

# SOUND & CYCLISTS

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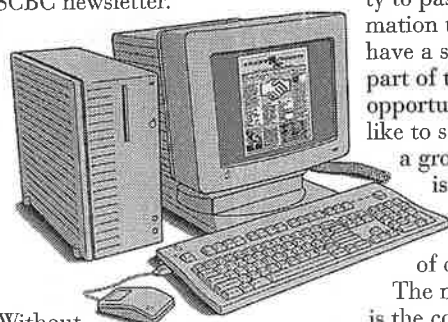
August, 1994

\$15.00 Per Year

## The Call For Volunteerism Becomes Serious Issue

Last month an important appeal went out calling for members to seriously consider volunteering for positions within the club. It is important that our membership is fully aware of all the areas where we need help.

The first position needed to be filled is a new editor for the SCBC newsletter.



Without a firm commitment from an individual to take over the newsletter, this publication will cease to exist. Currently, the newsletter is produced on a Macintosh system and we are looking for people with experience in this environment. Also, we would like to hear from members with PC experience in the event it becomes necessary to switch to an IBM platform.

We are requesting members contribute to the newsletter by sending in SCBC-related pictures. If you have a camera, you could be of great value by furnishing the photography needed to make the newsletter more interesting.

More importantly, we need contributions from people with interesting subject matter. There are many members who have had interesting biking experiences and we would like to hear from you. There are equally as many members

who can offer their varying opinions on the sport of cycling, technical information, special events and many other subjects that would be interesting to read about in this publication.

Remember, the newsletter is our only form of communication and, without it we lose the ability to pass on important information to our members. If you have a strong desire to feel a part of the club, this is a great opportunity for you. We would like to see the newsletter become a group effort even though it is a job that can be handled by a single individual with the support of contributing members.

The next area of importance is the continuing need for ride leaders. We do not only want to rely on the standard roster of leaders, but we want to see

**a b & c rides**

new ride leaders coming forward to lead these rides. What is extremely helpful to our ride coordinators is you calling the coordinator rather than the coordinator making all the calls.

If you are planning to lead a ride, check your calendar to figure out the dates of your availability, the pace, mileage, and terrain. Try to have a brief

description of the ride when you finally make your call. This information, prepared in advance, makes it easier for the coordinators to gather the information needed to complete the ride schedule in a timely manner. So call them today!

(continued on page 2)



### Executive Board Notes at a Glance

A board meeting was held on July 11, 1994 and the following topics were discussed:

The final wrap up of Bloomin' Metric '94 was reported and seen as a success.

A new strategy was announced for compiling the ride schedule in order to make sure the newsletter is completed on time.

The search for a new newsletter editor became an important issue. Without volunteers, the newsletter cannot be published. A search has begun in order to fill this position with very little time remaining.

Weekend events, sponsored by SCBC members and outside clubs, were discussed.

An August picnic is being planned for Saturday, August 27th at Unity Park in Trumbull. (See Page 4 and Rides Schedule).

The Harvest Hundred will be modified from previous years and is planned to take place Saturday, September 24th.

# Club Help Needed Now!

(continued from page 1)

An area in need of your help is often found at the rides themselves. Our rides are seldom planned with a sweep in mind and time after time riders are asked if they would volunteer. The response is usually less than enthusiastic and often rides leave without benefit of a sweep. The sweep is a valued part of a ride and a club policy. The next time you ride, consider helping the ride leader by sweeping for him or her. This simple act is just what the club needs more of.

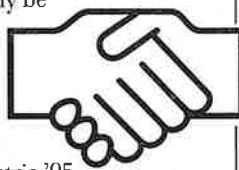
Our publicity chairman, Vivian Werner, needs your help in promoting club membership and events through the local bike shops. This is an excellent opportunity to give something back to the club without investing a huge amount of time. As a liaison, you would simply be responsible for distributing SCBC membership applications or Bloomin' Metric '95 materials to the bike shops. So, be a SCBC/Bike Shop Liaison and contact Vivian at 363-0709. When you call, specify the name and town of the bike shop you'd like to cover.

As most of you know, the club offers more than weekly rides. During the cycling seasons, rides are accompanied by planned social events and those events usually

## The Picnics & Brian

are in the form of a picnic. And where there's a picnic, Brian Gossler can't be too far behind. As picnic chairman, Brian is always looking for members to lend him a hand when these events are being planned. For the small requests he makes, there should be no reason why you can't give him a bit of your time.

