



April 1, 2007

www.soundcyclists.com • mailbox@soundcyclists.com

\$35.00 per Year

Lead a Ride for Fun And Profit!

A community is like a ship; everyone ought to be prepared to take the helm.
- Henrik Ibsen

By Chris Klimek, SCBC Rides Director

Ever notice how the same people seem to lead your favorite Sound Cyclist rides? It's the old 80/20 rule: 20 percent of the people do 80 percent of the work.
(Continued on page 4)



Congratulations to John Ercolani, who won the grand prize of an Orbea bicycle at the Ride Leader Appreciation Dinner on March 9!

Why it pays to be a Ride Leader!

By Chris Klimek, SCBC Rides Director

Do you know about the SCBC Ride Leader Incentive Program? If not, read on!

The SCBC Ride Leader Incentive Program is designed to recognize and reward club members for their ongoing efforts to lead or sweep rides. It is the club's version of the "frequent flyer program," except that instead of accumulating miles to be redeemed for free air travel, you earn points for every ride you lead or sweep. Simply put, the more SCBC rides you lead/sweep, the more points you can accumulate.

Points you accumulate in a given year as a ride leader/sweep are redeemable for vouchers – SCBC Bucks -- that can be used in the following ways:

- To purchase cycling-related items at participating local bike shops;
- As payment toward club functions, including membership, the Bloomin' Metric, and SCBC annual meeting;
- To purchase SCBC jerseys and other club merchandise;
- To donate to a charity of the Ride Leader/Sweep's choice.

Your Ride Leader/Sweep points entitle you to door prize tickets at the following year's annual SCBC Ride Leader Appreciation Dinner, thus giving you yet

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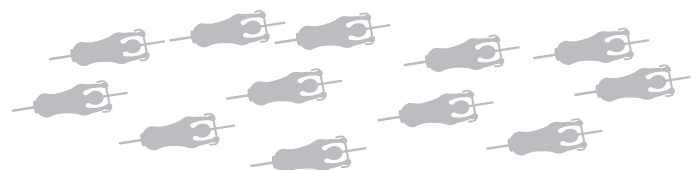
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Bloomin' Metric Volunteer Meeting Monday, April 9

By Don Stillman
Bloomin' Metric Director

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

Please help by attending the meeting or send an email to bloominmetric07@optonline.net. Monday, April 9 at 7:00pm, at Norwalk City Hall, 125 East Avenue – First floor lounge, (I95 exit 16, north on East Ave about ½ mile).



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Evening and Saturday hours by appointment

Bloomin' Metric Bicycle Tour set for May 20

By Don Stillman
Bloomin' Metric Director

The 30th annual Bloomin' Metric will take place on Sunday, May 20, 2007. Riders have a choice of three distances: 25 miles, 75 kilometers or 100 kilometers. The routes will spin 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, SAG wagons and a post ride lunch. The Bloomin' Metric will originate and end at Calf Pasture Beach Park in Norwalk, which is conveniently located near the East Norwalk MNRR station and just off Exit 16 from I-95.

Pre-registration is \$25 by April 15, \$27 by May 9, \$35 by May 16. (Registration on the day of the event is \$40). Pre-registrants will be eligible to receive great prizes, including a six day bike trip to Italy for one provided by Ciclismo Classico. This trip includes everything except the airfare and is valued at \$2,800. All pre-registrants will receive a high quality tee shirt, goodie bag and map/cue sheet. This event is Rain or Shine and check-in will be from 7:00 am to 9:30 am. All riders must wear ANSI, SNELL or CPSC approved helmets and abide the rules of the road.

Last year the event attracted over 2,800 riders. Sound Cyclists reserves the right to limit day of event registration signups, based on the number of pre-registrants. Don't delay. Register today at www.soundcyclists.com/Bloomin. Register by mail forms are available on the web site and at area bike shops. We request that you register online rather than by mail.

A portion of the Bloomin' Metric proceeds is donated to Fairfield County Safe Kids Coalition, a nonprofit agency that works to reduce the incidence of childhood injuries and accidents.

Want to be a Ride Leader?

If you are a member, you can download a copy of the Ride Leaders Guide.



Click Here >>

Note: You will be asked to log in to the Members Only section of the Web site.

From the President's Corner

With the coming of spring Sound Cyclists kicks off it's official riding season. April 7th is the first Saturday of regular club rides. Four of our ride coordinators return from last season: Jon Swallen (A-B), Will Schwartz (B-), John Dugdale (C), and John Beauchamp (D). Please help me welcome Mike Tamborrino as the new C+ coordinator. Mike has just completed several years on the club's board as membership director and is looking forward to the new challenge. I thank Mike for taking on this vital job. Remember, our rides are led by volunteers. When one of the coordinators asks you to lead, please help them out. They need your help to ensure we have organized rides all season long. Better yet, call up your coordinator and volunteer to be a ride leader.

I look forward to the successful repeat of our Ride Noho intermediate skills training weekend April 27-29th. Fifteen lucky members participated in the program last year and were treated to terrific coaching as well as informative off the bike lectures. All are now more competent cyclists after learning

new skills and practicing old ones. Aldo & Elaine discussed our RIDE LEADER GUIDE during the Sunday session. This year Sunday's discussion is open to the entire club. Please come out after your ride and participate. Remember, the more knowledgeable our ride leaders are, the better and safer our rides will be.

Learn more about the training here <http://www.ridenoho.com/soundcyclists.html>.

Later this month our new club jerseys and vests will be delivered. If you've pre-ordered, watch your mail. If you didn't order you are in luck. Many styles and sizes are still available. Click here to get yours now! <http://www.soundcyclists.com/Cyclewear.htm>

Saturday May 5th I will be your host at our first new members ride for this year. Please join me at Luciano Park in Westport for a 22 mile loop. Meet at 10, leave at 10:15 am. Members new and old of all levels and abilities are welcome. Ride leaders for varying speeds will take out many different groups. We'll gather for coffee at Doc's after for some socializing and getting to know our newest members. See the ride schedule for more information.

Ride safe!
Justin Karbel



Lead a ride in 2007, and next year YOU could be picking out some great cycling prizes at the next Ride Leader Appreciation Dinner.

Lead a Ride for Fun And Profit!

(Continued from page 1)

Ride leaders are the heart and soul of SCBC. The willingness of members to step up to the plate to lead rides, create rides, and volunteer is what has kept this ship afloat for 30 years. To make it continue to go, we need more ride leaders.

