

SOUND CYCLISTS

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October, 2003

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

Nominating Committee Posts Slate for SCBC 2004 Officers and Directors

In accordance with the club ByLaws, the Nominating Committee is posting the slate of nominees at least 60 days prior to the December 6, 2003 Annual Dinner and Meeting. This year's committee members are: Bruce Felper, Nancy Frederick and Glen Corsello.

The Nominating Committee has posted the following slate of officers for the December 6th ballot.

The Nominees are :

- President: Emil Albanese
- Vice President: Bruce Felper
- Treasurer/Finance Director: John Sohikian
- Secretary: Chris Klimek
- Rides Director: Brian Voytek
- Communications Director: Chris Klimeck
- Membership Director: Mike Tamborino
- Bloomin' Metric Director: Jim McConnon
- Program Director: Mary Karnis

As prescribed by the club by-laws, "The slate, which is not limited to just one nominee per position, will be published to the membership at least 60 days prior to the election. Any member of the Club may submit nominations in writing to the Secretary up to 30 days prior to the elections. All nominees must be club members at least 18 years of age and must consent to the nomination in writing to the Secretary 30 days prior to the elections."

(Continued on page 9)

Young Lungs

Declining lung function is a normal part of the aging process, but exercising regularly can help keep your lungs youthful for longer.

Many changes occur as the lungs age. Respiratory muscles weaken, the chest wall stiffens, airway size decreases, and the diaphragm may weaken. However, exercise can minimize these changes. In a recent study, men who had the highest activity levels experienced the least decline in pulmonary function over a 25-year period.

RealAge Benefit: Doing stamina-building exercises for at least 60 minutes per week can make your RealAge as much as 6.4 years younger.

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SCBC Special Meeting Minutes Subject: By-Laws Amendment

Date: Sunday, August 31, 2003

Location: home of Norton Lazarus, 3 Forest Avenue, Old Greenwich, CT

In Attendance: Approximately 100 SCBC Club members
Vice President Bruce Felper called the meeting to order at 1:03 p.m.

Bruce explained that Article VI, Section E of the existing By-Laws state that the President "will be limited to no more than two consecutive one-year terms." The proposed amendment would change the By-Laws to limit the President to "no more than three consecutive one-year terms."

Bruce called for a three minute open discussion on the amendment. There was no discussion. Acting Club Secretary Chris Klimek made a motion to cast a single vote unanimously in favor of the amendment. Larry Haddad seconded the motion. The motion passed unanimously. The By-Law change will take effect immediately. The meeting was adjourned at 1:15 p.m.

Sound Cyclists Bicycle Club By-laws are available in complete form to all members on the Sound Cyclists Bicycle Club web site at www.soundcyclists.com. (Click on Members Log In.) The By-Laws will be updated to include the recently passed amendment to Article VI, Section E as explained above.

If club members have any questions regarding the By-Laws, please contact club officers listed on page 2 of the newsletter either by telephone or email.

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.

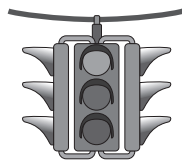
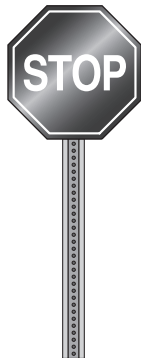
Check @Chat out at:

www.soundcyclists.com

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Volume 27 • Number 9 • 14 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

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

Directors and Committees

Rides Director	Brian Voytek	374-0921	bvoytek@optonline.net
A Rides	Andy Kalter	858-8048	andrewkalter@hotmail.com
B Rides	Don Rosaforte	849-8159	(no e-mail address)
C+ Rides	Suzan Maxey	374-1606	smaxey@connix.com
C Rides	John Dugdale	655-4277	jdugda@peoplepc.com
D Rides	Rod Stavert	762-8128	rodneystavert@hotmail.com
E Rides	Nancy Rosett	857-4847	n_rosett@yahoo.com
Mountain/Off Road	Dave Cleveland	226-7355	dcleve9692@aol.com
Communications Director	Chris Klimek	561-0809	cklimek@cablevision.com
Publicity	Ginger Katz	866-5282	gkathlete@aol.com
Email	Marlene Cohen	852-0186	marlene001@worldnet.att.net
Community Relations Rep	Ray Rauth	454-7080	rayrauth@optonline.net
Web Administration	Jeff Munk	261-5545	info@moonlightingproductions.com
Membership Director	John Sohikian	762-8827	jsohikian@aol.com
Member Liaison	Janet Flandreau	662-9553	famouslily@aol.com
Bloomin' Metric Director	Jim McConnon	451-3610	jrm@optonline.net
Program Director	Mary Karnis	847-7547	karnism@optonline.net
Picnics	Mary Karnis	847-7547	karnism@optonline.net
Picnic Co-chair	Cindy & Jim Clark	847-4133	cclarkct@aol.com
Safety	Clyde Gourley	929-4001	(no e-mail address)
Club Weekends	Open		
Incentives	Lip Lai	637-8707	lip_l@hotmail.com (LIP_L)
SCBC Giving Council Chair	Open		
SCBC News Editorial Board			
Editor/Publisher	Kathleen Kellett	372-9948	kkellski@aol.com
Printer	Exact Printing	377-6571	

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Electronic or Mail Membership/Change of Address Information:

For membership information, call (203) 840-1757. If you wish to join, send a *signed* copy of the membership application at the back of the newsletter with \$15 check for electronic membership, to obtain your newsletter on www.soundcyclists.com or \$25 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form.