We always need people to volunteer in all areas of the club. If you have a particular interest in any of these areas, there are names and phone numbers provided in the organizational box on this page. These people are cyclists just like you, so already you have something in common. Give them a call. They would be glad to have your help and besides, what better way is there to meet other SCBC people. 



## 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 with a project organized by the club, you can contact any of the people listed below for more information:

### Officers

|                              |                       |                       |
|------------------------------|-----------------------|-----------------------|
| <b>President</b>             | <b>Jeff Munk</b>      | <b>261-5545</b>       |
| <b>First Vice President</b>  | <b>Jeff Ross</b>      | <b>(914) 533-2711</b> |
| <b>Second Vice President</b> | <b>Warren Shapiro</b> | <b>227-5057</b>       |
| <b>Treasurer</b>             | <b>Terry Wong</b>     | <b>353-1573</b>       |
| <b>Secretary</b>             | <b>Tom Ebersold</b>   | <b>396-0166</b>       |

### Committee Chairpersons

|                                |                                 |                 |
|--------------------------------|---------------------------------|-----------------|
| <b>Rides Committee</b>         | <b>Nancy Rosett</b>             | <b>847-5541</b> |
| <b>A,B,C Rides</b>             | <b>Jerry Weinstein</b>          | <b>327-3530</b> |
| <b>D,E Rides</b>               | <b>Ilene Rogers</b>             | <b>322-7711</b> |
| <b>Mountain</b>                | <b>Clyde Gourley</b>            | <b>929-4001</b> |
| <b>Meetings</b>                | <b>Doug Engel</b>               | <b>849-8972</b> |
| <b>Membership</b>              | <b>Claire Falkner</b>           | <b>975-9607</b> |
| <b>Bloomin' Metric</b>         | <b>Kathleen Kellett</b>         | <b>372-9948</b> |
| <b>Incentives</b>              | <b>Wayne Young</b>              | <b>740-0169</b> |
| <b>Picnics</b>                 | <b>Brian Gossler</b>            | <b>380-2646</b> |
| <b>Safety</b>                  | <b>Clyde Gourley</b>            | <b>929-4001</b> |
| <b>Club Weekends</b>           | <b>Kathy &amp; Bruce Miller</b> | <b>544-8917</b> |
| <b>Publicity/Bike Advocacy</b> | <b>Vivian Werner</b>            | <b>363-0709</b> |

### SCNews Editorial Board

|                |                                |
|----------------|--------------------------------|
| <b>Editor</b>  | <b>OPEN POSITION</b>           |
| <b>Printer</b> | <b>Bader Printing 333-3343</b> |

 Printed on Recycled Paper

## Membership/Newsletter Info

### Membership:

Contact Claire Falkner at 975-9607 or send her a signed copy of the membership application at the back of the newsletter with a \$15.00 check made payable to Sound Cyclists Bicycle Club to the address indicated on the form.

### Change of Address:

Send a signed copy of the membership application form, checking the change of address box 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 on 3.5 inch floppy disk in some standard word processing program like Microsoft Word or Word Perfect. Either Macintosh or IBM PC formats are accepted. Send articles to: **Jeff Munk, 58 Pomona Road, Trumbull, Connecticut 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 Advertising:

Advertising should preferably be bicycling-related. Advertising rates are stated in the box below. Send ads to Jeff Munk at the address above.

### Classified Advertising:

Bicycling-related classified ads are free to the membership. Send ads to Jeff Munk at the address above.

### Incentives Program:

Ride leaders can send their sign-in sheets to Wayne Young, 39 Tulip Tree Circle, Brookfield, Connecticut 06804.

### Sound Cyclists Advertising Rates

|                           |                 |
|---------------------------|-----------------|
| <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

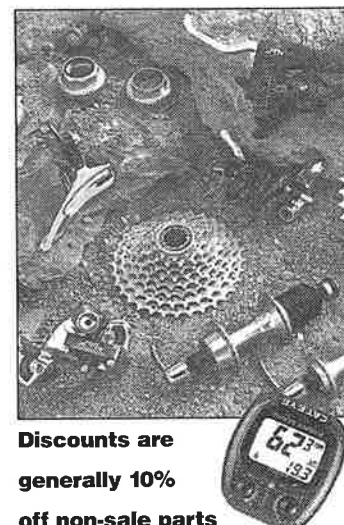
Bike shops please note that an ad in the SCNews targets over 1000 avid cyclists. The club mailing list can be purchased for \$150 or \$100 for non-profit organizations.

