

# SOUND CYCLISTS

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

April 1, 2004

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

## Bloomin' Metric Volunteer Meeting Support Your Club!

Don't forget that putting on the Bloomin' Metric is a huge undertaking. Ask anyone who has volunteered for the event in previous years. The club NEEDS YOUR HELP! We are always looking for volunteers to make the club's greatest event even better and there are many volunteer positions that allow you to help and STILL RIDE. So please plan to attend the Bloomin' Metric meeting Thursday, April 8th, 7:00 PM at the Westport Library or contact Jim McConnon at [jrm@optonline.net](mailto:jrm@optonline.net).

Many dedicated and loyal club members have repeatedly volunteered their valuable services for over ten years. They will tell you: I want to give back something to SCBC; I want to be part of this wonderful event and I know my efforts will contribute to making it a success!

## Spring Kick-off Rides will be Saturday April 3rd!!!

Plan to ride with all your cycling friends and meet new club members. Bring lunch for a tailgate party after the rides!

### BIKE TIP OF THE MONTH

## Traffic Tactics for Cyclists May 8th at Westport Library

Safety Chairman Hit By A Car!!

By Clyde Gourley

Yes, it happened a couple of years ago; resulting in a damaged hip joint and a crushed helmet. As I was cycling, a vehicle with an extended mirror (the type used to provide visibility for a travel trailer) sideswiped me knocking me to the ground.

The tactical question involved is whether I should have "taken the lane" in spite of the fact it was eleven feet wide. The usual recommendation is to "take the lane" when it is

(Continued on page 4)

## Register Online Today! Bloomin' Metric Bicycle Tour May 23rd

[www.soundcyclists.com/Bloomin](http://www.soundcyclists.com/Bloomin)

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 2200 to 2500 riders over the past several years.

This 26th annual event is Sunday, May 23, 2004. The Bloomin' Metric will originate and end at - Calf Pasture Beach in Norwalk, which is conveniently located near the East Norwalk MNRR station and just off Exit 16 from I-95

Pre-registration is \$20 by May 16, \$28 after May 16. Pre-registrants will be eligible to receive great prizes, including 2 round trip tickets to Florida. The first 1800 registrants will also receive a free high quality tee shirt. This event is Rain or Shine and will begin at 7:00 am. All riders must wear ANSI, SNELL or CPSC approved helmets and abide the rules of the road.

Riders have a choice of distances; 25 miles, 75 kilometers or 100 kilometers. The routes will span past breathtaking shorelines, reservoirs, mansions and flowering trees throughout Westport, Fairfield, Easton, Redding and Weston. This event is self-paced, arrowed and signed with well-stocked food stops and Safety Assistance Guide vehicles.

A portion of the Bloomin' Metric proceeds is donated to Fairfield County Safe Kids Coalition program, which is a nonprofit agency, affiliated with Stamford Hospital. Fairfield

(Continued on page 3)

### 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.

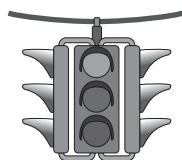
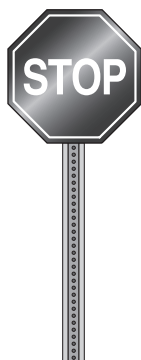
Check @Chat out at:

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

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Volume 28 • Number 3 • 10 Pages

# Always Obey Traffic Signs When Biking



## SOUND CYCLISTS

BICYCLE CLUB NEWS

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

### Officers

|                       |                      |                 |                            |
|-----------------------|----------------------|-----------------|----------------------------|
| <b>President</b>      | <b>Emil Albanese</b> | <b>853-7499</b> | <b>emilalb@aol.com</b>     |
| <b>Vice President</b> | <b>Bruce Felper</b>  | <b>323-3177</b> | <b>bfelper@yahoo.com</b>   |
| <b>Treasurer</b>      | <b>John Sohikian</b> | <b>762-8827</b> | <b>jsohikian@aol.com</b>   |
| <b>Secretary</b>      | <b>Lisa Brown</b>    |                 | <b>downtown913@aol.com</b> |