First, here's how leading a ride benefits YOU:

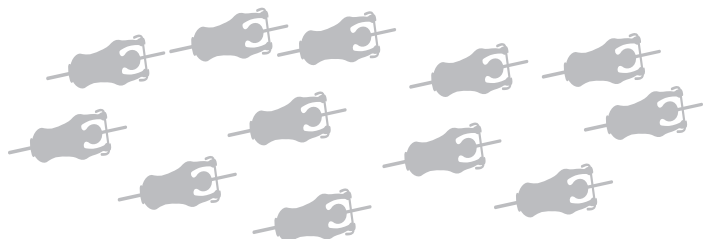
- 1.) You get "paid." "SCBC Bucks" are issued to ride leaders based on the number of rides they led the previous season, and can be redeemed like cash at local participating bike shops. (This valuable program is described more fully in the accompanying article). Every winter, SCBC also hosts its annual Ride Leaders Dinner. In addition to great food and socializing, this dinner honoring our ride leaders features a door prize giveaway with raffle tickets given based on the number of ride sign-in sheets turned in by each RL. Prizes range from a BRAND NEW BICYCLE to jerseys, bike pumps, and many other cycling-related products. (At the 2007 event, EVERY ride leader won at least one prize!!)
- 2.) You lead the ride(s) YOU like best. As Lewis Grizzard once said, "Life is like a dogsled team; if you ain't the lead dog, the scenery never changes." Leading a ride allows you to pick and choose the route.
- 3.) You can be a positive influence on other riders, and lead by example. Face it, we've all been on rides where the advertised pace did not match the actual ride pace. And unfortunately, we've all seen cases where someone (maybe you) has gotten "dropped" because of it. Or maybe you've been on a ride where you felt the leader took too many/not enough breaks. Positive change comes through doing, not complaining. The more people who take the initiative to lead well structured rides that fulfill their stated goals, the less we will encounter this problem.
- 4.) Training opportunities. "Ride NoHo" and other organizations are always offering safety and skills trainings. Often, the club will provide discounts or other incentives to ride leaders to participate in these special events. Check the newsletter and @chat for upcoming opportunities to enhance your skills.
- 5.) You get to meet new people. Sure, SCBC offers lots of social events, but the line "I'm a ride leader, are you?" is waaaay more effective than "What's your sign?"
- 6.) You get to deliver a nifty little safety speech at the beginning. GREAT public speaking training if you are planning to run for office someday.

Now, let us debunk some of the most common OBJECTIONS we hear from potential ride leaders:

- 1.) "I don't know how to lead a ride": Sure, it can be intimidating to lead your first ride, but like any skill, practice and planning go a long way. If you've been riding with the club for a year or more, you have the makings of a leader. Before leading a ride on your own, though, start out by asking an experienced ride leader to co-lead your first ride with you (preferably a route you know and have already done as part of a group). Then, when you're ready to fly solo, invite him or her to participate and "critique" your debut. Before long, ride leading will become second nature.
- 2.) "I don't know how to change a flat tire": We'll teach you how – many of our local bike shops offer basic bike repair workshops. Experienced ride leaders are also willing to show you how to do it. And if you insist on remaining "flat tire phobic", just make sure someone who DOES know how to fix a flat is always on your ride. (Psst...when you are in an absolute bind and someone goes flat, the ride leader's best friend remains the cell phone!!)
- 3.) "I don't know what ride to lead": Start with rides you know! Then, as you get more comfortable leading rides, you can try out new routes. www.soundcyclists.com contains an extensive list of cue sheets for rides of all levels throughout Fairfield County and beyond.
- 4.) "I don't want the responsibility": Yes, the ride leader is responsible for leading a safe, well-structured ride. By taking advantage of the club's ride leader trainings, riding with experienced leaders, learning all you can about the rules of the road, communicating those rules to your cyclists prior to the ride, and learning from other experts, you, too, can be successful AND experience the good feelings that come from a ride well-led.

So...are you convinced that you have the makings of A RIDE LEADER? If so, then contact your ride coordinator (a list of coordinators and their contact info is included in every newsletter) and GO FOR IT!

Here's to a safe and happy riding season!



Why it pays to be a Ride Leader!

(Continued from page 1)

ANOTHER chance to amass great cycling stuff.

A full overview of the Ride Leader Incentive Program is located on the Ride Leader Information link at www.soundcyclists.com. Here are the program's highlights:

- In order to qualify for points, rides MUST be published in the SCBC newsletter or on the website. Non-published rides are not eligible for the incentive system.
- More than one person can receive leader points for the ride, since rides frequently break into different groups. Only one person can receive points for sweeping, though, because a ride only needs one sweep.
- Sweeps are awarded the same number of points as ride leaders, since sweeping is equal in weight to the advanced commitment of leading a ride.
- To turn their rides into cycling gold, ride leaders and sweeps must submit their ride sign-in sheets to the Incentives Chairperson by January 15 of the following year. For example, to be eligible for SCBC Bucks for rides lead during the 2007 season, ride leaders/sweeps will be required to turn them in by January 15th, 2008 (that's a Tuesday, for those of you who are REALLY good at planning ahead).

THE POINT SYSTEM

Points earned are exchangeable for vouchers (SCBC Bucks). For every ride someone leads or sweeps, the leader/sweep gets two points. If the ride is rained out, each gets one point (if the ride leader submits the sheet marked "rain out").

Points can also be obtained by planning and running an SCBC approved club weekend (5 points); running a club picnic (5 points); creating a new route with a cue sheet (2 points); creating a map to accompany a cue sheet (2 points); planning and leading a specialty ride (3 points); hosting a club-sponsored party (3 points); leading a ride outside Fairfield County (2 points). Some restrictions apply – consult the Ride Leader Incentive Program guidelines located at www.soundcyclists.com for a full list of conditions).

So if you like the idea of getting some good cycling stuff in exchange for your efforts on behalf of the club, check out the SCBC Ride Leader Incentive Program guidelines at www.soundcyclists.com and LEAD RIDES IN 2007!

Thank you all 2006 Ride Leaders.

Our top five ride leaders were Don Stillman, Tom Ebersold, John Dugdale, Brian Voytek and Justin Karbel.

Here is the full list:

Andrews, Leslie
Bailer, Rick
Baker, Bob
Bebell, Gary
Beckmann, Cathy
Berescik, Drew
Boothroyd, Bob
Brown, Lisa
Carmine, Sheila
Carney, Bill
Ceruzzi, Mike
Covello, Mark
Deak, Chris
Dickson, Malcolm
Dugdale, John
Ebersold, Tom
Ercolani, John
Felper, Bruce
Felper, Nancy
Fuchs, Mitch
Gabrielle, Noel
Gardner, Karen
Gossler, Brian
Gurvich, Pavel
Hanocka, Jacob
Hansen, Jan
Iselin, Martin
Johnson, Eric
Kalter, Andy
Karbel, Justin
Kinn, Bobbie
Kondub, Patty
Lazar, Joan
Lazarus, Norton
Lazarus, Shauna
Lyall, Dennis
Mail, Jack
Maxey, Suzan
Miyoshi, Shin
Morrison, Rob
Munk, Jeff
Nickel, Scott
Onofrio, John
Paul, Ed
Perelstein, Jon
Preu, Geoff
Rosaforte, Don
Rosett, Nancy

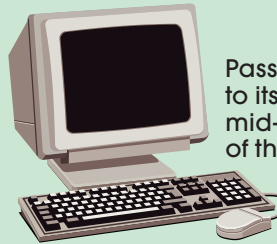
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Thank you all 2006 Ride Leaders.

(Continued from page 5)

Schlesinger, Gene
Schlesinger, Jean
Schwartz, Will
Sohikian, Donna
Sohikian, John
Spelman, Anne
Stillman, Don
Stoll, Mike
Swallen, Jon
Tamborino, Mike
Thoden, Robert
Voytek, Brian
Watt, John
Wegener, Steve
Weinstein, Jerry
West, Lisa
Wexler, Herb
White, Paul
Wolfe, Steve
Wood, Brian
Zackin, Paul
Ziebell, Gregg

Membership has its Privileges



Password information is posted prior to its change in mid-February and mid-August. Login often to see any of these and other posted changes.

