf, D, F/R, 20 miles, 10:00/10:15. RL: Lauren and Jerry Hunt: 203-847-9427 or laurenc567@aol.com Meets at Talmadge Hill RR Station, off Merritt Pkwy. Exit 36. Join us on this scenic ride through New Canaan, Darien and Rowayton. Beautiful back roads and water views. Snack stop midway at Rowayton Market. Cue sheets, sweep provided. FR

Darien Surf and Turf, E, F/R, 20 miles, 10:00/10:15 (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, MAY 1

See Standing Sunday Rides on page 8.

Tricki Ricki Road Ride, B, R/H, 40 miles, 9:00/9:15

RL: Rick Bailer, 834-2577 or rbailer@sirius.com. Meet at Merritt Pkwy, Exit 44 CPL. South to north, then north to south. While at the same time, east to west. After lunch, second verse, reverse the first. Only two significant hills. 2,477 feet of climbing gain. As a percentage of the linear ride distance (40 miles) that's 1.14% which is a below-average ratio for area rides. Food Stop. SR

Special Ride of the Month

Hudson River Ride I, (Bear Mountain and Newburgh Bridges) Approx 30 miles, R/H, C+/C/C-

C+ Gary Bebell (203) 858-4964 (cell) gary.dani@att.net

C Suzan Maxey (203) 374-1606 smaxey@snet.net

C- Mike Ceruzzi (203) 261-5369 Mceruzzi@snet.net

Arrive: 9:30/10:00, ride leaves at 10:00. Ride leaders will try to be there by 9:30. Meet in Cold Spring Village, New York at the

Cold Spring train station. Directions: 1) From I84.

Take I84 West to the Taconic Parkway South, exit

soon onto Route 301 West (also Fahnestock Park

exit). Take 301 West all the way into Cold Spring.

Just before it ends at the river make a left and wig-

gle around to the train station. Large parking lot is between the tracks and the river. or 2) Merritt Parkway West to 287 West to Taconic Parkway North, exit onto 301 West and follow as above.

Note: Bring you drivers license for identification, in case West Point is checking at the gate.

Gary will probably meet at I-84 exit 2 Mill Plain Road shopping area if anyone wants to follow or try to car pool. Time will be posted to @Chat.

Scenic and new out of area ride. Ride south to the Bear Mountain Bridge and cross the Hudson. We will ride leisurely through West Point and stop a few times for views along that side of the river. Ride will be "tour style" vs. a training ride, so please expect regrouping and possibly a slower than usual total average speed. Food stop. Also, at the end there is a nice spot to sit next to the river. So consider bringing lunch to leave in your car, or buying something in town.

West Redding Challenge, C, R/H, 32 miles, 10:00/10:15. RL: Charles Doran, 661-4858 or cjdoran@fairfieldtechnology.net . Meet at Exit 41 CPL off Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. Expect an average speed 14 to 15 mph. SR

Sound Cyclists Classic, D, R/H, 27 miles, 9:30/9:45. RL: Fran Ramanauskas, 866-3996 or frjr@optonline.net. Meet at Merritt Pkwy, Exit 41 CPL. 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. No food stop, bring snacks. SR

Sound Cyclists Classic, E, R/H, 27 miles, 9:30/9:45 (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.

SATURDAY, MAY 7

See Standing Saturday Rides on page 8.

Dual Citizenship, B, R/H, 50 miles, 8:45/9:00. RL: Mark Gillies, 240-0747 or magillies2@aol.com. Meet at Trinity Corners Shopping Center on Rt. 124 in Scotts Corners, NY. From Merritt Pkwy Exit 37 turn left onto Rt. 124 towards New Canaan. Follow Rt 124 into New Canaan center and then for another 5 miles to Scotts Corners. Shopping center is on right, just before entering town. Our featured ride this month is a joint affair with the Westchester Cycle Club. Come out and meet a new crowd on this 17 mph ride through Fairfield and Westchester. Food stop. SR.