### Directors and Committees

|                                  |                         |                 |                                         |
|----------------------------------|-------------------------|-----------------|-----------------------------------------|
| <b>Rides Director</b>            | <b>Brian Voytek</b>     | <b>374-0921</b> | <b>bvoytek@optonline.net</b>            |
| <b>A Rides</b>                   | <b>Andy Kalter</b>      | <b>858-8048</b> | <b>andrewkalter@hotmail.com</b>         |
| <b>B Rides</b>                   | <b>Jon Swallen</b>      | <b>254-0164</b> | <b>jswallen@att.net</b>                 |
| <b>C+ Rides</b>                  | <b>Suzan Maxey</b>      | <b>374-1606</b> | <b>smaxey@connix.com</b>                |
| <b>C Rides</b>                   | <b>John Dugdale</b>     | <b>655-4277</b> | <b>jdugda@peoplepc.com</b>              |
| <b>D Rides</b>                   | <b>Rod Stavert</b>      | <b>762-8128</b> | <b>rodneystavert@hotmail.com</b>        |
| <b>E Rides</b>                   | <b>Sheila Carmine</b>   | <b>322-9534</b> | <b>cqia@aol.com</b>                     |
| <b>Mountain/Off Road</b>         | <b>Dave Cleveland</b>   | <b>226-7355</b> | <b>dcleve9692@aol.com</b>               |
| <b>Communications Director</b>   | <b>Phil Miano</b>       |                 | <b>philmiano@yahoo.com</b>              |
| <b>Publicity</b>                 | <b>Ginger Katz</b>      | <b>866-5282</b> | <b>gkathlete@aol.com</b>                |
| <b>Email</b>                     | <b>Marlene Cohen</b>    | <b>852-0186</b> | <b>marlene001@worldnet.att.net</b>      |
| <b>Community Relations Rep</b>   | <b>Ray Rauth</b>        | <b>454-7080</b> | <b>rayrauth@optonline.net</b>           |
| <b>Web Administration</b>        | <b>Jeff Munk</b>        | <b>261-5545</b> | <b>info@moonlightingproductions.com</b> |
| <b>Membership Director</b>       | <b>Mike Tamborrino</b>  | <b>359-3984</b> | <b>tambo40@hotmail.com</b>              |
| <b>Member Liaison</b>            | <b>Janet Flandreau</b>  | <b>662-9553</b> | <b>famouslily@aol.com</b>               |
| <b>Bloomin' Metric Director</b>  | <b>Jim McConnon</b>     | <b>451-3610</b> | <b>jrm@optonline.net</b>                |
| <b>Program Director</b>          | <b>Mary Karnis</b>      | <b>847-7547</b> | <b>karnism@optonline.net</b>            |
| <b>Picnics</b>                   | <b>Mary Karnis</b>      | <b>847-7547</b> | <b>karnism@optonline.net</b>            |
| <b>Picnic Co-chair</b>           | <b>Open</b>             |                 |                                         |
| <b>Safety</b>                    | <b>Clyde Gourley</b>    | <b>929-4001</b> | <b>(no e-mail address)</b>              |
| <b>Club Weekends</b>             | <b>Open</b>             |                 |                                         |
| <b>Incentives</b>                | <b>Lip Lai</b>          | <b>637-8707</b> | <b>lip_l@hotmail.com (LIP_L)</b>        |
| <b>SCBC Giving Council Chair</b> | <b>Kathleen Kellett</b> | <b>372-9948</b> | <b>kkellski@aol.com</b>                 |

### SCBC News Editorial Board

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

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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

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

#### Rates Are Per Issue

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

### Club Information Line

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

## Call (203) 840-1757



## Calendar of SCBC Special Events

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

- April 3, 2004  
Spring Kick-off Rides, I-95 Exit 18, Westport  
Tailgate Party After Rides
- May 23, 2004  
Bloomin' Metric, Calf Pasture Beach  
Norwalk
- June 12, 2004  
SCBC Appreciation Party, Stamford, CT
- Saturday, July 10, 2004  
Shelter Island
- Sunday, July 18, 2004  
SCBC Picnic, Weed Beach
- Sunday, August 8, 2004  
SCBC Tubing Ride
- Saturday, August 14, 2004  
Block Island
- Sunday, August 15, 2004  
SCBC Picnic, TBA
- September 19, 2004  
Harvest Rides
- September, 2004  
Cape Cod Weekend

### Bloomin' Metric Bicycle Tour May 23rd

*(Continued from page 1)*

County Safe Kids works to reduce the incidence of childhood injuries and accidents.

Last years' Bloomin Metric allowed Sound Cyclists Bicycle Club to fund over 300 bike helmets for kids without them. Don't Forget, Sunday, May 23rd the Bloomin' Metric at Calf Pasture Beach, Norwalk.

WANTED TO BUY: Large Hybrid/Comfort Bike. Contact Rich Borghoff at borghoffr@mbusa.com or 201 573 2737 or Bruce Felper at bfelper@yahoo.com or 201 820 5552

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

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

## Calendar of Non SCBC Cycling Events

*The following are special events presented by other bike clubs and organizations. These events are not related in any way to Sound Cyclists Bicycle Club. They are listed for informational purposes only.*

- Saturday, May 1, 2004  
Farm Lands Flat Tour, Central Jersey Bicycle Club  
[www.cjbc.org](http://www.cjbc.org)
- Sunday, May 2, 2004  
Bike New York  
[www.bikenewyork.org](http://www.bikenewyork.org)
- Sunday, May TBA, 2004  
WCSU Centennial Century & Connecticut-RI to NY  
Border Challenge  
[www.wcsu.edu/bike100/](http://www.wcsu.edu/bike100/)
- Saturday, May TBA, 2004  
Pinelands Triple Loop, NJ  
[www.shorecycleclub.org](http://www.shorecycleclub.org)
- Sunday, May 9, 2004  
Seaport Metric Century, Groton, CT  
[www.pequotcyclists.com](http://www.pequotcyclists.com)
- Saturday & Sunday, May TBA, 2004  
MS Coast the Coast Tour, NJ  
[www.mjcms.org](http://www.mjcms.org)
- Sunday, May 23, 2004  
Housatonic Valley Classic Race, Danbury, CT
- Sunday, May TBA, 2004  
Hartford Parks Tour, Benefits the programs of CBC  
[www.ctbike.org](http://www.ctbike.org)
- Saturday & Sunday, May TBA, 2004  
River Ramble, Delaware River Washington Crossing  
[www.Pedalpa.com](http://www.Pedalpa.com)
- Sunday, June TBA, 2004  
Bike-Boat-Bike. Long Island  
[www.sbraweb.org/events.htm](http://www.sbraweb.org/events.htm)
- Saturday, June TBA, 2004  
Longest Day Ride, High Point, NJ  
[www.cjbc.org](http://www.cjbc.org)
- Saturday, June TBA, 2004  
Ride for Autism, Lincroft, NJ  
[www.ride4autism.org](http://www.ride4autism.org)
- Saturday & Sunday, June TBA, 2004  
Cape-In-a-Day Plus One, American Youth Hostels  
[www.usahostels.org/activities](http://www.usahostels.org/activities), call 617-469-9779
- Sunday, July TBA, 2004  
Long Island Gold Coast Tour  
Call 516-942-2084
- Sunday, July TBA, 2004  
Maine Wheels Coastal Tour  
[www.coastaltour.com](http://www.coastaltour.com)