Login

Check the Website often.

The club's Web site is constantly updated with new information. Click on the buttons below to access two of the more popular areas.



News Updates

Special Events



Food and fun at the 2007 Ride Leader Appreciation Dinner at Saugatuck Congregational Church on March 9th.

5th Annual Spring for a bike Sale

April 13, 14 & 15

Cycle Center of Stamford
1492 High Ridge Road, No. Stamford

www.cyclecenterCT.com

Specialized, Serotta, Look, Trek, Lemon

**Best selection in Fairfield County in
stock & ready to roll!!**

All Bikes & Accessories on Sale

**Castelli, Assos, Oakley, Descente, Yakima, Giro,
Specialized, Sidi, Bontrager, Zipp, Nike,**

**Merritt Parkway Exit 35, take a left & we're 1/2 mile
up on the left. Just 10 minutes from Rt 7!**

203-968-1100



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+



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SPRING CLEANING SALE



We have all had enough of winter, so what better way to usher it out than to have a cold weather gear sale.

From now until May 1st. enjoy 15% off any tights, long sleeve tops, jackets, booties, gloves and winter hats.

We'll also take 15% off our standard tune-up* to get your ride ready for the season.



772 Post Road East
Westport, CT 06880
p: 203-227-6177
www.targettraining.com

*Sale limited to stock on hand only and no special orders. Tune up does not include any additional parts or substitutions.

The Pace and Terrain

Road Bike Rides

Pace

A	Very Fast – 20+ MPH (Avg, 25+ MPH flat road speed) Vigorous riding with excellent bike handling skills, expected cooperative contribution to group within abilities. No sweep, possible regrouping. Riders are expected to navigate on own if dropped.
B	Fast – 17-19 MPH (Avg, 22+ MPH flat road speed) Brisk to vigorous riding with above average bike handling skills, expected cooperative contribution to group within abilities. No sweep, possible regrouping. Riders are expected to navigate on own if dropped.
B-	Fast – 16-17.5 MPH (Avg, 20+ MPH flat road speed) Brisk to vigorous riding with above average bike handling skills, expected cooperative contribution to group within abilities. No sweep, possible regrouping. Riders are expected to navigate on own if dropped.
C+	Moderately Fast – 14-16 MPH Moderate to brisk riding with good bike handling ability. Some cooperative pacelining skills required. Riders are expected to be self-sufficient but there will be some regrouping. A sweep may be appointed.
C	Intermediate – 13-14 MPH Moderate riding with more attention to scenery. Regroups often. A sweep is usually appointed.
D/D+	Slow/Intermediate – 11-13 MPH Leisurely to moderate riding, sightseeing and destination oriented. Regroups often. A sweep is always appointed.
E	Slow – Less than 9-11 MPH Ride is paced to the slowest rider. A sweep is always appointed.

Terrain

	Flat May have a few rolling sections.
	Flat/Rolling May have a couple of short hills.
	Rolling May have some small hills.
	Rolling/Hilly May have some steep hills.
	Hilly May have a few rolling sections.

Note:

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

Off-Road Rides

Terrain

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

Know the Code

Abbreviation Key for Ride Listing

MB = Mountain Bike Ride	OR = Off Road Ride	CPL = Commuter Parking Lot	EAP = Expected Average Pace
FR = Frequent Regrouping	SR = Some Regrouping	NR = No Regrouping	

Rider 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 with any questions or concerns. Trying a pace one level lower than where you think you should be 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, money and health insurance card on each ride. Check @Chat for any last minute updates about rides.

Ride leaders should announce the following before the start of a ride:

- Use hand signals to communicate turns, slowing, stopping and road surface hazards
- Slow and stop at all stop signs and traffic lights
- Keep a safe distance between you and the rider in front of you
- Ride no more than two abreast on quiet roads and only where it is safe to do so
- Ride single file on all busy roads
- Ride alert with your head up and eyes up the road
- The group may stop for mechanical problems (sweep can assist while ride proceeds)
- If a rider wishes to leave the route, tell the Ride Leader



Helmets

All riders in the club must wear an ANSI, SNELL and/or CPSC approved helmet throughout a ride



Water Bottles

All rides should bring one or two water bottles with them on a ride

The Ride Schedule

Standing Rides

All official Sound Cyclists Bicycle Club standing weekend, weekday and evening rides are listed below. A night headlight and rear reflector is highly recommended when riding after 7pm to improve your visibility especially in the spring and late summer as the days are shorter.

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.

Notices

- * It is the responsibility of all riders to be equipped with a bicycle in good repair. Anyone who joins a ride must be able to ride at the minimal pace for its category. Anyone riding at the minimal pace for the ride has the right to be accompanied.
- * All riders under the age of 16 must be accompanied by a responsible adult.
- * All riders under the age of 18 must have a waiver signed by a parent or legal guardian.
- * All evening standing rides discontinued until Spring 2007.

Every Wednesday Morning

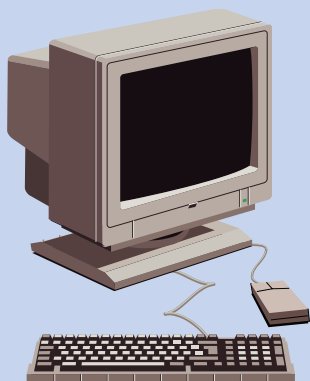
Weekday Wonder, C & D, R/H, 20/30 miles, 10:15/10:30 a.m. (STARTING APRIL 18TH)

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

Every Saturday Morning

Back to Bethel, A/B, R/H, 40 miles, 9:00/9:15. (STARTING APRIL 7TH)

RL: Mark Covello, 852-9947 or mcovello@bridgeport.edu. Meet at CPL Exit 41, Merritt Pkwy. Join us for this fast-paced ride up around the reservoirs to Bethel and then the return on Routes 58 and 136. Quick stop on Steck's Hill. Nasty weather cancels ride. NR



@Chat – be an informed member.

While not mandatory, all members are strongly urged to subscribe to @Chat. It's free!

@Chat is not a chat room. It's the club's E-mail forum where important messages are posted to keep our members updated with the latest information about our rides and other cycling-related issues.

For details about @Chat, go to www.soundcyclists.com/Chat.htm. Or, if you want to get started right away, click on the subscribe button here to join now.

Make sure you use the computer you will be using to receive and post messages. When you click on the subscribe button, your E-mail application will launch with an address already in the window. You do not need to type a message. If your system requires you to enter a subject, simply type "subscribe" and send the E-mail. You will receive a confirmation E-mail to which you must reply. Once you do that, you will be fully subscribed.