Another CT2NY Ride, C+, R/H, 45 miles, 8:15/8:30. RL: Gil Gilmore, 981-1389 or zembones@sbcglobal.net. Meet at Merritt Pkwy, Exit 38 CPL, NY-bound side. This ride is similar to the Bedford CT/NY Trek but will push deeper into NY and explore some of the terrain. There will be rolling hills but nothing outrageous. Expect average will be between 14 and 16 mph. Food Stop. SR

Three Reservoirs Tour, C, R/H, 28 miles, 9:00/9:15. RL: Mike Tamborrino, 359-3984 or tambo40@hotmail.com . Meet at Merritt Pkwy, Exit 35 CPL. Cycle around the reservoirs in North Stamford and New Canaan. Optional extended loop through Darien. Expected average speed will be 14 mph. Lunch in Scotts Corners. SR

Jump in the Lake, C, R/H, 26 miles, 10:00/10:15. RL Tom Ebersold 874-7839 or tebersold@att.net . Meet I-95 Exit 63

CPL in Clinton. Inland tour of Clinton and Chester with lunch at Pataconk Lake. Bring lunch. No place to buy. Shop the outlets on your home. Expected average speed will be 13 to 14 mph. SR

Old Bloomin' Metric, D, R/H, 25 miles, 9:30/9:45. RL: Donna Sohikian, 668-0186 or dsolikian@aol.com . Meet at Westport RR Station, off I-95 Exit 17, adjacent to Luciano Park. Enjoy the 25-mile route of the Bloomin' Metric, which travels through Westport and Fairfield. No food stop, bring snacks. SR

Old Bloomin' Metric, E, R/H, 25 miles, 9:30/9:45 (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, MAY 8

See Standing Saturday Rides on page 8.

Weir's Wilton In Reverse, B, R/H, 49 miles, 8:45/9:00.

RL: Larry Waskom, 762-8206 or lwaskom@mktlnk.com. Meet at Merritt Pkwy Exit 38 CPL. This ride goes through some beautiful rolling and hilly sections of Wilton, Ridgefield, New Canaan and Vista. Historic houses dot this area. Many short hill climbs, steady inclines, rollers and some fast downhill. Approximately 3,000 feet of climbing. Expect an average speed of 17 mph. Food stop. SR.

B.O.W. - Bethany, Orange, and Woodbridge, C+, H, 43 miles, 10:00/10:15. RL: Mark Kiley, 799-2640 or mkiley431@aol.com. Meet at Wilbur Cross Pkwy. Exit 58 CPL. Take a trip to new territory over in New Haven County. Join Mark on a kinder, gentler version of the fabled BOW ride, appropriate for the season. Expected average speed between 14 and 15 mph. Food stop in Hamden. SR

Fairfield-Westport Great Circle Tour, C, F/R, 26 miles, 9:15/9:30. RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.net . Meet at Merritt Pkwy. Exit 44 narrow CPL Southbound side. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. Expected average pace in the 13s. Food Stop. SR

Captain's Cove Ride, D, F/R, 23 miles, 9:15/9:30.

RL: Martin Iselin, 256-0085 or mbiselin@optonline.net. Meet at I-95, Exit 18 CPL. Join a club standard as we bike through Westport and Fairfield with a food stop at Captain's Cove in Bridgeport. SR

Captain's Cove Ride, E, F/R, 23 miles, 9:15/9:30 (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.

SATURDAY, MAY 14

See Standing Saturday Rides on page 8.

Round Hill Romp, B, R/H, 45 miles, 8:45/9:00.

RL: Norton Lazarus, 698-3032 or nwl@oemcapitalcorp.com . Meet at Old Greenwich RR Station, NYbound side. From I-95 Exit 5, turn right on Rt. 1. Right at first light onto Sound Beach Ave. RR station entrance is 1 mile on left. This ride heads up Round Hill Road on the way to Bedford. Two major climbs, each 1 mile long, 3,615 feet of climbing gain which is equivalent to 1.54% of the linear ride distance. Expected pace in the 16s. Food stop. SR

Bloomin' Metric Preview, C+/C, R/H, 45 miles, 9:15/9:30, 9:20/9:35. RL: (C+) John Sohikian, 762-8827 or jsolikian@aol.com; (C)John Dugdale, 655-4277, jdugda@peoplepc.com . Meet at Marvin School Parking Lot just before Calf Pasture Beach in Norwalk. Take Exit 16 off 95 and head South on East Ave. From East Avenue proceed straight through a series of traffic lights until passing under the Metro North train tracks in East Norwalk. Continue straight but move to the left lane as you approach a rotary/cemetery. Bear left around the rotary briefly onto Cemetery Road and then immediately bear right onto Gregory Boulevard. Follow Gregory Boulevard until you reach a second rotary at Marvin Street. Turn left onto Marvin Street and then immediately turn right onto Calf Pasture Beach Road. Marvin school will be on the left. Join John on one of the club's most scenic routes through Norwalk, Westport, Fairfield and Easton. Expected average speed between 15.5 and 16.5 mph for C+ ride, C will average between 13 to 14 mph. Food Stop. SR