## Traffic Tactics for Cyclists May 8th at Westport Library

(Continued from page 1)

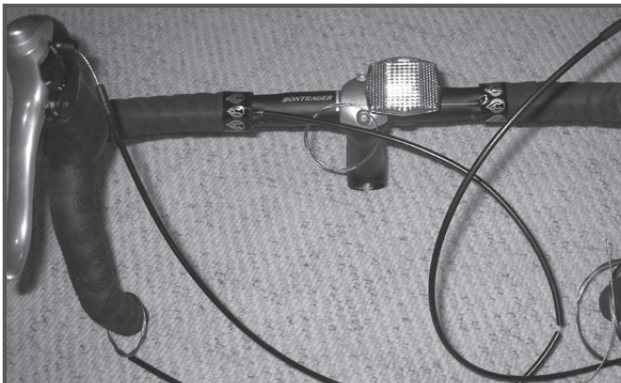
very narrow and without a usable shoulder. The reason for "taking the lane" is to communicate with the vehicle coming from behind that the cyclist cannot be passed without the vehicle going fully into the on-coming traffic lane.

I have scheduled a meeting on the topic "Traffic Tactics for Cyclists" at the Westport Library on Saturday May 8th, starting at 1:30 PM. The teaching materials will carry the recommendations contained in the Effective Cycling course.

A ride will be scheduled for the morning of May 8th, to allow cyclist to cycle in the morning, have lunch on their and attend the safety program at 1:30 PM. Details of the ride will be in the May newsletter.

*Clyde Gourley has completed the American League of Cyclists Effective Cycling program and is certified to teach Effective Cycling courses. Over the past few years he has taught the entire program to SCBC members.*

FOR SALE: Like New, (used only once on 20 mile ride), Bontrager Race handlebars (38cc/15in), Shimano Ultegra STI triple levers, with cables and Bontrager Stem. \$350 new, asking \$250. Please call 203 426 8831 or email Roger8831@charter.net



## Join Hat City Cyclists for Cyclefest '04 on June 13th

Join Hat City Cyclists for Cyclefest '04 on June 13th, 2004. This year our starting location is the Bethel Municipal Center, offering ample parking and within a 1/8 mile of the Bethel Train Station. Routes range from 4, 16, 25, 50, 78, and 103 mile options and they guarantee a very scenic experience through Fairfield and Litchfield counties. Our ride is open to the public and is fully supported by cue sheets, rest stations with food and water, and SAG support. For more information or to register go to [www.hatcitycyclists.org/cyclefest2004.htm](http://www.hatcitycyclists.org/cyclefest2004.htm) or contact Kathy Johnston at [kathrync421@aol.com](mailto:kathrync421@aol.com)



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# The Rules

Road Rides: 1.) All participants in the club must wear a helmet throughout the duration of the ride. Any rider without an ANSI and/or SNELL approved helmet will NOT be permitted to ride. 2.) All traffic laws and regulations must be observed. This includes observing all stop signs and lights. 3.) Bikers are expected to ride single file unless there is no traffic. Under no circumstances should riders ride more than two abreast. The call "CAR BACK" is a signal to all riders to immediately drop to single file riding. Off Road Rides: 1.) When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. 2.) When encountering equestrians from the front, stop, get off the bike and move well off the trail until they pass. When approaching from the rear, ask permission to pass and ask for advice as to the best way to pass. 3.) Don't skid. Take turns and climb hills slowly enough to avoid trail marks. 4.) Be friendly to land managers, hikers and equestrians. 5.) Only ride on trails open to bikers. 6.) Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach. All riders should bring one or two water bottles filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will improve your riding performance.



# The Pace and Terrain

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

## Road Bike Rides

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

## Mountain Bike and Off Road Rides

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

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

### Abbreviation Key:

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

# The Ride Tips

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

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

# The Rides

## WEBSITE UPDATE

### IMPORTANT NOTE:

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

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

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



## NOTE: FOR STANDING EVENING RIDES

All official Sound Cyclists Bicycle Club standing evening rides will start after Day Light Savings Time APRIL 4, 2004.

A night headlight and rear reflector on your bicycle IS REQUIRED and you must wear a reflective vest when doing weekday evening rides during April through September.