Subscribe

SATURDAY APRIL 7

Rural Ramble, B/B- combo, R/H, 40 miles,

9:15/9:30 RL: Harold Kamins, 454-0889 or hkamins@optonline.net; and (B-) Shin Miyoshi, 913-0031 or srmiyoshi@yahoo.com. Meet at Exit 44 CPL, Merritt Pkwy. Kick off the season with a classic route from the SCBC library that even an out-of-shape B/B- rider can handle (B- group EAP will be 17 mph). Warm up with a paceline spin past the scenic Hemlock Reservoir before moving on to the rolling terrain of Easton, Monroe and Newtown. The ratio of climbing gain to linear distance is a mild 1.32% but does include one arduous hill. No food stop. SR

Bedford and Back, C+, R/H, 35, EAP 15.5-16 mph,

9:30/9:45 RL: Jacob Hanocka, 246-9537 or jacob.hanocka@hotmail.com. Meet at CPL Exit 38, Merritt Parkway. Food Stop at Bedford Green. SR

Glenville-Armonk-Glenville (GAG), C+, H, 26 miles, EAP 14.5 mph, 9:45/10:00

RL: Charles Doran, 661-4858 or cjdoran@fairfieldtechnology.net. Meet at the parking lot behind Glenville firehouse in western Greenwich. Exit 27S from southbound Merritt Parkway, right off ramp, right on King Street (south), left at third light onto Glenville Street, right at next light, bear right through the next light past firehouse, next right onto Pemberwick Road, parking lot is on right behind firehouse which is 1.1 miles from the Merritt exit. Bring your climbing legs as we go up to Armonk with a nice descent down Round Hill. SR.

Wednesday Night Ride, C/D, F/R, 20 miles, EAP 13 mph (C), 11.5 mph (D), 10:00/10:15

RL's: John Dugdale (C), 655-4277 or jdugda@peoplepc.com; Herb Wexler (D), 854-9398 or herbwex@optonline.com. Meet at Hindley School in Darien, corner of Post Road and Nearwater Lane. Bike through coastal Darien and scenic New Canaan. Snack stop in New Canaan. SR

SUNDAY APRIL 8

Easter Ride To Ridgefield, B, R/H, 41

miles, 9:15/9:30 RL: Bill Carney, 359-3659 or carneywt@optonline.net. Meet at Hindley School on US Rt 1 at Nearwater Lane in Darien. From I-95 Exit 10, go south on Noroton Avenue to end. Right on US Rt. 1 and then first left onto Nearwater Lane and the school parking lot. More base mileage as our early season training continues. Easy terrain through Darien and New Canaan and a little bit of hill work in Ridgefield and Wilton. No food stop. SR

Greenwich H20, B-, H, 41 miles, EAP 17

mph, 9:30/9:45 RL: Will Schwartz, 912-7539 or wjsaia@optonline.net. Meet at parking lot behind Glenville firehouse in western Greenwich. Exit 27S from southbound Merritt Pkwy., right off ramp, right

on King St.(south), left at third light onto Glenville St., right at next light, bear right through next light past firehouse, next right onto Pemberwick Rd., parking lot is on right behind firehouse which is 1.1 miles from the Merritt exit. Ride past waterfalls, ponds, streams, fountains, reservoirs and finally the sound. First half is hilly with one good hill at the end, quick food stop in Old Greenwich, SR

Darien-New Canaan Tour, C+, R/H, 34 miles, EAP 15.5-16 mph, 10:15/10:30

RL: Claudine Kelly, 536-4696 or ck009@yahoo.com. Meet at Hindley School, corner f Nearwater Lane and Route 1, Darien, off I-95 Exit 10. This route is rolling to moderately hilly with no difficult hills, but plenty of climbing. Food stop in Scott's Corner. SR

Almost Thirtysomething, C/D, F/R, 29 miles, EAP 13 mph (C), 11.5 mph (D), 10:00/10:15

RL's: John Dugdale (C), 655-4277 or jdugda@peoplepc.com. D – TBA. Meet at Exit 18 CPL off I-95 just north of Sherwood Island State Park. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips through Longshore Park and Compo Beach. FR

SATURDAY APRIL 14

Litchfield Ride, B, R/H, 50 miles with option for 75 miles, 9:15/9:30

RL: Monty Green, 536-6258 (cell) or m1green@aol.com. Meet at Hollow Park in Woodbury, CT. From I-84 Exit 15 go north on Route 6 for 4.8 miles. Turn left at light onto Rt 317. Next left on Hollow Rd. At stop sign, head almost straight into the park. A comprehensive and scenic tour of Litchfield County. You can't avoid all of the big hills in this part of the state, but you can appreciate the rustic beauty. You'll get both on this ride. The base route of 50 miles will bring you back to the parking lot. From there, you'll have the option of going back out for an added 25 mile circuit. Food stops. SR

Danbury Challenge, B-, R/H, 41 miles, EAP

17 mph, 9:15/9:30 RL: Bob Baker, 944-0906 or bakerteam@snet.net. Meet at CPL Exit 41, Merritt Parkway. A ride from the archives, ride up to Danbury with a food stop in Bethel, a climb up Chestnut Ridge with a nice downhill on Rt. 107. SR

The Exit 36 Flat Ride, C+, F, 23 miles, EAP 14.5 mph, 9:45/10:00

RL: Mike Tamborrino, 570-9207 or Tambo40@hotmail.com. Meet at CPL Exit 36, Merritt Parkway. Mostly flat ride through Darien. Food stop 1/2 way in Rowayton. Good early-season low-mileage ride. SR

Run to Ridgefield, C+, R/H, 28 miles, EAP 15.5-16 mph, 9:30/9:45

RL: Jacob Hanocka, 246-9537 or jacob.hanocka@hotmail.com. Meet at CPL Exit 38, Merritt Parkway. Join us on this gradual climb to Ridgefield and coast down the hills on the return.

Food stop in Ridgefield. SR

Wilton-Weston Winder, C, R/H, 26 miles, EAP 13 mph, 10:00/10:15. RL: Tom Ebersold 874-7839 or bikehikekayak123@sbcglobal.net. Meet at CPL Exit 41, Merritt Parkway. Highlights favorite mid-county roads by combining the best of popular routes. Food stop in Weston. FR

Figure Eight, D, F/R, 13/26 miles, EAP 11.5 mph, 10:00/10:15 RL: Herb Wexler, 854-9368 or HerbWex@optonline.net. Meet at CPL Exit 42, Merritt Parkway. First loop is flat, second loop has some hills. Riders can do one or both loops. Snack stop comes late in the second loop so riders planning on doing both loops should bring plenty of water and a snack. FR

SUNDAY APRIL 15

Not Too Twisted, B, R/H, 45 miles, 9:00/9:15 RL: Dave Larson, 256-8967 or larsondc44@hotmail.com. Meet at Exit 41 CPL, Merritt Pkwy. A scenic ride past the Saugatuck Reservoir on the way to Poverty Hollow and Stepney. An easy start and finish with rolling hills in the middle. Total elevation gain of just under 3,000 feet. Brief food stop. SR

Greenwich Armonk Extended, B-, R/H, 45 miles, EAP 16 mph, 9:30/9:45. RL: Justin Karbel, 537-8787 or jkarbel@optonline.net. Meet at Greenwich High School. From I-95 Exit 4 go north on Indian Field Road. Turn left onto US Route 1 (East Putnam Avenue). Go 0.2 miles and turn right onto Hillside. GHS is 400 yards up the road. A down country ride through Greenwich, Armonk, and Chappaqua, which can be hilly at times. Total climbing gain of 3,030 feet includes a 2 mile section with grades averaging 6%. Nothing else that sever. Food stop. SR.