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

Article Submission Guidelines:

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

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

Display and Classified Advertising:

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

Incentives Program:

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

Sound Cyclists Advertising Rates

Eighth Page	\$20.00
Quarter Page	\$40.00
Half Page	\$75.00
Full Page	\$125.00

Rates Are Per Issue

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

Club Information Line

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

Call (203) 840-1757



Calendar of SCBC Special Events

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

■ December 6, 2003
SCBC Annual Meeting & Lunch

Nominating Committee Posts Slate for SCBC 2004 Officers and Directors

(Continued from page 1)

Nominations may be submitted to Roni Krisavage, SCBC Secretary, c/o, Sound Cyclists, P.O. Box 3383, Westport, CT 06880.

Club members may vote for candidates, using either an absentee ballot, or in person at the annual meeting. If you plan to attend the annual meeting, do not mail in the ballot. Ballots may be found on the club website or in next month's newsletter. Mail ballots to Sound Cyclists Election, P.O. Box 3383, Westport, CT 06880.

Members Marketplace

For Sale: New 2003 Trek aluminum frameset model 2300 with OCLV carbon fork. United States Postal Service blue and silver colors. 56cm. Matching blue Selle San Marco Era Deluxe saddle (has never been used). Both frameset and saddle \$450. Call Jack at 203-226-4046 or e-mail JandB1104@aol.com.

For Sale: New Grey Alleycat Shadow 2, Child's Trainer Bike (3rd wheels). Asking \$150. Please call 203 972 8734.

For Sale: Bicycle Trailer: Rhode Gear bicycle trailer (2 seater). The safest way to enjoy cycling with young children. Used but in excellent condition. Price \$150. Contact Deborah or Lance at 203 840 1566 or bredesongroup@earthlink.net.

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

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

Sound Cyclist Bicycle Club Board Meeting-August 25th

Date: August 25th Sound Cyclist Bicycle Club Board Meeting

Emil Albanese called the meeting to order at 7:05pm. Chris Klimek made a motion to accept the minutes from the July 21st Board Meeting. The motion passed unanimously.

New Business

By-Laws Amendment Meeting – August 31, 2003

Bruce Felper will run the By-Laws Amendment Meeting.

Chris Klimek will be the recording secretary.

Connecticut Clean Cars Alliance – Ray Rauth

The Connecticut Clean Car Alliance is an initiative to reduce the emissions from cars and light trucks, which are among the largest sources of air pollution threatening our health. Connecticut's air pollution is so bad that the American Lung Association gives it an "F" - its lowest rating. A bill will be introduced in the next session of the General Assembly requiring that all new cars sold in Connecticut, beginning in 2006, meet the same emissions standards already adopted in California. Roni Krisavage made a motion to have Sound Cyclists Bicycle Club join the Connecticut Clean Cars Alliance. The motion passed unanimously.

Giving Council – Emil Albanese

A new chairperson is needed for the Giving Council due to the untimely and unfortunate passing of Jeff Ross. Kathleen Kellett, already a member of the Giving Council, has volunteered to take over the role. Emil will ask Kathleen to attend the next board meeting. Should her request to assume the position be approved, an open position on the council must then be filled.

Communications – Chris Klimek

Chris submitted the Communications Report for review. The report included a package of recent SCBC press clippings, most related to the Harvest Rides which take place on September 14th. The Norwalk Hour has been extremely supportive of the Harvest Rides.

Thanks to Ray Rauth for his efforts in getting SCBC noted in the Discover Fairfield and Discover Westport publications.

At least forty SCBC members have volunteered to help at the Cablevision/Make-A-Wish/SCBC Booth during the Norwalk Oyster Festival on Sept 5th to the 7th at Veteran's Park.

Community Relations - Ray Rauth

Ray Rauth reported that the 33-mile, four-hour Bridgeport bike tour on August 23rd, organized by Bob Halstead, a Bridgeport economic development official and city history expert, was very successful. One goal of the ride was to provide a view of the city which would change perceptions. The group will attempt to expand their biking numbers next month during another tour.

An effort is underway in the House of Representatives in Washington, D.C. to introduce an amendment to strike Section 114 from the transportation appropriations bill. If successful, the effect would be to fully restore funding for Transportation Enhancement activities. Congress established the Transportation Enhancement program in 1991 as a guarantee that a small percentage

(Continued on page 10)

Calendar of Non SCBC Cycling Events

Cyclists Beware!!

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.

■ Saturday, October 4, 2003

Escape from New York Century, Benefits Recycle-a-bicycle www.recycleabicycle.org

For event information: www.nycc.org

■ Sunday, October 5, 2003

16th Annual Cystic Fibrosis Bike Tour

Contact LuAnn Leclerc 800 841 2828, www.cff.org

■ Sunday, October 5, 2003

2003 Fall Foliage Bike Tour, Washingtonville, NY,
McQuade Children's Services 845-56-0436 X157

■ Sunday, October 5, 2003

The Great Tappan Zee Bike Tour for MS
Westchester MS Bike Tour offers 20 & 60 mile routes. For event information:

www.nationalmssociety.org./NYV/event/event_detail.asp?e=7389



We're proud to be on board.

Virgin Atlantic Airways is proud – and excited – to sponsor
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FLY TO LONDON FROM NEW YORK NEW YORK FROM NEW YORK WASHINGTON DC PHOENIX DALLAS MIA LAS VEGAS SAN FRANCISCO LOS ANGELES

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.

STANDING EVENING RIDES

Please note: all official Sound Cyclists Bicycle Club standing evening rides are discontinued until Spring 2004 .