## Attention: Ride Leaders

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

## EVERY TUESDAY EVENING

### RIDE STARTS APRIL 13

New Tuesday Night Spin, C+/B, R/H, 24 Miles, 6:00 /6:15 p.m. RL: Peter Serratore, 259-3381 [peters@luminaria.biz](mailto:peters@luminaria.biz). Meet 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. Note: For April Only, we will ride a slightly shorter route, and the ride will not run if the weather is too cool. Please call RL during the day if the temperatures are unseasonably cool to make sure the ride will run. RL's day number 221-3062.

## EVERY THURSDAY EVENING

### RIDES STARTS APRIL 15

Thunder in the Hills, A/B/C+, H, 24 Miles, 6:00/6:15 p.m. RL: Andy Kalter, 858-8048, [andrewkalter@hotmail.com](mailto:andrewkalter@hotmail.com) (A+)/Dave Lockwood, 847-2815, [dblpd@hotmail.com](mailto:dblpd@hotmail.com); Peter Serratore (C+), 259-3381. [peters@luminaria.biz](mailto:peters@luminaria.biz) Meet at Exit 38 CPL Merritt Pkwy. This is the usual Thursday night ride with plenty of hills and no dreaded West Rd.

## UPCOMING EVENING RIDES STARTING IN MAY

## EVERY MONDAY EVENING

### RIDE STARTS MAY 3

Mike's Ride, C/C+ Combo, F/R, 21 miles, 6:00/6:15. RL: Mike Stoll, 847-8506. [mstoll88@aol.com](mailto:mstoll88@aol.com) and Brian Voytek, 374-0921 [bvoytek@optonline.net](mailto:bvoytek@optonline.net). Meet Merritt Parkway Exit 38 CPL. Flat to rolling with a few hills.

## EVERY TUESDAY EVENING

### RIDES STARTS MAY 4

Summer Solstice Spin, C+, F/R, 20 miles, 6:00/6:15 pm sharp, RL: Kathleen Kellett, 372-9948. [kkellski@aol.com](mailto:kkellski@aol.com). Meet Merritt Pkwy. Exit 44 (North bound

CPL) off Merritt Pkwy. Ride for 90+ minutes on scenic back roads and enjoy the Fairfield and Easton country side, north of the Merritt Pkwy. Route varies weekly and there is no cue sheet. Rain cancels. Ride ends Aug. 31st.

Scenic Silvermine Tuesday Workout aka "Mary's Whim" D+, 15/20 miles, 6:00/6:15 sharp! RL Mary Karnis, 847-7547 karnism@optonline.net. Meet at Silvermine Elementary School, Perry Avenue, (off Main Avenue, Norwalk, Merritt Pkwy. Exit 40. Ride for 90 minutes on varied routes. Rain cancels. Ride ends Aug. 31st.

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### **EVERY WEDNESDAY EVENING**

**RIDE STARTS MAY 5**

The Wednesday Night Social Spin – All Levels, 20 Miles, F/R. Meets 6:00/6:15 sharp! Faster riders please meet and leave 15 minutes early RL: Brian Voytek, 374-0921, bvoytek@optonline.net. Meet at Hindley School in Darien, corner of Nearwater Lane & Post Road. Bike through coastal Darien and scenic New Canaan. The ride is self-paced. The route is arrowed. Cyclists should maintain a minimum speed of 10 mph to finish by dark.

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### **EVERY THURSDAY EVENING**

**RIDES STARTS MAY 6**

The Hills Of Easton B, H, 18 or 26 miles, 6:00/6:15 p.m. RL: Greg Ziebell, 367-7270 gregz@preferredprinting.com. Meet Merritt Pkwy. Exit 46 CPL. Extremely challenging ride through Fairfield and Easton as you climb and descend the hills. NR

The Coastal Cruiser, C+/C, F/R, Approx. 20 Miles, 6:00 /6:15 p.m. RL: Brian Voytek, 374-0921, bvoytek@optonline.net. Meet Coleytown Middle School, 255 North Ave. From Merritt 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. Rain Cancels.

---

### **EVERY FRIDAY EVENING**

**RIDE STARTS MAY 7**

TGIF Unwinder, All Levels, 17/21 miles 6:00/6:15. RL: John Dugdale, 655- 4277, jdugda@peoplepc.com Meet at the Darien RR station NY bound side. The ride is self-paced. The route is arrowed. Please join us on the club's shoreline ride to Rowayton and back. Cyclists must be able to maintain a 10 mph pace in order to finish by dark. Meet your friends and have dinner after the ride.

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### **EVERY SATURDAY**

**RIDE STARTS APRIL 3**

Back to Bethel, A/B, R/H, 40 miles, R/H, 8:45/9:00 RL: Mark Covello, 852-9947. 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. This is a standing ride every Saturday until the fall. Nasty weather cancels ride. NR

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### **UPCOMING STANDING SATURDAY RIDES STARTING IN MAY**

**RIDE STARTS MAY 1**

Saturday Morning The Early Bird Special, C+/C, R/H, 21 miles, 7:15/7:30. RL: Emil Albanese 853-7499 emilalb@aol.com . Meet Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Early morning ride past Compo Beach and over to Southport. Coffee after the

ride at Peter's Bridge Market. SR

**RIDE STARTS MAY 1**

Same Damn Ride Every Saturday, C+/C, R/H, 34 miles, 9:15/9:30. RL: Peter Serratore, 259-3381, peters@luminaria.biz . Meet Fairfield RR station, off

I-95 Exit 21, N.Y. bound side: Same old route — it's too good to change — we climb to the Senior Dam, head southwest to Saugatuck, then return along the shore. No food stop, but there's optional coffee and donuts at Devores Bakery a quarter mile before the ride finish.