Greenwich Armonk Ride, C+, R/H, 34 miles, EAP 14.5 mph, 9:45/10:00 RL: Shauna Lazarus, 550-7572 or shaunalazarus@yahoo.com. Leaves from Old Greenwich Railroad Station, NY-bound side. SR

Dam Ride in Reverse, C+, R/H, 34 miles, EAP 15-16 mph, 10:00/10:15. RL: John Sohikian, 668-0194 or john.sohikian@omnicomgroup.com. Join John for the Dam ride loop leaving from Luciano Park. Meet at Westport RR station parking lot, I-95, Exit 17. No food stop. SR

Fairfield/Westport Great Circle Tour, C, F/R, 32 miles, EAP 13.5 mph, 9:45/10:00. RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at Merritt Parkway Exit 44 narrow CPL southbound side. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. Food stop. SR

Old Bloomin Metric, D, R/H, 25 miles, EAP 11.5-12 mph, 10:00/10:15. RL: Donna Sohikian, 668-0186 or

dsohikian@aol.com. Meet at Luciano Park, off of I-95 Exit 17. Enjoy the 25-mile route of the Bloomin' Metric, which travels through Westport and Fairfield. No food stop, bring snacks. FR

Trumbull-Monroe Rail Trail, MB, R, 20 miles, EAP 10 mph, 9:30/9:45. RL: Tom Ebersold, 874-7839 or bikehikekayak123@sbcglobal.net. Meet Tait Road, Trumbull, off Rt. 127. I-95 North or Rt. 15 North to Rt. 25 North. At Exit 9, left onto Daniels Farm Rd. Right onto Rt. 127. Right onto Tait Rd. Peaceful ride on dirt rail trail. Some rugged spots at trail by-passes. Mountain bike recommended. Hybrid okay. No stores. Bring food and water. SR

SATURDAY APRIL 21

Lake Truesdale Special, B, R/H, 46 miles, 9:00/9:15 RL: Jon Swallen, 254-0164 or jswallen@optonline.net. Meet at Talmadge Hill RR Station, off Merritt Pkwy Exit 36. Scenic ride through South Salem, North Salem, Cross River, Bedford and Pound Ridge before returning to New Canaan. 3,450 feet of climbing gain. As a percentage of the linear ride distance (46 miles), that's 1.42% which is a normal ratio for area rides. Brief food stop. SR

West Redding Challenge, C+, R/H, 31 miles, EAP 15.5 mph, 9:15/9:30. RL: Dan Villa, 524-3459 or Dan.Villa@snet.net. Meet at Merritt Parkway, Exit 41 CPL. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. SR

Coleytown Cruiser Extended, C, F/R, 35 miles, EAP 13.5 mph, 9:45/10:00. RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at Coleytown Middle School, 255 North Avenue, Westport. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Road. Bear right onto Coleytown Road. Drive one half mile. Right onto North Avenue. Right into first driveway. Food stop. FR

Four Beaches Ride, D, R/H, 28 miles, EAP 11.5 mph, 10:00/10:15. RL: Cathy Beckmann, 662-0540 or cbeckmann@mindspring.com. Meet at Noroton Heights RR station parking lot (NY bound side) off I-95 exit 10 in Darien. This is as flat as a ride can be in Fairfield County. Ride through coastal Stamford, Darien and Rowayton. Views of Long Island Sound from at least 4 beaches. SR

SUNDAY APRIL 22

Weston-Easton Ramble, B, R/H, 45 miles, 9:00/9:15 RL: Gregg Giddes, 203.913.3018 or gfgct@yahoo.com. Meet at Exit 18 CPL, I-95. Scenic tour of Weston, Easton and Stepney on familiar roads. A few short, steep hills in the middle of the ride with flat to rolling sections at the beginning and end. Brief food stop. SR

Compo Beach to Bethel, B- and C+ combo, R/H; mileage high 40s//EAP 16+ for B- ride; mileage low 40s/EAP 15+ for C+ ride; both rides 9:45/10:00. RLs: B- John Sohikian, 668-0194 or John.Sohikian@omnicomgroup.com & C+ Gary Bebell, 858-4964 or GaryBebell@att.net. East along the water, North on some of the Bloomin route to Bethel, leisurely stop for food at O'Neil's, South on 53 to avoid Steck's hill, then B- ride goes South along the Saugatuck into Lyons Plains Road, while C+ ride goes 1/2 the Saugatuck and then through Weston center to shorten a bit from the B- route. Note: since we have a faster B- group on the same route and this is an early season ride, the pace will be adjusted down as necessary to keep it comfortable for C+ riders. We will also regroup as needed to stay together. For a change, we meet at Compo Beach, Westport. There is no fee or sticker required before May 1. SR

East Norwalk to Greenfield Hill and Back, C, R/H, 34 miles, EAP 13 mph, 9:15/9:30. RL: Paul White, 329-3900 or pwhite4@optonline.net. Meet at Marvin School, Calf Pasture Beach Road off I-95 Exit 16. Bring snacks. FR

Norwalk, New Canaan, Darien Tour, D, F/R 25 miles, EAP 12 mph, 9:00/9:15. RL: Pavel Gurvich, 853-3481 or pavelgur@optonline.com. Meet at Fox Run School in Norwalk. From Merritt going North take exit 38, make a right off the ramp and left at the traffic light onto Nursery Lane. From the South take exit 38, make a right off the ramp and a right onto Nursery Lane at the traffic light. Take first left onto Ponus Ave, at fork keep right onto Fox Run Road. Go to the end of Fox Run Road and turn right onto Fillow Ave. Fox Run School is on your right side. From I95, either direction, take Exit 13 and make a right of the exit ramp onto the Post Road. From the North take the second traffic light, from the South take the third traffic light, onto Richards Ave. Go to the end of Richards Ave. There will be one TL and one SS along the way. At the end of Richards, make a right at SS onto Fillow Ave. and Fox Run School is on your left. Take a lovely spin through West Norwalk before joining the familiar Friday Night route. SR

SATURDAY APRIL 28

Double Dose of Bedford, B, R/H, 43 miles, 9:00/9:15
RL: Gus Pecunia, 426-9185 or pecunia@charter.net.
Meet at East School in New Canaan. From Merritt Pkwy Exit 38, head north on Rt 123 for 1.5 miles. Turn right at light onto Little Brook Rd and the school campus. (If you pass Rt 106, you've gone too far). We're headed to the Bedford Green. Not once, but twice! And only 3,000 feet of elevation gain, a ratio of just 1.32% per mile. Brief food stop. SR

Tricki Ricki, B-, R, 41 miles, EAP 17 mph, 9:30/9:45
RL: Rick Bailer, 637-8492 or rbailer@siriuscom.com.
Meet at Merritt Pkwy Exit 44 CLP. An easy route over familiar roads in Fairfield, Weston and Westport. Lots

of flat paceline sections and only two significant hills, including the climb up Valley Forge to the Saugatuck Reservoir. 2,477 feet of climbing gain, which is far below average for area rides of this length. Food stop. SR

Coleytown Extended Cruise, C+, F/R, 36.5 miles, EAP 15.5 mph, 9:00/9:15. RL: Jack Mail, 856-4325 or jmail1@optonline.net. Meet at Coleytown Middle School, 255 North Avenue, Westport. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Road. Bear right onto Coleytown Road. Drive one half mile. Right onto North Avenue. Right into first driveway. Food stop. SR