Almost Annual CT/Big Apple Ride II, B/C+, R/H, 57 miles, 8:15/8:30. RL: Gil Gilmore, 981-1389 or zembones@sbcglobal.net. Meet at Exit 38 off the Merritt Pkwy on the NYbound side. Last we proved that one could have fun biking from Darien to NYC. This year we'll extend the fun by following a new route from New Canaan to Manhattan. Be prepared to discover the sensuous challenges of riding the hilly network of roads linking Fairfield and Westchester counties with the Big Apple. There will be numerous bailout options for those for whom the spirit is willing but the flesh weak. Alert: Be prepared for bad pavement and heavy traffic once we reach Bronx/Manhattan. On the other hand, you'll feel safe in the welcoming company of your fellow riders. The ride will finish at Grand Central Station so we can train back to CT (bring money and a Metronorth bike pass for the train). Though the ride is rated "B" for the hills and length, it will be ridden at a C+ pace. Ride goes rain or shine. If you missed last year's ride, this is your chance for atonement. SR

The Backwoods to Shoreline Spin, C, F/R, 31 miles, 9:15/9:30. RL: Jerry Weinstein, 327-3530, or gmweinstein@snet.net. Meet at Merritt Pkwy, Exit 42 CPL. 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 where lunch can be eaten at harborside. Expected average pace in the 13s. SR

Bloomin' Metric Preview, D, F/R, 25 miles, 9:30/9:45. RL: Martin Iselin, 256-0085 or mbiselin@optonline.net. See above for directions. Join Martin on one of the club's most scenic routes through the towns of Norwalk, Westport, Fairfield and Easton. Expected pace in the 11s. Food Stop. SR

Bloomin' Metric Preview, E, F/R, 25 miles, 9:30/9:45 (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, MAY 15

See Standing Sunday Rides on page 8.

Roxbury Rendezvous, B, H, 62 miles, 8:45/9:00.

RL: John Ercolani, 926-9153 or johne@txc.com . Meet at St. Joseph's High School, Rt. 108 in Trumbull. From Merritt Pkwy northbound, take Exit 51. Left at light onto Rt. 108 North. School is 1.7 miles on right. From the Merritt southbound, get off at Exit 52 and follow signs to Rt. 108. Right at light onto Rt. 108 North. School is 2.1 miles on right. School is set back from the road and hard to see; look for red sign denoting driveway entrance. A scenic route that travels north from Trumbull through Monroe, Newtown and Roxbury. Return via Southbury, Oxford, Seymour and Shelton. Several tough hills with grades exceeding 7%, but also lots of descents and flat stretches. 5,500 feet of climbing. As a percentage of the linear ride distance that's 1.68% which is above-average for "B" rides and makes this course appropriate only for stronger riders. Expected pace is 16 mph due to the terrain. Food stop. SR

Rural Ramble, C+, R/H, 39 miles, 9:15/9:30. RL: Dennis Lyall, 846-6000 or lyallart@aol.com. Meet at Merritt Pkwy, Exit 44 CPL, Northbound side. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Expected average speed between 14 and 16 mph. Food stop at the donut shop in Newtown. SR

Run to Ridgefield, C, R/H, 34 miles, 9:15/9:30. RL: Charles Doran, 661-4858 or cjoran@fairfieldtechnology.net. Meet at the Darien RR station NY bound side. Join us on the gradual climb to Ridgefield and coast down the hills on the return. Expected average speed 13 mph. Food stop at Steve's Bagels. SR

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

Norwalk, Darien, Rowayton Tour, E, F/R, 25 miles, 9:15/9:30 (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.

SATURDAY, MAY 21

See Standing Saturday Rides on page 8.

Kisco Kid, B, R/H, 52 miles 8:45/9:00. RL: Brian Wood, 461-9603 or brian_m_wood@yahoo.com. Meet at Northeast Elementary School in Stamford. From Exit 35, Merritt Pkwy, go north on Rt. 137 for 0.7 miles. Left at light onto Scofieldtown Rd (by Stamford Museum). School is 0.2 miles on left. A scenic ramble through North Greenwich, Armonk, Mt. Kisco and Bedford. Option for 41 mile ride. 3,830 feet of climbing gain. As a % of the ride distance that's 1.38% which is a normal ratio for area rides. Expected pace is 17+ mph. Food stop. SR

West Redding Challenge, C+, R/H, 32 miles, 9:15/9:30. RL: Fred Ury, 515-1654 or fred@urymoskow.com . Meet Merritt Pkwy. Exit 41 CPL. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. Food Stop. SR

Pre-Bloomin' Metric Flower Sniffer, C/D Combo, R/H, 30 miles, 9:15/9:30.