Attention: Ride Leaders

If weather is questionable, please show up at ride with cue sheets in case anyone wants to ride. Riders please call ride leader to confirm that the ride will be on in the case of questionable weather.

EVERY SATURDAY

Back to Bethel, A/B, R/H, 40 miles, R/H, 8:45/9:00
RL: Mark Covello, 846-6689. Meet at Exit 41 CPL, Merritt Pkwy. Join us for this fast-paced ride up around the reservoirs to Bethel and down Route 58. Snack stop at Bagel Crossing. This is a standing ride every Saturday until the fall. Nasty weather cancels ride. NR
Saturday Morning The Early Bird Special, C+/C, R/H, 21 miles, 7:30/7:45. RL: Emil Albanese 853-7499 emilalb@aol.com. Meet at Luciano Park at the Westport RR station parking lot off Exit 17, I-95. Early morning ride past Compo Beach and over to Southport. Coffee after the ride at Peter's Bridge Market. SR

EVERY SATURDAY

Beginning Oct. 11th

Mountain Bike Madness, A/B+, R/H, Mtn. Bike, 20 miles, 9:00/9:15, RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com. Meet at Cranbury Park for a mix of all types of off road terrain and a little road riding too. We make one loop with hill climbs, stream crossings, mud bogs, log hops, technical descending, road sprints, and frozen pond crossings. RSVP is absolutely required as weather, distance, and pace can vary depending on trail conditions.

EVERY SUNDAY

Sunday Morning Spin, a.k.a. SMS (3 versions), C, C+/B-, & B/B+, R/H, 27 to 42 miles, 8:30/ 8:45. RL's "B" Gus Pecunia 426-9185 pecunia@earthlink.net; "C+/B-" Lisa West 838-7193 inwest@snet.net; "C" Show and Go. Meet at Southbound side of Westport train station (I-95 exit 17), near Luciano Park. A fast but friendly ride for experienced cyclists. No nonsense. We leave on time. B & C+ rides have one quick stop at the top of the Sport Hill climb at the Easton Market, very limited regrouping. These rides are appropriate for self-sufficient, experienced riders focusing on a morning workout. After October 26, all rides will be Show and Go 'till next spring. Look for the cue sheet later this month on the SCBC web site under Rider & Leader info. Call ride leaders for questions, rain at start time cancels ride.

EVERY SUNDAY

Beginning Oct. 12th

Mountain Bike Potluck; RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com. This will be our day to explore new places at a fast (B) but more relaxed pace. Location, start time, and distance options will be decided at the conclusion of the Saturday training ride. Great weather may turn this into a road ride. RSVP required.

SATURDAY, OCTOBER 4

See Standing Saturday Rides on page 5

Croton Reservoir Ride, B, R/H, 53 miles, 9:30/9:45.

RL: Don Rosaforte, 849-8159. Meet at Ridgefield High School on Route 116. Scenic loop out to the Croton Dam thru Westchester. Food Stop. SR

Destination: Mamanasco Lake, C+, R/H, 37 miles, 9:15/9:30. RL: Dennis Lyall, 846-8000 LyallArt@aol.com . Meet at Exit 38 CPL, Merritt Pkwy. Scenic loop up to Mamanasco Lake and back to Norwalk through Silvermine. Food stop in Ridgefield. SR

Trumbull-Monroe Backroads Tour, C, R/H, 31miles, 10:00/10:15 RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at CPL Exit 50, Merritt Pkwy. There is no Exit 50 from the south, so take the Merritt Pkwy. to Exit 51 and come back one exit. Drive a mere 11 minutes from Exit 42 and enjoy a scenic tour through Trumbull and Monroe over roads seldom seen on Sound Cyclist rides.

Greenwich Groove, C, R/H, 45 miles, 9:15/9:30. RL: Rick Brooks, 698-2595 or fbrosks2@familygroup.org Meet at the Old Greenwich RR Station. This new ride leaves from the Old Greenwich RR Station and heads up through Eastern Greenwich to Banksville, then down through Western Greenwich to Glenville. Food stop in Banksville, coffee after the ride in Old Greenwich. SR

Coleytown Cruiser, D, R/H, 23 miles, 9:45/10:00. RL: Martin Iselin, 227-7237 or mbiselin@earthlink.net . Meet at Coleytown Middle School, 255 North Ave. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one-half mile. Right onto North Ave. Right into first driveway. Scenic tour of some favorite meadow and shore roads from a starting location with plenty of parking. SR

SUNDAY, OCTOBER 5

See Standing Sunday Rides on page 5 & 6

Land O' Lakes, B, R/H, 55 miles, 9:30/9:45. RL: Jon Swallen, 254-0164 or jswallen@att.net. Meet at Ridgefield High School on Route 116. A longer variant of the "Carmel Ball" Ride, with 35-40 miles of different roads. We pass ten major reservoirs and lakes amiss the rolling hills of Putnam County, and cross two causeways with stunning views of the Croton Watershed. Lots of terrain changes add to the fun. Food Stop. SR.