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### **EVERY SUNDAY**

B, B- and C+ RIDE, SHOW & GO, STARTING APRIL 4 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 17A 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. (Show and Go Starting April 4th. Ride leaders will begin in May)

**C RIDE STARTS APRIL 11**

Sunday Morning Spin, C, R/H, 25 to 30 miles, 10:00/10:15. RLs: John Watt, 655-1277; John Dugdale, 655- 4277, jdugda@peoplepc.com Meet Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. A social ride for reasonably experienced cyclists. Call leaders for questions, if marginal weather.

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### **SATURDAY, APRIL 3**

#### **Spring Kick-off Rides**

**Bring lunch for a tailgate party  
after the rides at CPL Exit 18!**

See Standing Saturday Rides on page 6.

Weston-Easton Ramble, B, R/H, 42 miles, 9:45/10:00. RL: Don Rosaforte, 849-8159. Meet at I-95 Exit 18 CPL. Scenic tour of Weston and Easton, SR.

Almost Thirty Something, C+, F/R, 29 miles, 9:45/10:00. RL: Emil Albanese, 853-7499 or emilalb@aol.com. Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. No food stop. SR

Captain's Cove Ride in Reverse, C, F/R, 23 miles, 10:00/10:15. RL: John Dugdale, 655-4277. Meet at Exit 18 CPL, I-95. Join a club standard as we bike through Westport and Fairfield. FR

Captain's Cove Ride , D, F/R, 23 miles, 10:30/10:45. RL: Nancy Rosett, 857-4847. Meet at Exit 18 CPL, I-95. Join a club standard as we bike through Westport and Fairfield. FR

Figure Eight, E , F/R, 13/26 miles, 10:00/10:15. RL: Nancy Felper, 323-3177. Meet Merritt Pkwy. Exit 42 CPL. First loop is flat, second loop has some hills. Riders can do one or both loops. Note: snack stop comes late in second loop, so riders planning on doing both loops are advised to bring plenty of water and a snack. All E-rides are joint rides with the Westchester Bicycle Club. FR

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### **SUNDAY, APRIL 4**

Day Light Savings Time - APRIL 4, 2004.

See Standing Sunday Rides on page 6.

Rye Fly-By, B, R/H, 42 miles, 9:45/10:00. RL: Jon Swallen. 254-0164 or jswallen@att.net. Meet at Westhill H.S. in Stamford. Take the Merritt Pkwy to Exit 34. Head south one mile on Long Ridge Road (Route 104). Make a sharp right at light onto Roxbury Road. Right into school parking lot at light after one-third of a mile. Ride to the Greenwich-Rye border before heading back through the rolling terrain of North Stamford and New Canaan. Bailout option for a 25 mile ride. Expected pace is 16-17mph. Food stop. SR

Sound Cyclists Classic, C+/C, R/H, 35/27 miles, 9:45/10:00 RL: Suzan Maxey, 374-1606 or smaxey@connix.com; John Dugdale, 655-4277 or jdugda@peoplepc.com. Meet 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. SR

Friday Night Ride on Sunday Morning, E, F/R, 16/23 miles, 10:00/10:15. RL: Sheila Carmine, 322-9534 or cqia@aol.com. Meet Darien RR station, NY-bound side. Join us for a weekend version of the traditional Friday night ride. The route is arrowed so come join us on the club's traditional shoreline ride to Rowayton and back. All E-rides are joint rides with the Westchester Bicycle Club. FR

### FRIDAY, APRIL 9

Good Friday Show N' Go, B, R/H, 35-45 miles, 9:45/10:00. Meet at Hindley School parking lot on the corner of Nearwater Lane and Rt. 1 in Darien (School is closed on Good Friday) From I-95 Exit 10 go south on Noroton Ave. Turn right on Rt. 1 School is one block on left. It's certainly a good Friday if you have the day off and can get in a full ride. Join your friends for bonus mileage and make up the route as you go along. SR

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

### SATURDAY, APRIL 10

See Standing Saturday Rides on page 6.

S.O.S.-S.O.S., B-, F/R, 35 miles, 9:45/10:00. RL Brian Gossler, 380-2646. Meet Merritt Pkwy. Exit 44 CPL. Same old streets, surprisingly odd sequence in Fairfield and Westport without any medium or large hills. Option for 25 mile route if weather is poor. Expected pace 15.5-16 mph. Food Stop. SR.