RL: (C)Dennis Lyall, 846-8000 or lyallart@aol.com; (D) Glen Balamaci, 772-7501 or gbalamac@optonline.net . Meet at Merritt Pkwy. Exit 38 CPL. A few climbs on the ride with a stop at

the Lee Memorial Gardens in New Canaan. Expected average between 11.5 and 14 mph depending on ride level. SR

Cheshire to Lake Compounce, C, R/H, 31 miles, 10:00/10:15 . RL Tom Ebersold (203) 874-7839 or tebersold@att.net. Meet at Cheshire High School, 525 South Main St. (Rt. 10). The name says it all. Directions: Rt. 15 North to Exit 61. Right onto Whitney Ave. (becomes Rt. 10 North). About half-mile past Rt. 42, school is on left. SR

Around Westport, E, F/R, 17 miles, 8:45/9:00. RL: Gene & Jean Schlesinger 762-5984. Meet in parking lot near rear of Westport Police station, near I-95 Exit 17. Enter Jesup Ave from Imperial Ave and take the first driveway on the left. Pleasant, fairly flat and rambling ride with a few short and not so steep hills. Short snack stop at Elivra's Deli at mile 13. Casual pace with frequent regrouping.

SUNDAY, MAY 22

No Standing Sunday Rides for Bloomin' Metric Sunday
Bloomin' Metric Sunday (All levels welcome, self paced) (See www.soundcyclists.com for more details)

Group Bloomin' Metric E-Ride, 8:30/8:45. RL: Sheila Carmine, 203 322-9534 or cqia@aol.com. Meet at bagel table at 8:30 am, leave at 8:45 am. Contact leader by Saturday, May 21st if you will be riding with the E Group. The distance of the ride will be determined by group agreement. FR

SATURDAY, MAY 28

See Standing Saturday Rides on page 9.

May 28-30th. Holiday Weekend in the Mountains. A, H, 70-100 miles daily, departing each day at 9:15 sharp. RL: Andy Kalter, 845-434-5371 or andrewkalter@hotmail.com. A three day event, May 28-30th. Ride 1, 2 or all 3 days. Saturday's ride will go through the Catskill Mountains. Sunday and Monday will take us to the Shawangunks and perhaps High Point, NJ with a return along the Delaware River. The routes are very scenic and have options for avoiding the most nasty climbs. Rides will be led at a challenging tour pace, with regrouping at the mountain tops and food/lunch stops along the way. All rides will begin at Andy Kalter's house in South Fallsburg, NY. Email or call for driving directions, overnight lodging options, and more details.

Red Brook Candle, B, R/H, 47 miles, 8:45/9:00. RL: Jon Swallen, 254-0164 or jswallen@att.net . Meet at Joel Barlow H.S. in Redding Ridge. From Merritt Pkwy Exit 44 go north on Rt. 58 for 8.5 miles. School driveway is on the right. A unique route from Redding through Brookfield on the way to Candlewood Lake. The heart of the ride parallels the flat grade of the Housatonic Railroad and is the prelude to a scenic 4 mile run along the lake shore. The ratio of climbing gain (3,275 feet) to ride distance (47 miles) is a moderate 1.34%. Average speed in the 17s. Food stop. SR

Weston-Easton Ramble, C+, R/H, 42 Miles, 9:15/9:30. RL: Justin Karbel, 537-8787 or jkarbel@optonline.net. Meet at I-95, Exit 18 CPL. Scenic tour of Weston and Easton. Food Stop SR

Greenwich Firehouse Tour, C, R/H, 37 Miles, 8:45/9:00. RL: Rick Brooks, 698-2595 or fbrooks@familygroup.org. Meet at Old Greenwich Civic Center. Take I-95 to Exit 5, Right on East Putnam Avenue/US-1, Right on Sound Beach Ave. Left on Forest. This is a tour of all 8 Greenwich firehouses. Expected average speed 13 mph. SR

Madison to Westbrook Shoreline, C, F/R, 31 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet I-95 Exit 61 CPL (Rt. 79) in Madison. Scenic, relatively flat tour of the beautiful shoreline in Madison, Clinton and Westbrook with lunch on the green in Westbrook. Shop the outlets on your way home. Joint with AMC. SR

Fairfield Coastal Cruise, D/E, F/R, 23 miles, 8:45/9:00 (New Member Ride). RL: Nancy Rosett & Bobbie Kinn, 857-4847 or n_rosett@yahoo.com . Meet Fairfield Town Hall, corner of Old Post Road and Beach Road, Fairfield, off I-95 Exit 22. Almost totally flat tour of coastal Fairfield and Black Rock. Bail-out option at 13 miles for those watching their mileage. FR

SUNDAY, MAY 29

See Standing Sunday Rides on page 8.