Lake Truesdale Special, C+, R/H, 45 miles, 9:30/9:45. RL: Steve Wolfe, 321-104 wolfest59@yahoo.com. Meet at Talmadge Hill RR Station. Exit 36 off of Merritt Parkway. Challenging ride through South Salem, North Salem, Cross River, Bedford and Pound Ridge before returning to New Canaan. Food stop. SR

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

A Social Scenic Survey of Sleepy Side Streets, D, R/H, 29 miles, 10:30/10:45. RL: Brian Gossler, 380-2646. Meet at Westport RR Station (Luciano Park) Exit 17 off I-95. Join Brian as he explores some of the scenery of Westport. SR

Beaches & Landmarks of Stratford Afternoon Ride, D, F, 16 miles, 4:00/4:15pm. RL: Ron Phillips, 375-4775 or ronaldcentral@optonline.net . Meet at Marneck's Restaurant on Washington Parkway at Beach Drive. Take Lordship Blvd, Exit 30 off I-95 and then Route 113 to beach/restaurant at the Seawall in Lordship. Fish & Chips, Lobster Rolls, eat after ride at Marineck's, inside or out by the water. Joint ride with Southern CT. SR

Cranbury Park East, E F/R , 16.10 miles, 8:45/9:00. RLs: Gene & Jean Schlesinger 762-5984 or sgenenjean@aol.com . Meet at Cranbury Park, Norwalk. From Norwalk RT 7 North to Kensett Rd (Wilton diner on right) turn right onto Kensett. Park is at end of road. Pleasant fairly flat ride with gentle climb last mile back to park No food stop, bring snacks. FR

SATURDAY, OCTOBER 11

See Standing Saturday Rides on page 5

No Left Turn Road Ride, B, R/H, 39 miles, 10:00/10:15. RL: Brian Gossler, 380-2646. Meet at Exit 42 CPL, Merritt Parkway. New ride for the directionally challenged. Food Stop. SR

Bethel to Beaches Ride, C+, R/H, 50 miles, 9:15/9:30. RL: Jeff Lundberg, 438-3177 or jefflund@mindspring.com. Meet at Exit 42 CPL Merritt Pkwy. Nice ride north to Bethel and back to the shore. Food stop in Bethel. SR

Great Pumpkin Tour, C, H, 31 miles, 10:00/10:15. RL Tom Ebersold 874-7839 or tebersold@att.net. Meet in the rear parking lot of the Trumbull Senior Center on Priscilla Place. Take the Merritt Pkwy. to Route 108 North (Exit 51 northbound and Exit 52 southbound). Priscilla Place is one block north of the Merritt. If you need restroom facilities prior to the ride, there is a Mobil station on Route 108, just south of Route 8. Annual pre-Halloween ride up to Jones Tree Farm in Shelton where we will stop for cider and cookies. Lunch stop, too. Bring panniers and carry home a pumpkin. Enjoy less familiar scenery along roads seldom seen on Sound Cyclists ride from a start point a mere 11 minutes from Exit 42. Joint ride with AMC. SR

CT/NY Trek, C/D+ Combo, R/H, 34 miles, 9:45/10:00. RL: Bruce Felper, 323-3177, bfelper@yahoo.com; Don Stillman, 531-7057. Meet at Talmadge Hill RR Station, Exit 36 off Merritt Pkwy. Bike from CT to Bedford Green. Food Stop.

SUNDAY, OCTOBER 12

See Standing Sunday Rides on page 5 & 6

Keeler Express, B, R/H, 47 miles, 9:45/10:00. RL: Bill Carney, 359-3659 or carneywt@optonline.net. Meet at Talmadge Hill RR Station Exit 36, off the Merritt Parkway. A straightforward up and back to North Salem on Routes 124, 137, 121, 116, 35, and 123 with one nasty hill (which can be skipped) midway. SR.

Weston-Easton Ramble, C+, R/H, 42 Miles, 9:30/9:45. RL: Phil Miano, nmiani@optonline.net . Meet at I-95, Exit 18 CPL. Scenic tour of Weston and Easton. Food Stop .SR

Old Cannondale Foliage Ride, C, H, 25 Miles, 10:15/10:30. RL: Cindy Campbell, 849-3125 or cccdesgn@optonline.net. Meet by Muffin Shop at Branchville Train Station just off Route 7 in Georgetown. Scenic Foliage tour on seldom used roads by Sound Cyclists. Muffins before, Mexican food in Georgetown after ride. SR

Fairfield Coastal Cruise, D/E Combo, F/R, 23 miles, 10:00/10:15. RL: Bobbie Kinn/Nancy Rosett , 857-4847 or n_rosett@yhoo.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

MONDAY, OCTOBER 13

Columbus Day

West Redding Challenge, C, R/H, 32 miles, 9:45/10:00. RL: Mike Tamborrino, 359-3984 or tambo40@hotmail.com . 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. SR

SATURDAY, OCTOBER 18

See Standing Saturday Rides on page 5

Mohawk Mountain Ride, B/C+/C, R/H, RL: (B ride) Jon Swallen, 254-0164 or jswallen@att.net 59 miles, 9:45/10:00. RL: (C+ ride) Peter Serratore, 259-3381 or peters@luminaria.biz 43 miles, 10:30/10:45. RL: (C ride) John Dugdale, 655-4277 or jdugda@peoplepc.com 34 miles, 10:30/10:45

All rides meet in the New Milford Town Hall parking lot on Church Street. Easy directions: take Route 7 north, turn right on Route 202 to leave Route 7. Avoid the first left-turn lane and take the next left on Main Street in New Milford; turn right on Church Street, and then right into the Town Hall parking lot. Driving time to New Milford should be no more than 1 hour from most shore towns. Call Peter Serratore if you're coming from the Fairfield area for a fast back-road alternate route.