Darien/New Canaan Tour, C, R/H, 34 miles, EAP 13 mph, 9:15/9:30. RL: John Dugdale, 655-4277, or jdugda@peoplepc.com. Meet at Hindley School, corner of Nearwater Lane and Route 1, Darien, Exit 10 off I-95. The route is rolling to moderately hilly with no difficult hills, but plenty of climbing. Food stop Scott's Corner market. SR

Branford, Guilford, Shore & Country, C, 32 miles, EAP 13.5 mph, 10:00/10:15. RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at CPL Exit 56 I-95. FR

Captain's Cove Ride, D, F/R, 25 miles, EAP 12 mph, 10:00/10:15. RL: Tom Ebersold, 874-7839 or bikehikekayak123@sbcglobal.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. FR

SUNDAY APRIL 29

Ride Leader Guide review and training 2:30 p.m.
(please wait if we're late), First Congregational Church, 108 Sound Beach Ave, Old Greenwich. Aldo Tiboni and Elaine Formica of Ride Noho will be covering our Ride Leader Guide in a classroom format for the benefit of all club members. If you are a ride leader or want to become one, this meeting is for you. If you've heard Ride Noho's presentation in the past but want a refresher course, please come. There is no charge for this event. Please contact Justin Karbel, jkarbel@optonline.net or 537-8787 for more information.

The Carmel Ball, B, H, 45 miles, 9:00/9:15
RL: Jon Swallen, 254-0164 or jswallen@optonline.net. Meet at Ridgefield High School parking lot on Route 116. Time for some serious hill work. This is a scenic loop through upper Westchester, Putnam and Fairfield counties that goes past Lake Carmel and Ball Pond. Lots of smooth pavement and some challenging climbs, three of which exceed 5% grades. We'll ride these at a steady tempo as the emphasis today is on conditioning, not climbing speed or KOM points. Total

elevation gain of 4,145 feet. Food Stop. SR

The Rural Ramble, B-, R/H, 38 miles, EAP 16+ mph, 9:45/10:00. RL: John Onofrio, 520-8550 or john.onofrio@alliancebernstein.com. Meet Merritt Pkwy Exit 44 CPL on Rt. 58 northbound side. Route is mostly hilly until Boggs Hill Road, then is rolling. One steep hill (Brushy Hill Road). No-dirt alternative contains a second steep hill (Sport Hill Rd.) Food Stop. SR

Back to Bethel, C+, 41 miles, EAP 14-15 mph, 9:45/10:00. RL: Leslie Andrews, 979-0033 or leslieandrews@att.net. Meet at Exit 41 CPL, Merritt Pkwy. Join us for this great ride up around the reservoirs to Bethel and down Route 58. Quick stop on Steck's Hill. Only 19 turns!. NR.

Branford Grand Tour, C, F/R, 31 miles, EAP 13 mph, 10:00/10:15. RL: Tom Ebersold, 874-7839 or bikehikekayak123@sbcglobal.net. Meet at CPL Exit 56, I-95. Ride through less traveled sections of Branford while en route to Branford Harbor for lunch. Bring lunch since there are no good spots to purchase on the way. On the return trip cycle along an abandoned trolley line (with a stone dust surface) to Stony Creek. FR

CT/NY Trek, C, R/H, 34 miles, EAP 13.5 mph, 9:00/9:15. RL: Alex Dino, 733-8195 auggie_d2000@yahoo.com. Meet at CPL Exit 36, Merritt Parkway. Lunch stop at Bedford Green. FR

Friday Night Ride, D, F/R, 20 miles, EAP 11.5mph, 10:00/10:15. RL: Nancy Rosett, 846-4847 or nrosett@yahoo.com. Meet at Darien Rail Road Station parking lot NY bound side. Early season weekend running of the club's traditional Friday night ride. Snack stop in Rowayton. FR

SATURDAY MAY 5

President's New Member Ride, B-, C+, C, D, F/R, 22 miles, 10:00/10:15 a.m.. RLs: Justin Karbel, 537-8787 or jkarbel@optonline.net and Chris Klimek, 984-6108 or ckfitgal@aol.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, I-95 Exit 17. Come join the President of SCBC and meet your fellow new members and some not-so-new members. Social hour with coffee and food on the club at Doc's coffee shop immediately after the ride. FR

SUNDAY MAY 6

Cranbury Park East, E, F/R, 17 miles, 8:45/9:00 AM
RLs: Gene & Jean Schlesinger, 762-5984. Meet at Cranbury Park in Norwalk. From Norwalk take Route 7 North to Kensett Road and turn right onto Kensett Rd. Cranbury Park is at end of the road. Pleasant fairly flat ride with gentle climb last mile back to park. No food stop, bring snacks. FR

Ride in Honor of Fallen Cyclists

If you've ridden on public roads for very long, you've probably "had a brush with death or two."

Not all cyclists survive their encounters with road hazards, vehicles and fate.

But there is something that those of us who are still able to ride can do about it.

Ride in Silence, on May 16. In honor of all fallen cyclists, everywhere.

This year's Ride of Silence™ will once again honor all those cyclists who have been injured or killed on public roadways.

You and all cyclists you know are invited to join the ride, which will not proceed at any time faster than 12 mph.

And the length of the ride – 9.3 miles – means anyone who possesses a bike and an hour of time can participate.

The ride will begin at 7 p.m., Wednesday, May 16, in the parking lot next to the Luciano Park ballfield at the Westport Rail Road station.

Once under way, riders will remain silent, in unspoken respect for what can happen and has happened to our fellow cyclists on the same roads we all share.

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

Rides of Silence are now held in hundreds of cities across the U.S., Canada and abroad.

They began in 2003, after endurance cyclist Larry Schwartz of Wylie, Texas, was hit by the mirror of a passing bus and killed.

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

Hope to see you there.

Because you can ride. And others who have gone before you can't.

RIDE OF SILENCE

Westport, CT

Time: 7 p.m.

Day: Wednesday

Date: May 16

Start Point: Parking lot next to Luciano Park, at Westport Train Station

SCBC Cyclewear is Back!



A whole new look. A whole new jersey.

Yes, they're back and we are very proud of our new look. Not only has our club logo changed but we now have a brand new jersey available for you.

While some members have already pre ordered, you can still order **while supplies last**. There are **two ways to order** your official club cyclewear. The preferred way is to go to our Web site and click on any Cyclewear link you'll see throughout the site or just [click here](#), where you can order right online using the PayPal payment system. Signing up with PayPal is FREE!

A second way to order is to simply fill out and send in the attached order form with a check made payable to "Sound Cyclists Bicycle Club" to the address appearing on the form. All cycling wear prices include processing and shipping and will be sent directly to club members just before the start of the cycling season in mid April. This form may be duplicated to help clarify any multiple like item/size orders.

SCBC clothing will be manufactured by VOMax, a leader in the athletic apparel industry. Produced with the finest jersey fabric available, it keeps wearers cool and dry as it wicks away moisture. Our new design by SCBC's Jeff Munk, will reproduce vividly in our new blue hues.

Jerseys will be available in two basic cuts for both men and women:

Club Fit: a roomier, relaxed fit. Club fit jersey sizing is one size larger than race fit jersey sizing and is 1" shorter than the same size jersey in race fit.

Race Fit: a more tapered, snug fit. Race fit sizing is usually a size smaller than a club fit jersey and is 1" longer than the same size jersey in club fit.