Cheshire Valley Express, B, R, 54 miles, 9:00/9:15. RL: Jon Swallen, 254-0164 or jswallen@att.net. Meet at Shepherd Glen School on Skiff Avenue in Hamden, about 30 miles from Westport. From Exit 60 on Wilbur Cross Pkwy turn left on to Rt 10 North. Go 0.7 miles to 6th traffic light and turn left onto Skiff St. (There's a large sign for a Kohl's store on the far corner). Follow Skiff up the hill and through one light for a total of 0.5 miles and turn right into school driveway. There's a geological aberration in central Connecticut along wide valley that is nowhere near a river. And it offers miles of flat to rolling terrain on scenic side roads as you pedal from Hamden to Bristol (passing ESPN headquarters) and back. If you're in the mood for new territory or a respite from the hills, this is the ride for you. Only 2,950 feet of climbing. As a percentage of the linear ride distance, that's just 1.05%, which is far below-average for club rides of this length. Expect an average speed in the mid 17s. Food stop. SR.

West Redding Challenge, C+, R/H, 32 miles, 9:00/9:15. RL: Mike Stoll, 981-3483 or Darkstar021370@aol.com . Meet at Merritt Pkwy. Exit 41 CPL. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. Food Stop. SR

The Seaside Spin, C, F/R, 30 miles, 9:30/9:45 . RL: Brian Voytek 374-0921 or bvoytek@optonline.net. Meet at Merritt Pkwy. Exit 44 CPL, Northbound Side. Enjoy this scenic ride that goes to St. Mary's By the Sea, Captain's Cove and Seaside Park. Lunch stop in Fairfield. Expected average speed between 13 and 14 mph. SR

Pear Tree Point Ride, D, F/R, 28 miles, 9:15/9:30. RL: Fran Ramanauskas, 866-3996 or frjr@optonline.net. Meet at Hindley School parking lot on the corner of Nearwater Lane and Post Road in Darien. Wind your way through Darien into Norwalk and back to Darien on some new and some familiar roads. SR

Pear Tree Point Ride, E, F/R, 28 miles, 9:15/9:30 (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. FR

MONDAY, MAY 30

MEMORIAL DAY

12 Rural Ramble, B, R/H, 39 miles, 9:00/9:15. RL: Bill Carney, 359-3659 or wcarney@optonline.net . Meet at Merritt Pkwy Exit 44 CPL. Enjoy the scenic Hemlock Reservoir before experiencing the

challenging hills of Easton, Monroe and Newtown. The ratio of climbing gain to linear distance traveled is a mild 1.32% but does include one arduous hill. Average speed in the 17s. In event of a large turnout, we'll split the group in two for increased safety. We should finish around 12:15 pm, in time for your Memorial Day picnic. Food stop. SR

Road to Bethel, C+, H, 33 miles, 9:15/9:30. RL: Mitch Fuchs, mfuchs86@aol.com . Meet at CPL Routes 25 and 111 in Trumbull. Great scenic backroads lead us through Trumbull, Monroe, Newtown, Redding and Bethel. Lunch choices abound in Bethel. Time will be allowed for those tempted to duck into the bike shop. Take Exit 49N, Merritt Pkwy. or Exit 27A, I-95 to Route 25 north. Go to the traffic light and turn left onto Route 111 South, immediate left onto Broadway and left into CPL. SR

Darien-New Canaan Tour, C, R/H, 34 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet at Hindley School, corner of Nearwater Lane and Rt. 1, Darien, off I-95 Exit 10. Backcountry tour through Darien and New Canaan with lunch in Scott's Corners. Average speed between 13 and 13.5 mph. SR

The Backwoods to Shoreline Spin, D, F/R, 32 miles, 9:15/9:30. RL: Glen Balamaci, 722-7501 or gbalamac@optonline.net. Meet at Merritt Pkwy. Exit 42 CPL. 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 where lunch can be eaten at harborside. This will be a joint ride with the Westchester Cycle Club. SR

The Backwoods to Shoreline Spin, E, F/R, 32 miles, 9:15/9:30 (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.