West Redding Challenge, C+, R/H, 32 miles, 10:15/10:30. RL: Joe Nivert, 262-6476 or jnivert@charter.net. Meet at Exit 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. Food Stop. SR

Flat Ride to Bell Island, C, F/R, 23 miles, 10:15/10:30. RL: Mike Tamborino, 359-3984, tambo4@hotmail.com. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Starting in north, we head down to the shore. SR

Al's Spring Ride From SUNY, E, F/R, 15 miles, 9:00/9:30. RL: Al Kaplan, 914 234-6476 or albiker35@aol.com. Directions to SUNY Purchase. Merritt Parkway to exit immediately after gas station. First right at end of exit. Drive about a mile to Anderson Hill Road, traffic light. Take left. Watch for entrance

on right to SUNY Purchase. Enter college campus Take first left and drive around the perimeter until Parking Lot W2. Lots of parking spaces. Allow 20 minutes from Stamford. An easy 15 mile ride. Good ride for new members of both clubs and also for all members who want any easy ride. All E-rides are joint rides with the Westchester Bicycle Club. FR

### SUNDAY, APRIL 11

See Standing Sunday Rides on page 6.

Destination: Mamasasco Lake, B, R/H, 37 miles, 9:45/10:00. RL: Don Rosaforte, 849-8159. Meet Merritt Pkwy. Exit 38 CPL. Scenic loop up to Mamasasco Lake and back to Norwalk through Silvermine. Food stop in Ridgefield. Expected pace is 16-17 mph. SR

Aspetuck/Saugatuck Extended Ride, C+, R/H, 36 miles, 9:15/9:30. RL: Norton Lazarus, 698-3032, nwl@oemcapital-corp.com. Meet Merritt Pkwy. Exit 41 CPL. Scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a long descent down Newtown Turnpike. Food Stop. SR

Coleytown Cruiser, C, R/H, 23 miles, 10:00/10:15. RL: Jerry Weinstein 327-3530 or gmweinstein@snet.net. 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

Almost Thirty Something, D, F/R, 29 miles, 9:45/10:00. RL: Rodney Stavert, 762-8128 or rodneystavert@hotmail.com. Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. Food Stop. Shorter bail out is possible. FR

Bloomin' Metric 25M from Westport, E, F/R, 25 miles, 10:00/10:15. RL: Sheila Carmine, 322-9534 or cqia@aol.com. Meet Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Enjoy the 25-mile route of the Bloomin' Metric, which travels through Westport and Fairfield. All E-rides are joint rides with the Westchester Bicycle Club. FR

### WEDNESDAY, APRIL 14

Wednesday's Ride, D, R/H, 29 (20) miles, 10:15/10:30. RL Don Stillman, 531-7057, dons351@juno.com. Meet at Darien Town Hall / Board Ed parking lot, Exit 11, I-95, south on Rte 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. 20 mile route is arrowed Wed night route. SR. Rain at 9:00 cancels.

### SATURDAY, APRIL 17

See Standing Saturday Rides on page 6.

Greenwich Estate Country Tour, B, R/H, 39 miles, 9:30/9:45. RL: Bill Carney, 359-3659 or carneywt@optonline.net. Meet at Westhills H.S. in Stamford. Take the Merritt Pkwy to Exit 34. Head south one mile on Long Ridge Road (Route 104). Make a sharp right at light onto Roxbury Road. Right into school parking lot at light after one-third of a mile. Superb tour of the mansions of Greenwich with a brief visit to Banksville for a reality check and the

food stop. Expected pace is 16-17 mph. SR

S.O.S.-S.O.S., C+, F/R, 24/35 miles, 9:45/10:00. RL Brian Gossler, 380-2646. Meet Merritt Pkwy. Exit 44 CPL. Same old streets, surprisingly odd sequence in Fairfield and Westport without any medium or large hills. Mileage dependent on weather. Food Stop. SR.

The Big Easy, C, R/H, 27 miles, 10:00/10:15.. RL Tom Ebersold 874-7839 or tebersold@att.net. Meet I-95 Exit 56 CPL in Branford. Scenic tour of the shoreline in Branford and Stony Creek. Joint with AMC. SR

Darien/New Canaan Tour, C, R/H, 34 miles, 10:00/10:15. RL: Bruce Felper, 323-3177 or bfelper@yahoo.com. Meet at Hindley School parking lot on the corner of Nearwater Lane and Rt. 1 in Darien. From I-95 Exit 10 go south on Noroton Ave. Turn right on Rt. 1 School is one block on left. Join Bruce on a retake or last years Weed Beach Picnic Ride. Food Stop. SR

Cranbury Park East, E, F/R, 16 miles, 9:30/9:45. RL: Gene Schlesinger, 762-5984 or sgenenjean@aol.com. Meet at Cranbury Park. Take Route 7 north from Norwalk to Kensett Road (Wilton Diner on right) Turn right on Kensett Park is at end of road. Pleasant fairly flat ride with gentle climb last mile back to park. No food stop, bring snacks. All E-rides are joint rides with the Westchester Bicycle Club. FR

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## SUNDAY, APRIL 18

See Standing Sunday Rides on page 6.

New Danbury Challenge, B-, R/H, 41 miles, 9:30/9:45. RL: Rick Bailer, 834-2577 or rbailer@dsgrgroup.com . Meet Merritt Pkwy. Exit 41 CPL. Enjoy some extended mileage to the West Redding Challenge with some pretty roads further north. Expected pace is 15.5-16 mph. Food Stop. SR

Orange/Milford Cruise , C+, F/R, 35 miles, 10:00/10:15. RL: Mark Kiley, 799-2640 or mkiley431@aol.com . Meet at Starbucks, Route 1, Orange (1.5 miles north of I-95 Exit 39B). Ride backroads of Orange and Milford shoreline. Ride avoids heavy traffic areas along the shore. Visit Audubon Center and Silver Sands State Park, No lunch stop, snacks available in Milford. SR

Fairfield-Westport Great Circle Tour, C, F/R, 27 miles, 10:00/10:15. RL: Brian Voytek, 374-0921 bvoytek@optonline.net . Meet Merritt Pkwy. Exit 44 CPL (Sound bound side).