If That's a Mountain, Then I'm the Tooth Fairy
It's fall, and time for us to head up to Litchfield County to gawk at the foliage. We offer three rides of "ascending" difficulty (but the C ride aint bad at all). All rides leave from pretty New Milford, late enough so that you don't have to get up too early, and to take advantage of the warmest part of the day. All three routes go past drop-dead gorgeous Lake Waramaug. The C Route has an extended food stop in pretty Kent, and the C+ and B routes will stop at Baird's General Store in Cornwall Bridge.

The B route climbs to the summit of Mount Mohawk, which is the highest peak in Connecticut with a paved road to the top (1,600 feet—big deal). The C+ route wimps out and avoids the mountain. The rides' leaving times are set so that we can all get together afterward (if the timing is right!).

All rides come down Route 7 for a stretch near the end, but a beautiful dirt road alternative, and another alternate (paved but hilly) will be available for those who'd rather not deal with Route 7.

The B route has a moderate 5-mile climb, a long fast descent on Route 45, and then the beastly climb up Route 4 to Mohawk. After Mohawk, you'll come back down Route 4 to Route 7, and do rollers on 7 south to Kent. Then it's a flat and beautiful return to New Milford.

The C+ route has a moderate five-mile climb, a long fast descent down Route 45, then rollers on 7 down to Kent. Then it's a flat and beautiful return to New Milford.

The C route: you guys lucked out with the best route. The route goes along the beautiful south shore of Lake Waramaug. The only hill worth mentioning is a 1.3-mile beast after you leave Waramaug. After that you'll have three rises on Route 341, and the hills are over. Then you'll be rewarded with a three-mile descent into pretty Kent, where you'll get an extended food/ice cream stop. Then it's a flat and beautiful return to New Milford.

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

Stamford Reservoirs Tour, C, R/H, 26/34 miles, 9:30/9:45. RL: Nancy Rosett, 857-4847 or n_rosett@yhoo.com . Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle around the reservoirs in North Stamford and New Canaan. Optional extended loop through Darien. Lunch in Scotts Corners. SR

Connecticut River Ramble, C, R/H, 39 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet Rt. 9 Exit 3 CPL in Essex. Tour both sides of the Connecticut River in a scenic jaunt that includes a ferry ride (bring \$1.75), views of the Essex steam train, and a stop at the newly renovated Gillette Castle State Park where you can wander the grounds for free. A castle tour is not planned as part of this trip. The fall foliage should be at peak this weekend. Joint ride with AMC. SR

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

Friday Night Ride - All Of It, E, F/R. 20 miles, 10:00/10:15. RL: Sheila Carmine, 203 322-9534 or cqia@aol.com . Meet at Darien Train station (newly remodeled side). Enjoy the pretty leaves. FR.

SUNDAY, OCTOBER 19

See Standing Sunday Rides on page 5 & 6

Parts Unknown North Redux, B, R/H, 60 miles, 9:00/9:15. RL: Brian Wood, 249-8798. Meet at Exit 44 CPL, Merritt Parkway. Explore new and unusual routes to Southbury or thereabout. We'll make it up as we go! Expect to average around 18 MPH. SR.

Poverty Hollow Backwoods Ride, C+, R/H, 45 miles, 10:00/10:15. RL: Paul Cooper RNPCCOOPR@optonline.net . Meet at Coleytown Middle School, 255 North Ave. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one-half mile. Right onto North Ave. Right into first driveway. A new ride touring through the pretty countryside in the Poverty Hollow area.

Rural Ramble, C, R/H, 40 miles, 9:30/9:45. RL: Brian Voytek 374-0921 or bvoytek@optonline.net. Meet at Exit 44 CPL, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown at a slower pace. Food stop at the Donut Shop in Newtown. SR

Litchfield Lark, C, R/H, 35 miles, 10:30/10:45. RL: Chris Deak, 261-2169 or yonosabe@aol.com . Meet at Litchfield Fire Dept. parking lot. Take Rte 8 north to Exit 42, then Rte 118 west to Litchfield. Turn left onto Rte 202 through town. Firehouse is on the right near intersection with North Lake Rd. Breathtaking views of Bantam Lake & Goshen. Lunch in Litchfield after ride. Allow 90+ minutes travel time. SR

The Backwoods to Shoreline Spin, D, F/R, 32 miles, 9:45/10:00. RL: Martin Iselin, 227-7237 or mbiselin@earthlink.net. Meet at Exit 42 CPL, Merritt Pkwy. Wind your way through the woods of Weston and Easton, up the gentle hills of Westport and Fairfield and down to the shore at Southport where lunch can be eaten at harborside. SR

SATURDAY, OCTOBER 25

See Standing Saturday Rides on page 6

Tricki Ricki Road Ride, B, R/H, 40 miles, 10:00/10:15. RL: Brian Gossler, 380-2646. Meet at Exit 44 CPL, Merritt Pkwy. South to north, then north to south. While at the same time, east to west. After lunch, second verse, reverse the first. Only two serious hills. SR

Three County Tour Abridged, C+, R/H, 55 miles, 9:45/10:00. RL: Suzan Maxey, 374-1606 or smaxey@connix.com. Meet at Cousin's Mini Mart on the west side of Route 22, at the intersection with Route 81 in Dover Plains, NY (it's 29.5 miles north of I-84). This is a different ride. We roll through real farm and dairy land, stopping at a general store in Bangall, NY, for a break. Although it's mostly rolling to moderately hilly, there are three real hills to climb. Allow about 1 and 1/2 to 2 hours travel time from most of Fairfield County. The shopping traffic and lights on lower Route 22 will slow you down, so your best bet is to take a diagonal route from Danbury and intersect with Rte 22 a little further up, instead of taking I-84 to 22 in Brewster. Food Stop SR