SATURDAY, JUNE 4

See Standing Saturday Rides on page 9.

Darien New Canaan Tour, D+, R/H, 34 miles, 9:00/9:15. RL: Herb Wexler, 854-9398 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. Expected average speed between 11.5 and 12.5 mph. Bring snacks. SR

Darien Surf and Turf, D, F/R, 20 miles, 9:30/9:45. RL: Lauren and Jerry Hunt: 203-847-9427 or laurenc567@aol.com . Meets at Talmadge Hill RR Station, off Merritt Pkwy. Exit 36. Join us on this scenic ride through New Canaan, Darien and Rowayton. Beautiful back roads and water views. Snack stop midway at Rowayton Market. Cue sheets and sweep provided. FR

SUNDAY, JUNE 5

See Standing Sunday Rides on page 8.

Trumbull-Monroe Backroads Tour, C, R/H, 31 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net . Meet Merritt Pkwy. Exit 50 CPL. 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 mph. average pace, so if you keep the pace, you will not be dropped. SR

Almost Thirty Something, D, F/R, 29 miles, 9:00/9:15. RL: Martin Iselin, 256-0085 or mbiselin@optonline.net. Meet at I-95 Exit 18 CPL. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. FR

SUNDAY, JUNE 19

See Standing Sunday Rides on page 8.

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. SR

Annual Tour de Putnam Cycling Festival

August 28, Veterans Memorial Park, Gipsy Trail Rd, off of Rte 301, Carmel, NY

Ride 15, 30, 50, 75 and 100 mile routes through beautiful and historic Putnam County. Mountain biking also available. Pre-registration \$25, same day registration \$30.

Includes t-shirt, lunch and entertainment. For info and registration phone Putnam Visitors Bureau, for more details go to: <http://www.visitputnam.org/activities/tourdeputnam.html>

Call 800-470-4854, 845-225-0381

Bicycle Tires & Tubes

By Sheldon "Tires" Brown

Parts of a Tire

Clincher Tires

Conventional tires used on 99% of all bicycles are "clincher" type, also known as "wire-on." They consist of an outer tire with a u-shaped cross section, and a separate inner tube. The edges of the tire hook over the edges of the rim, and air pressure holds everything in place.

Many people suppose that tires are made out of rubber, because that's what is visible. This is a major oversimplification—rubber is the least important of the three components that make up a tire:

Bead

The "bead" is the edge of the tire. On most tires, the beads consist of hoops of strong steel wire. The beads are what holds the tire onto the rim, and are, in a sense, the "backbones" of a tire.

While most beads are steel, some tires use Kevlar® cord instead. Using Kevlar® for this purpose typically saves about 50 grams (2 ounces) per tire. Since Kevlar® is much more flexible than steel, tires with Kevlar® beads can be folded up compactly, which is convenient for touring or other applications where it may be advisable to carry a spare tire.

Fabric

Cloth fabric is woven between the two beads to form the body or "carcass" of the tire. This is the heart of the tire, the part that determines its shape. The vast majority of tires use nylon cord, though some use polyamide. Up until the 1960s, cotton/canvas was commonly used. Cotton and silk are still used for some tubulars.

The fabric threads don't interweave with crossing threads as with normal cloth, but are arranged in layers or "plies" of parallel threads. Each layer runs perpendicular to the next layer(s). Bicycle tires have the threads of the fabric running diagonally, ("bias") from bead to bead. Modern car tires have the main threads running straight over from one bead to the other, known as "radial" construction. Radial tires will also have a "belt" of plies running all the way around the circumference of the tire, crossing the radial plies.

Radial tires have been tried for bicycles, but they tend to be too floppy from side to side. This floppiness feels quite unpleasant in actual riding—much like the feel of a grossly underinflated tire.

Some bicycle tires also have a Kevlar® belt running under the tread area, in addition to the normal bias plies. This is intended as a puncture preventive.

Rubber

Once the fabric has been woven between the beads, and the tire has its basic shape, it is coated with rubber. The rubber is mainly there to protect the fabric from damage, and has no structural importance.

The rubber that comes into contact with the ground is called the "tread." This area usually has thicker rubber than the "sidewalls" of the tire, mainly for wear resistance. Most tires have some sort of 3-dimensional pattern moulded into the tread, which may or may not enhance traction.

Manufacturers mix different additives with the rubber to achieve desired traction/wear characteristics. Generally, a softer formulation will give better traction, but at the expense of more rapid wear.

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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. CLUB

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)

E-mail _____

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 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**