The women's jerseys are proportionally adjusted for women. The chest measurement of a woman's jersey is the same as for a man's but the women's jerseys has a narrower waist and slightly wider hip measurement. Men's jerseys are basically unisex and can be ordered by women who require more room in the waist. All vests are unisex.

You can refer to the sizing chart above but this information is for reference purposes only and does not guarantee individual fit by dimension or preference. **Sizes available are stated in the form and while supplies last.**

Sizing Chart

Club Fit	S	M	L	XL	XXL
Chest	35"-38"	38"-42"	42"-45"	45"-48"	48"-50"
Race Fit	S	M	L		
Chest	32"-35"	36"-38"	39"-42"		
Waist	S	M	L	XL	XXL
Men's	29"-32"	31"-34"	34"-37"	37"-40"	40"-43"
Women's	26"-29"	28"-31"	30"-33"		

SCBC Cyclewear Order Form

Please Print VERY Clearly

Feel free to duplicate this form to clarify multiple like items/sizes

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____

E-Mail: _____

Mens Club Jersey

Sizes: MS MM ML MXL MXXL Quantity: _____

Subtotal: _____ \$54.50 (each/includes shipping)

Mens Race Jersey

Sizes: MM ML Quantity: _____

Subtotal: _____ \$54.50 (each/includes shipping)

Womens Race Jersey

Sizes: MS MM ML Quantity: _____

Subtotal: _____ \$54.50 (each/includes shipping)

Womens Sleeveless Race Jersey

Sizes: MS MM Quantity: _____

Subtotal: _____ \$53.50 (each/includes shipping)

Unlined Wind Vest

Cut: Unisex Sizes: MS MM ML Quantity: _____

Subtotal: _____ \$65.50 (each/includes shipping)

Eurotherm Vest

Cut: Unisex Sizes: MS MM ML Quantity: _____

Subtotal: _____ \$79.00 (each/includes shipping)

Total Amount: \$ _____

All orders must be accompanied with payment in the form of a personal check made out to: **Sound Cyclists Bicycle Club**

Please mail your order to:

SCBC Cyclewear, P.O. Box 3323, Westport, CT 06880

For any questions, please contact:
mailbox@soundcyclists.com



SBRA invites you to bicycle on Long Island's East End. Tour through the woodlands, fields, and shoreline of the North and South Forks. Take the ferry to Shelter Island. Cycle through the scenic coves and byways of beautiful Shelter Island. Ride with your friends, family or join a group and make new friends. Whether your preference is social, scenic viewing, or fast recreational cycling, we are sure you will enjoy the tour. Bike-Boat-Bike has flat to gently rolling routes, along with some hills on Shelter Island.

27th Annual Bike-Boat-Bike

Presented by the Suffolk Bicycle Riders Association

Sunday, June 3, 2007 (Rain or Shine)

Location: North Fork Bank Corp. Headquarters, Mattituck N.Y.

Routes: **Suggested Departure Times**

25 miles: Easy Flat/North Fork/Horton Pt. Lighthouse 9:30 A.M.
 *25 miles: Remote Start/Shelter Island (Hilly) 9:00 A.M.

**If you have any questions,
see www.sbraweb.org**

*50 miles: North Fork/Extended Shelter Island 8:30 A.M.
 *65 miles: North & South Forks/Shelter Island 8:00 A.M.
 *100 miles: North & South Forks/Shelter Island/Hampton 7:30 A.M.
 *125 miles: North & South Forks/Shelter Island/Montauk Pt. 7:00 A.M.

**You can also register online
at www.active.com**

Fee/Registration: \$20.00 - Online registration at www.active.com. / \$25.00 - Mail-in registration. / \$30.00 - Day of event registration. Online registration up to April 25th and mail-in registration postmarked before April 25th entitle the registrant to an event tee-shirt. Registration after April 25th doesn't include a tee-shirt.

***Registration does not include ferry fare.** Please bring \$10 in singles. Exact ferry fees will be posted at registration table. Children under 12 are half-price, but must be accompanied by a parent or guardian.

Tour Provides: There will be maps, cue sheets, registration bracelets and marked roads. Rest Stops along each route provide food and refreshments until 4:30 P.M. SAG support vehicles will assist riders until 5 P.M.

Directions: By car—Take the Long Island Expressway (Route 495) to the end. Follow the signs to Orient Point. Stay on Route 25 to Mattituck, North Fork Bank Corp. Headquarters will be on the left side of the road. By train—Take the LIRR to Mattituck Station.

Requirements: All registrants must sign a release form. All riders must wear approved helmet. Cycling safety and strict adherence to all state cycling laws and rules of the road are imperative. We suggest you carry identification and any pertinent medical information with you at all times. Bicycle should be in good working order.

TO ENTER: Fill out the application, include non-refundable check made out to SBRA and mail to SBRA-BBB, 37 Franklin Street, Brentwood, NY 11717.

LAST NAME

FIRST NAME

STREET NAME

CITY or TOWN

STATE

ZIP CODE

EMAIL

EMERGENCY CONTACT

TELEPHONE

PLEASE CIRCLE YOUR INTENDED RIDE 25 (Remote) 25 50 65 100 125

Circle T-shirt size (if registered before April 25th) S M L XL XXL

All T-shirts must be picked up the day of the event

LEAGUE OF AMERICAN BICYCLISTS ("LAB") AND SUFFOLK BICYCLE RIDERS ASSOCIATION ("SBRA") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) ("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 conditions 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 may incur as a result of my participation in the Activity.

(3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its 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 NEGLIGENCE 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 AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. (1-2007)

Signature of registrant _____

Parent or Guardian must accompany anyone under 18 years of age and sign a minor waiver on the day of the event.

UNCLE AL: Have a Fit

RBRPublishing@RoadBikeRider.com

Some people come into my shop with bikes so ill-fitting that I'm convinced they had a late-life growth spurt or are trying for the lead in "The Incredible Shrinking Man." Either way, a poor fit guarantees miles of misery. Your bike should fit you like a glove -- well, as much as that's possible.

Many pro shops use fitting devices made by Serotta, Waterford, Calfee or some other outfit. They're costly. A shop needs to have plenty of customers to justify buying a system and then training employees so they can do fits without being as experienced (old) as someone like me. Fit sessions may cost \$125 or more. Are they worth it? Absolutely.

Here in western Colorado there aren't oodles of cyclists. I use what could be called an "old school" fitting method rather than a high-tech machine. My way involves a tape measure, level, plumb-bob, 3-foot-long board, intuition and black magic formulas. I've been fitting riders this way for 27 years. The Marquis De Sade would be proud.

Some customers flee, thinking I'm some sort of sado-masochistic terrorist. For those who remain, the result is a bike that fits 98% perfectly. The other 2% comes after they do a few rides and give me feedback on what their body is telling them. We make those tweaks and then we're at 100%.

Five Fit Tips

---Get one. Every cyclist should know what a good-fitting bike feels like. A good fit means a stronger, safer and more comfortable riding experience, which we all deserve.

---Pay the price. If you bought your bike elsewhere, don't expect shop pros to give you their time and expertise without charge. That's not how business works. Remember that the bike may not fit you at all, so be prepared for that as a possible answer.