Sound Cyclists Classic, C, R/H, 27 miles, 9:30/9:45. RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.net. Meet at Exit 41 CPL off Merritt Pkwy. Spin down to the Sound and then up and over Fairfield's Greenfield Hill to Easton and around through Weston on the return trip to Westport. Snack stop along the way. SR

Fall Foliage Frolic, D+, R/H, 32 miles, 10:30/10:45. RL: Don Stillman, 531-7057. Meet at Cos Cob RR Station, Stamford bound side, Exit 4 off I-95. A tree lined route through Greenwich, Armonk, Bedford, and Stamford to view the changing colors. Some healthy hills—bring your granny gear along! SR

Mostly Downhill, E, F, 16 miles, 10:00/10:15. RL: Barbara Cox, 655-6596 or gofish@aol.com. Meet at Fox Run Elementary School. Take Exit 13 of I-95. Turn right on Connecticut Avenue (Route 1). Turn left on Richards Avenue at traffic light. Follow Richards to end. Turn right onto Fillow Street and immediately left into the school. Ride mostly downhill to Rowayton and Darien with a gentle climb back. Food stop. FR

SUNDAY, OCTOBER 26

See Standing Sunday Rides on page 5 & 6

Lake Truesdale Special, B, R/H, 45 miles, 9:30/9:45. RL: Don Rosaforte, 849-8149. Meet at Talmadge Hill RR Station, Exit 36 CPL off Merritt Parkway. Challenging ride thru South Salem, North Salem. Cross River, Bedford and Pound Ridge, before returning to New Canaan. Food Stop. SR

Stanley Steamer Special, C+, R/H, 49 miles, 10:15/10:30. RL: Joe Nivert, 262-6476 or jnivert123@earthlink.net. Meet at Hollow Park in Woodbury. Take Exit 15, I-84, Route 6. Go north on Route 6 for 4.5 miles, left onto Hollow Road. Entrance to

Hollow Park is 1/4 mile on the left. Extremely scenic ride in the Litchfield Hills from Woodbury to Litchfield and return with plenty of climbing and great downhills to reward your efforts. The original Stanley Steamer has been extended 6.7 miles to

include a scenic loop around Bantam Lake and thru White Memorial Park. Lunch can be purchased at the stop on the Litchfield Green at mile 23. Food Stop SR

Sachem's Head Sojourn, C, R, 32 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet I-95 Exit 56 CPL. Tour Branford on a ride that highlights favorite portions of the coastline in this area. Lunch in Stony Creek. Leader guarantees he will keep to the C pace. No one keeping the pace will be dropped! Joint ride with AMC. SR

The Backwoods to Shoreline Spin, C, F/R, 32 miles, 10:00/10:15. RL: Michelle Lamothe, 226-4283. Meet at Exit 42 CPL, Merritt Pkwy. Wind your way through the woods of Weston and Easton, up the gentle hills of Westport and Fairfield and down to the shore at Southport where lunch can be eaten at harborside. SR

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

STURDAY, NOVEMBER 1

See Standing Saturday Rides on page 6

Rural Ramble, C, R/H, 40 miles, 9:15/9:30. RL: Jeff Lundberg, 438-3177 or jefflund@mindspring.com. Meet at Exit 44 CPL off Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown at a slower pace. Food stop at the Donut Shop in Newtown. SR

SUNDAY, NOVEMBER 2

See Standing Sunday Rides on page 5 & 6

Destination: Mamasasco Lake, C, R/H, 38 miles, 9:15/9:30. RL: Dennis Lyall, 846-8000 or LyallArt@aol.com. Meet at Exit 38 CPL off Merritt Pkwy. Scenic loop up to Mamasasco Lake and back to Norwalk through Silvermine. Bail out option in Ridgefield. Food stop in Ridgefield. SR

SATURDAY, NOVEMBER 8

See Standing Saturday Rides on page 6

Milford and West Haven Shores, C, F, 20/32 miles, 11:00/11:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. I-95 North to Exit 37. Right onto High Street to Milford Green. Left onto Broad St. at light. Straight across stone bridge. Make a right turn at light by the Milford Library. Drive around the back of the library and past the tennis courts to the parking lot behind the tennis courts and next to the baseball field. This ride is about as flat as you can find in Connecticut. Cycle for 20 miles and return to the start for lunch at Milford Harbor, followed by an (optional) additional 12 miles to the Milford Point area and return. The later start time will allow us to maximize use of daylight and warmth. SR



SCBC AT THE NORWALK OYSTER FESTIVAL

SCBC hosted a booth at the 26th Annual Norwalk Seaport Association Oyster Festival, which took place September 5-7 at Veteran's Park in South Norwalk. At the event, volunteers recruited new club members and promoted the "Harvest Rides 2003" fundraiser for the Make-A-Wish Foundation of Connecticut. Among the many SCBC volunteers who participated were Don Stillman (posing with "Harvey the Harvest Scarecrow") and Mike Tamborrino. The booth was donated to SCBC and the Make-A-Wish Foundation by Cablevision in partnership with the Norwalk Seaport Association.

Sound Cyclist Bicycle Club Board Meeting-August 25th

(Continued from page 3)

of gas tax dollars would be targeted to small-scale, community-initiated, locally selected transportation projects. It had been determined that state departments of transportation were not investing in projects supporting bicycling, walking, trails, scenic or historic preservation, and other enhancements to the transportation system.

Membership

Emil Albanese reviewed the Membership report submitted via email by John Sohikian. As of August 25th, there are one thousand forty-four members. Four hundred sixty-seven are new to the club. Seventy-five percent of club members receive their newsletter via the website.