Cycle popular roads through Fairfield, Southport and Westport from a different perspective. Food Stop. SR

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

Southport-Westport Scene, E, F, 23 miles, 9:30/9:45. RL: Gene and Jean Schlesinger, 762-5984 or sgenenjean@aol.com. Meet behind the Westport Police Station on Jessup Road. This new ride winds thru Westport and Southport with a food stop at Elviras. Enjoy looking at the pretty houses with a ride across the RR bridge over the river before returning to parking lot. All E-rides are joint rides with the Westchester Bicycle Club. FR

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## WEDNESDAY, APRIL 21

Wednesday's Ride, D, R/H, 29 (20) miles, 10:15/10:30. RL Don Stillman, 531-7057, dons351@juno.com . Meet at Darien Town Hall / Board Ed

parking lot, Exit 11, I-95, south on Rte 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. 20 mile route is arrowed Wed night route. SR. Rain at 9:00 cancels.

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## SATURDAY, APRIL 24

See Standing Saturday Rides on page 6.

Tricki Ricki Road Ride, B-, R/H, 40 miles, 9:30/9:45.

RL: Brian Gossler, 380-2646. Meet 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 serious hills. Expected pace 15.5-16 mph. Food Stop. SR

See More - Seymour, C+, R/H, 32 miles, 9:30/9:45.

RL: Greg Ziebel, 881-2519 or gregz@preferredprinting.com . Meet at Exit 22 CPL, Route 8. A new ride with lots of rolling hills, a few climbs, some fast decents, some long straights - and a catchy name, to boot! Food Stop. SR

West Redding Challenge, C, R/H, 32 miles, 10:15/10:30. RL: Dennis Lyall, 846-6000 or lyallart@aol.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

Captain's Cove Ride, D, F/R, 25 miles, 10:00/10:15.

RL Tom Ebersold, 874-7839 or tebersold@att.net. Meet at CPL Exit 18, I-95. Extended cruise along the beaches of Westport, Fairfield, and Black Rock. Lunch at Captain's Cove marina. Joint with AMC. SR

Kathy's Spring Ride From SUNY, E, F/R, 15 miles, 9:45/10:00.

RL: Kathy Holmes, 914-289-0216 or kholmes5@optonline.net . Directions to SUNY Purchase. Merritt Parkway to exit immediately after gas station. First right at end of exit. Drive about a mile to Anderson Hill Road, traffic light. Take left . Watch for entrance on right to SUNY Purchase. Enter college campus Take first left and drive around the perimeter until Parking Lot W2. Lots of parking spaces. Allow 20 minutes from Stamford. An easy 15 mile ride. Good ride for new members of both clubs and also for all members who want any easy ride. All E-rides are joint rides with the Westchester Bicycle Club. FR

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## SUNDAY, APRIL 25

See Standing Sunday Rides on page 6.

CT2NY: Adventurous Commuting, B/C+, R/H, 51 miles, 8:15/8:30. RL Gil Gilmore, zenbones@sbcglobal.net; Phil Miano, 203-454-5623 or philmiano@yahoo.com. Meet at Darien RR Station NY bound side (off West Ave.) Come discover why a bicycle is the best way to travel to NYC. We'll follow the scenic back roads linking Fairfield & Westchester counties with the Bronx-Manhattan. The ride will roughly parallel the train line and thus provide numerous chances to bail out via train for a shorter distance. Starting from the Darien train station and ending at a Metro North station in New York and will cover 51 miles. There is an optional return loop by bike which though less scenic, will introduce the splendors of the Boston Post road. Because of its enticing hills and challenging length this ride has been nominally rated a "B" . However, it's a soft B as we will ride at a C+ pace and no one will be dropped. For anyone who plans to take the train back don't forget to bring your bike pass (though conductors seldom ask for one) and train fare. Front and rear lights might also be a good idea for those planning to bike the entire distance. Food Stop. SR

Banksville-Bedford Boogie Extended, B, R/H, 48 miles, 9:30/9:45. RL: Jon Swallen, 254-0164 or jswallen@att.net. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle another route up to the north country into New York. Get a workout on this faster-paced ride to Bedford and back. Route has been modified to avoid bad pavement on Banksville Road and add extra miles in North Greenwich. Expected pace is 16-17 mph. Food Stop. SR

Norwalk, Darien, Rowayton Tour, C, F/R, 25 miles, 10:00/10:15. RL: Jerry Weinstein 327-3530 or gmweinstein@snet.net. Meet Merritt Pkwy. Exit 38 CPL. Take a lovely spin through West Norwalk before joining the familiar Friday Night Ride route. SR

Greenwich Wanderer, D+, R/H, 30 / 19 miles, 9:45/10:00. RL: Don Stillman, 531-7057, dons351@juno.com. Meet at Cos Cob RRS near Exit 4, I-95, northbound (Stamford) side. Travel near the coast line from Byram to Old Greenwich with a loop inland. See the varied neighborhoods you didn't know were part of Greenwich. Food stop on long route. SR.