---Trade up. When buying a new bike, many shops will improve your fit by substituting parts, such as a stem with a different length or rise, without charge. But if the bike comes with a \$35 seat, don't expect an even trade for the \$150 saddle hanging on the wall.

---Give it time. Even minute adjustments can make your bike feel quite different. Ride for a week to adapt before making judgments. If you don't trust the expertise of the shop that's fitting you, go somewhere else. It's a waste to go through a fit and then resist recommended changes.

---Quit fiddlin'. When your position feels right and your

bike fits you like the proverbial glove, leave it alone. Former Irish pro Sean Kelly, master of the classics, had what appeared to be a terrible position but it obviously felt great to him. Just about the time you'd say, "Wait Sean! I've got a fit tip for you. . ." he'd disappear down the cobbles for yet another win.

BEST OF COACH FRED

RBRPublishing@RoadBikeRider.com

What's the Trick to Standing Safely?

Question: On our group rides, one guy throws his bike back when he stands on a climb. It's miserable to ride behind him. How can we help him correct this dangerous problem? -- Shirley B.

Coach Fred Matheny Replies: Making the bike kick back is a common technique flaw. The danger is to the rider behind because when a front wheel is struck, it's easy to lose control and fall. Meanwhile, the culprit will feel only a bump against his rear wheel.

His bike doesn't actually go backward, of course. It just seems to in relative terms because it slows abruptly.

When standing on a climb, the tendency is to pull back on the bar and lurch forward to get up from the saddle. This interrupts the pedaling action and, because of the grade, the bike decelerates.

You're right -- it's disconcerting and dangerous. But it's not hard to prevent or at least minimize. Suggest to your friend that he practice his timing so he stands as one pedal comes over the top. By making a smooth stroke this way, he'll keep more of his speed through the transition.

He can also push the bike forward a bit just as he stands, using his hands on the brake hoods. When timed right, this move offsets any speed loss on that key pedal stroke.

Some riders always say "Standing!" just before they do. This warning is helpful, but it isn't a substitute for proper technique and consideration of people behind.

When following any rider on a climb, it's a good idea to leave at least one foot of space or ride a few inches to the left or right of the rear wheel. This creates a safety margin no matter how good the rider is. Stay aware by watching body language for signs that a rider is about to stand.

The Rules of the Road



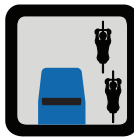
Since cyclists have the same rights and obligations when traveling the roadways, so too are they subject to fines for disobeying **the law**. Traffic summonses may be issued to cyclists for running stop signs and red lights or riding on the wrong side of the road.

All cyclists are obligated by law to obey all **traffic signals**. Cyclists have as much right to the roadways as motor vehicles and must abide by the same rules and regulations as motorists.



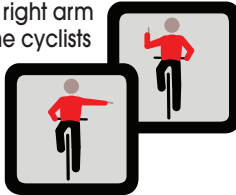
All cyclists **must stop** at all marked intersections. At **all** intersections, with or without stop signs, cyclists should yell **car left** or **car right** to other cyclists if cars are approaching from either of those directions.

One thing that cannot be stressed enough is **riding single file**, especially in high traffic areas and on narrow roads. During cycling tours, **stay to the right and ride single file**.



Before making a **left turn**, first check traffic to see if any cars are coming, then fully extend your left arm and point in that direction. Signal well in advance of the actual turn, and then position your bike so that traffic can move around you.

When making a **right turn**, fully extend your right arm and point in the intended direction. Some cyclists signal a right turn by holding their left arm out with the forearm pointing up. Either way is correct. You should signal well in advance of the actual turn, and then use both hands to steer through the turn.



If there is **debris or a hazard** in the road, fully extend your arm and point to the hazard. Sometimes moving your arm while pointing draws more attention to the debris. Potholes, branches, glass, sand, storm drains, etc. should all be called out verbally as a courtesy to riders in the rear.

When **slowing or stopping**, fully extend your arm down and out with the palm of your hand facing those who might be behind you. Call out **slowing or stopping** while displaying your hand signal to forewarn riders behind that you are slowing or stopping.



When **passing**, call up to the rider you are passing and announce, **on your left**. Check that you are not cutting off another rider and only pass on the left, leaving about three feet of clearance. If you are being passed, continue straight, do not turn and look back.

When a **car is approaching from behind**, call out to the riders up ahead of you, **car back**. This warning should be passed along by each rider to the front of the group until there is no one left to warn. On hearing this warning, move to the right and ride single file.



When a **car is approaching from ahead**, call out to the riders behind you, **car up**. This warning should be passed along by each rider to the back of the group until there is no one left to warn. On hearing this warning, move to the right and ride single file.

The Rules of the Trail

1 Ride on open trails only. Respect trail and road closures and avoid possible trespass on private land. Stay on existing trail and do not create new ones.

2 Leave no trace of your presence. Be sensitive to the trails you ride. You should not ride under conditions where you will leave evidence of your passing. Don't skid. Take turns and climb hills slowly enough to avoid trail marks.

3 Control your bike. Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations. Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach.

4 When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. Be friendly to land managers, hikers and equestrians. When encountering equestrians from the front, stop, get off your bike and move well off the trail until they pass. When approaching from the rear, ask permission to pass and ask for advise as to the best way to pass.

5 Never spook animals. All animals are startled by unannounced approach, a sudden movement, or a loud noise. Give animals extra room and time to adjust to you. Disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6 Plan ahead. Know your equipment, your ability, and the area in which you are riding. Be self-sufficient at all times and keep your equipment in good repair. Carry necessary supplies for changes in weather or other conditions. Always wear a helmet!

7 Get involved with trail maintenance by using your spare time to clean up and repair the trails you ride.

Know the Signs

As riders, we are obligated to abide by the laws set down by the towns and states in which we ride. Stay safe when you ride by paying attention and doing the right thing.



SOUND CYCLISTS

BICYCLE CLUB

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

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Article Submission Guidelines: 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 to kkellski@aol.com. You can also send an attached Microsoft Word or Text Only document. 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.



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SOUND CYCLISTS

Membership Application Form

Use this form **ONLY** if you do not have Internet access.

Avoid a \$5 special handling charge by registering online.

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

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

In consideration of being permitted to participate in any way in Sound Cyclists Bicycle Club, Inc. ("Club") sponsored Bicycle Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs and next of kin, acknowledge, agree, and represent that I understand the nature of Bicycle 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 economic losses either not known to me or not readily foreseeable from 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 from others participating in the Activity; and (d) 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, my sponsors, advertisers, by the negligence of the "Releasees" or otherwise, 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. by the negligence of the "Releasees" or otherwise, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

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

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

Name _____ Signature _____ if a couple, both must sign	Name _____ Signature _____
--	--

Street Address _____

City _____ State _____ Zip _____

Date _____

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

Telephone (____) _____

Check One: New or Renewal / Electronic: \$25.00 or Mail: \$35.00

(see important note below about pricing)

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Sign this form with a check made payable to Sound Cyclists Bicycle Club. Mail to: **6 - Garland, Sound and Cyclists Bicycle Club, Membership Chairman, 98 Harbor Drive, Stamford, CT 06902.** Unsigned forms or those without checks will be returned. When using this mail-in form you must allow time for your membership to be processed. Two to three weeks may pass between the time you mail your application until the time you receive your welcome letter, which includes the web site user name and password.