Programs – Mary Karnis

This has been a great year for SCBC picnics. Special thanks to Mary Karnis and her small group of dedicated volunteers for their efforts. Mary is looking forward to next year and is interested in finding additional club members to assume key picnic duties and ease the workload on existing picnic volunteers. The picnics are a huge part of summer club activities and require a lot of planning in order to make them as successful and fun as they are.

Rides Committee – Brian Voytek

Thirty-eight rides are scheduled in September in addition to the Harvest Rides. Weekly night rides have officially been discontinued due to the shortening of daylight.

Other Business

Harvest Rides – Emil Albanese

The Harvest Rides volunteer meeting at the Norwalk Y attracted sixty-plus people. Registration is sixty-five percent ahead of last year. Publicity has been phenomenal. The next meeting is scheduled for Wednesday, September 4th. Bruce Felper made a motion to adjourn the meeting. The motion passed unanimously and the meeting was adjourned at 8:40pm. The next board meeting will be held on October 13th, 2003 at 7pm in Norwalk Town Hall.

Ergogenic Aides: Achieving A Competitive Edge

By Jennifer Michela, R.D., L.D.N.

I have talked to many riders who have had some kind of pill, shake or powder that they claim gives them energy, speeds their recovery time, or decreases muscle pain. Because athletes are often the target of advertising for nutritional supplements and ergogenic aides, I receive many questions about this topic. Recently, there has been some useful research done to guide athletes toward health and improved performance; however, there are several products that make claims that have not been proven. Do you know how to read the labels and decipher between useful supplements and those which are ineffective and possibly harmful?

My goal in writing this article is to provide you with an unbiased opinion about some of the supplements that I receive the most questions about. This information is basically an overview of scientific literature that was taken from studies per-

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16th Annual Cystic Fibrosis Bike Tour Scheduled For October 5th

By LuAnn Leclerc/Director of Special Events
The Cystic Fibrosis Foundation

Exciting plans are well underway for the 16th Annual Cystic Fibrosis Bike Tour. (Formerly known as the Tony Fenton Bike Tour). The tour will take place on Sunday, October 5th, at Sherwood Island State Park in Westport, CT, rain or shine. The CF Bike Tour is presented by The Boomer Esiason Foundation in conjunction with Viacom Outdoor, American Airlines, and Outback Steakhouse of Wilton, CT.

The bike tour offers a choice of 1, 7, 15, 35 mile, or Metric Century routes, which have been created to please and challenge all levels of biking enthusiasts. Tour registration begins at 8:00 a.m., and the Metric Century tour departs at 8:30 a.m. The 35, 15, and 7, mile tours will leave on the hour beginning at 9:00 a.m. The 1-mile tour will leave at 11:30 a.m. Bikers should plan on arriving 45 minutes prior to the start time of the tour that they have chosen. The CF Foundation is looking for participants for all level. Corporations, family and friends can be encouraged to form teams.

Please join The Boomer Esiason Foundation, Viacom Outdoor, Outback Steakhouse, Frank Deford, Star 99.9 FM and The Cystic Fibrosis Foundation, along with hundreds of cyclists and volunteers as we pedal toward a cure on October 5th by touring scenic Fairfield County in the height of foliage season. The cost of advanced registration (before September 30th) is \$45.00 for adults, \$20.00 for children 18 and under. The cost of registration (after the 30th) is \$60.00 for adults, \$35.00 for children.

Registered cyclists will receive an event T-shirt, repair service, a great lunch provided by Outback Steakhouse of Wilton, CT and an opportunity to enjoy great music and entertainment as part of the day-of activities. A silent auction and raffle are also part of the day's festivities. Participants and families are encouraged to collect sponsorship dollars to become eligible to win great incentive prizes. Raise over \$150.00 and you will be entered into a drawing for a new bike! Bring your family and friends on October 5th for a day of biking, prizes and fun!

For more information, please contact LuAnn Leclerc at The Cystic Fibrosis Foundation, at (800) 841-2828 or e-mail lleclerc@cff.org or conn@cff.org or visit www.cff.org

formed at the University of Memphis, and Tufts University, and journals such as the International Journal of Sports Nutrition, the American Journal of Physiology, and the Journal of the American Dietetic Association.

First of all, what is an "ergogenic aide"? An ergogenic aide is a supplement which is taken to give you a "competitive edge" or improve your performance beyond your normal limits.

Caffeine is a stimulant that has well documented ergogenic effects. It has been shown to decrease marathon run times and cycling time trials. Caffeine affects the body in several different ways. One way caffeine improves performance is by affecting the central nervous system causing increased neuronal excitability, consequently reducing reaction time.

(Continued next month.) Copyright by the UltraMarathon Cycling Association, reprinted with permission.

Make Your Road Stoppers Eye-Poppers

By Captain Dondo

Caliper brakes, the kind you find on most road bikes, are among the easiest-to-maintain components you'll ever encounter. They go out of whack four ways: rubbing, poor stopping, scraping, and squealing. Do the following to bring them back to spec and they'll stop so well that your eyes will bug out!

Schedule:

Road bikes: as needed (see above)

Tools/Parts/Supplies:

Bike stand

5-mm allen wrench

13-mm cone wrench

New brake pads

Small flat screwdriver

Emory paper

Acetone

Rag

Safety glasses

Rubber gloves

RUBBING

It's usually one pad rubbing because the caliper has become off-center. Here's how to check and correct.