Four Beaches Only, D/E, F, 21 miles, 9:30/9:45. RL: Bobbie Kinn/Nancy Rosett, 857-4847 n\_rosett@yahoo.com. Meet at Noroton Heights RR station, NY-bound side, off Exit 10, I-95. This is as flat as a ride can be in Fairfield County. Scenic views of Long Island Sound. Shorter options available. All E-rides are joint rides with the Westchester Bicycle Club. FR

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### WEDNESDAY, APRIL 28

Wednesday's Ride, D, R/H, 29 (20) miles, 10:15/10:30. RL: Don Stillman, 531-7057, dons351@juno.com. Meet at Darien Town Hall / Board Ed parking lot, Exit 11, I-95, south on Rte 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. 20 mile route is arrowed Wed night route. SR. Rain at 9:00 cancels.

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### SATURDAY, MAY, 1

See Standing Saturday Rides on page 6.

Tricki Ricki Road Ride, C+, R/H, 41 miles, 9:30/9:45. RL: Brian Gossler, 380-2646. Meet 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. Food Stop. SR.

"Fairfield Fat Burner", C, F/R, 20 miles, 7:45/8:00. RL: Patty Kondub, 255-8767. Meet at the Fairfield Gazebo on the Sherman Green in downtown Fairfield on Route 1. Mixed Terrain in Fairfield, Southport, Westport and/or Easton. May include a "hill repeat". Wet roads cancel the ride.

Run to Ridgefield, C, R/H, 28/36 miles, 9:15/9:30. RL: Nancy Rosett, 857-4847 n\_rosett@yahoo.com. Meet Merritt Pkwy. Exit 38 CPL. Join us on the gradual climb to Ridgefield and coast down the hills on the return. Optional loop to Lake Mamanasco. Food stop in Ridgefield. 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 outlets on your way home. Joint with AMC.

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### SUNDAY, MAY 2

See Standing Sunday Rides on page 6.

West Redding Challenge, C+, R/H, 32 miles, 9:15/9:30. RL: Dennis Lyall, 846-6000 or lyallart@aol.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

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, Exit 36 off Merritt Pkwy. Bike from CT to Bedford Green. Food Stop. SR

Fairfield-Southport Short Ride, D, R, 20 miles, 12:15/12:30. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet Merritt Pkwy. Exit 44 CPL. After a gentle series of moderate hills, spin down to the shore and along the beach before heading inland for the return trip. No food stop. Bring snacks. Joint with AMC.

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### SATURDAY, MAY 8

See Standing Saturday Rides on page 6.

"Fairfield Fat Burner", C, F/R, 20 miles, 7:45/8:00. RL: Patty Kondub, 255-8767. Meet at the Fairfield Gazebo on the Sherman Green in downtown Fairfield on Route 1. Mixed Terrain in Fairfield, Southport, Westport and/or Easton. May include a "hill repeat". Wet roads cancel ride.

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### SUNDAY, MAY 9

See Standing Sunday Rides on page 6.

New Member Ride/Fairfield Coastal Cruise, D, F/R, 23 miles, 12:15/12:30. RL: Tom Ebersold, 874-7839 or tebersold@att.net. 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, especially suited for new members. The group will stay together and no one will be dropped. Bail-out option at 13 miles for those watching their mileage. Joint with AMC.

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### SATURDAY, MAY 22

See Standing Saturday Rides on page 6.

Silvermine Rowayton Tour, C, R/H, 25 miles, 9:15/9:30. RL: Tom Ebersold 874-7839 or tebersold@att.net. Meet Merritt Pkwy. Exit 38 CPL. Mostly rolling tour through quieter sections of Norwalk, including a hilly loop through Silvermine and Wilton. Joint with AMC.

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### SUNDAY, MAY 23

See Standing Sunday Rides on page 6.

Bloomin' Metric, self-paced, F/R/H, 25, 47, 62 miles, 7:00/9:30. Meet Calf Pasture Beach, Norwalk, off I-95 Exit 16 and follow the Bloomin' Metric signs. Your choice of 25 miles, 75K, or 100K routes. See article on page 1 for complete details.

Electronic/Mail Membership Application/Renewal/Address Change Form

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

BICYCLE CLUB

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

**2. Fully understand** that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation or that of the minor in the Activity. **3. Herely release, discharge,** covenant not to sue Sound Cyclists Bicycle Club, the League of American Bicyclists their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. **I further understand** that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect. **I further understand that I must be at least eighteen years of age or otherwise accompanied by an adult and do hereby agree to wear an "ANSI" and/or "SNELL" approved helmet during this Sound Cyclist Bicycle Club ride as per club policy rules.**

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

Signature \_\_\_\_\_

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: **M. Tamborino, Sound Cyclists Bicycle Club, Membership Chairman, 248 Seaton Road, #2, Stamford, CT 06902.** Unsigned forms or those without checks will be returned. Allow time for your membership to be processed. Two to three weeks may pass between the time you mail your application until the time you receive your welcome letter, which includes the website user name and password. There is no discount on annual dues if you join for 2 or 3 years. If you join after Oct 1st, your membership will continue past the first January 31 date and expires the following January 31st, giving you a 16 month membership.