1. With your bike on the ground, open and close the wheel quick-release to make sure the frame is sitting atop the axle, which ensures the wheel is centered. Still rubbing?

2. Spin the wheels and see if they're true. Not it?

3. Squeeze the brake and release. Sometimes the caliper arm is just hung up on the spring. Didn't do it?

4. Check the pivot bolt. Most tighten with a 5-mm allen wrench. If yours is loose, center the brake and

tighten the nut. Tight enough but still rubbing?

5. Center the caliper arms. Most recent brakes have a small adjustment screw on one of the arms. Simply turn it in or out, watch the space between the pads and the rim, and stop when the brake is centered.

On older brakes without this adjustment screw there'll probably be a flat spot on the bolt where the brake meets the frame. Apply a 13-mm cone wrench and you can pivot the brake.

For a brake without either of these centering assists, grab a handful of caliper with one hand and, with your other hand, insert a 5-mm allen wrench in the pivot bolt nut. Move both hands to gently persuade the brake back to center. Snap the lever to check your work. Repeat as necessary.

POOR STOPPING

We're talking about dry conditions. If you have brake performance troubles on wet days, that's not unusual. Simply apply the brakes gently for a few seconds ahead of the stop to wipe the rims dry. Then you can brake normally. But if you're not stopping well on dry days, do this.

1. Put your bike in a stand and remove the wheels. Have a look at the brake pads. Pads with remaining life still have water-siping grooves in the contact surface. (Pads not made with grooves usually have a wear line scribed on top.) If your pads are worn out, loosen the barrel adjuster on the brake caliper to make room for the new pad and go to step 2.

Otherwise, go directly to step 5.

2. Some pads are cartridge type - they slip into

(Continued on page 12)



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The Hour

The Only Locally Owned Daily Newspaper in Fairfield County

The graphic features a silhouette of a city skyline with a prominent domed building, likely a state capitol, and a large sun or moon in the background. The text is arranged in a clean, professional layout.



LABOR DAY HARVEST SPIN 2003

California Fitness for Women partnered with SCBC to host the first annual "Labor Day Harvest Spin," a three-hour indoor cycling marathon to support for the Make-A-Wish Foundation of Connecticut. The fitness facility, located at 1200 Post Road East in Westport, hosted more than 25 cyclists for the September 1st event, which raised more than \$1,600 for charity. (Photo by The Media Loft)

Make Your Road Stoppers Eye-Poppers

(Continued from page 11)

the brake shoe. Others are integrated so that the shoe and pad are essentially one piece. Look at the rear end of the shoe. If it's open, you can slide the pad out, so go to step 3. If it's closed, upgrade to cartridge shoes or buy integrated shoe/pads and go to step 4.

3. If there's a tiny screw in the side of the shoe, loosen it. Slide the pad out. Slide the new pad in and tighten the screw. Repeat three times. Skip to step 5.

4. Loosen the nut holding the shoe to the caliper arm with (usually) a 5-mm allen key and remove the shoe. Install the new one, making sure any wheel guide (little fin-like protrusion that guides the tire between the pads when you're installing a wheel) is facing downward. Align the pad so that it's parallel to, and able to make full contact with, the rim (without catching any tire above or air below) and tighten. Repeat three times.

5. Long descents can glaze a brake pad's contact surface with a shiny finish that doesn't stop well. New pads can also be too shiny to work right. Deglaze or break-in such pads by sanding them dull with a small square of emory paper and some elbow grease.

SCRAPING

1. Check the pads for wear. Brake shoes without pads will make a scraping noise.

2. Got rubber? Then check for embedded objects – small pebbles, metal shards, and anything else not made of brake rubber. Dig them out with a small screwdriver and the noise will go away.

SQUEALING

1. The braking surfaces of old rims sometimes load up with rubber and make the pads chatter at a high frequency – like nails on a chalkboard. Clean this residue from the rim with a little acetone on a rag. (Wear rubber gloves and safety glasses, and work outside for ventilation.) If you don't like chemicals you can use emory paper.

2. New rims can create the same squeal, but usually because they're just a little too shiny. Dull them by clamping a square of emory paper (rough side toward the rim) under each brake pad, applying the brake, and riding about 50 feet.

3. Caliper brakes are generally so high-tech these days as to not need this step. But as a last squeal-silencing resort, toe-in the brake pads by bending the caliper arms with a small adjustable wrench. Slip the jaws just above or below the brake shoe, then pry gently. Squealing will stop when the front of each pad contacts the rim first as the brakes are applied.

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**Local News
Local Weather
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Monday - Friday

5:30 - 9 am

Afternoons

Monday - Friday

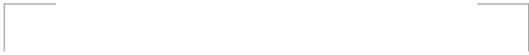
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SOUND CYCLISTS

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

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

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

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

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

IMPORTANT FINE PRINT: Annual dues are \$15 for electronic membership (you must download the newsletter from the website) and \$25 for paper membership (which includes access to the website). Membership runs from Feb. 1 of one year to Jan. 31 of the following year. **Sign** this form with a check made payable to Sound Cyclists Bicycle Club. Mail to: **J. SOHIKIAN, Sound Cyclists Bicycle Club, Membership Chairman, 152 KELLOGG DR, WILTON, CT 06897.** Unsigned forms or those without checks will be returned. **Allow time for your membership to be processed. Two to three weeks may pass between the time you mail your application until the time you receive your welcome letter, which includes the website user name and password. There is no discount on annual dues if you join for 2 or 3 years. If you join after Oct 31st, your membership will continue past the first January 31 date and expires the following January 31st, giving you a 16 month membership.**