# Bicycle Store Discount Program

*The SCBC Bicycle Store Discount Program offers local retailers exposure to more than 1000 avid cyclists while affording club members the potential for significant savings.*

- Action Sports** – 324 W. Main Street, Branford  
**Bethel Cycle** – 120 Greenwood Avenue, Bethel  
**Bicycle Route** – 108 Broad Street, Milford  
**Buzz's Cycle Shop** – Post Road, Old Greenwich (across from Caldor)  
**Cycle Dynamics** – 971 Post Road East, Westport  
**Cycle Dynamics** – 12 Riversville Rd., Greenwich (Glenville Section)  
**Cycle Fitness** – 494 Main Street, Monroe  
**Cycles on the Green** – 3571 Main Street, Stratford. 5% off bikes  
**D'Aniello's Amity Bicycles** – 14 Selden Street, Woodbridge  
**Dave's Cycle & Fitness** – 78 Valley Rd., Cos Cob. 5% off accessories and clothing  
**Don's Cycle Shop** – 1964 Post Road, Fairfield. Special pricing on bicycles  
**Greenwich Bicycles** – 40 West Putnam Avenue, Greenwich  
**Jules Bicycle Shoppe of Darien** – 25-54 Old Kings Highway North, Darien (Goodwives Shopping Plaza)  
**New Caanan Cyclery** – 5 East Ave., New Caanan. 10% off clothing and accessories  
**Pedal and Pump** – 51 Tokeneke Road, Darien  
**Port Chester Cycles, Inc.** – 146 North Main Street, Port Chester, NY  
**Ski Market** – 490 Westport Avenue, Norwalk  
**Stamford Cycle Centre** – 1492 High Ridge Road, Stamford  
**Westport Bicycles** – 1252 Post Road East, Westport  
**Wilton Center Bicycle Shop** – 78 Old Ridgefield Road, Wilton  
**Bikemobile** – Mobile bike repairs, 10% off labor/accessories, 834-1150 (offices at Outdoor Sports Center, Wilton)  
**Energe Sports** – 1-800-245-9099. 10% off Energe Backrider, a backpack for bicycle commuters.  
**Chiropractor, Barbara Rauso** – is offering a 10% discount for office visits. Call 255-5589

The above stores are participants in the discount program. Contact store for specific details. Exceptions and additions are noted above. A current SCBC newsletter with a mailing label will be accepted as proof of membership. If your favorite bicycle store is not listed and you would like them to participate call Helena Hollauer at 846-2383.



**Discounts are generally 10% off non-sale parts and accessories with some special pricing on bicycles and repairs.**

**Support your local bike shop now!**

## The Member Marketplace

Classified ads for bicycle-related merchandise are free for all members of Sound Cyclists. Ads will be run on a space-available basis. Send your ad in by the 10th of the month to Helena Hollauer, 5 Lori Lane, Norwalk, Connecticut 06851. No calls for ads please.

**For Sale:** Marinoni road

bike, 56 cm, Columbus SL tubing with mostly Campi Athena components. Asking \$350. Call Bob at 323-7907.  
**For Sale:** Grey Cannondale R 800 road bike frame. Shimano Ultegra 600, Look pedals, excellent condition (less than one year old). \$800 or B.O., Call Jack at 227-9613 after 7 on weekdays.

**For Sale:** Red 1992 Cannondale SR400 road bike, 56 cm, perfect condition, new wheels and tires. \$400. Call Joe at 329-9500.

**For Sale:** Signal Silverado '93 mountain bike, chromoly 18-inch frame, Shimano components, 21 speed. Original price \$530 but asking \$280 or best price.. Leave message at 924-9496 for Joseph.

**For Sale:** 25 inch, Model Tourer SE Fuji touring bike. Very good condition, \$50. Call Martin at 966-2797.

**For Sale:** Performance Travel Trac II foldable trainer frame in factory sealed carton, \$25 (\$87 retail). Variable Resistance Unit (SD-100T) can be ordered separately from Performance, Cat. #40-2032. Call Gary at 438-5204.

(Continued on pg. 4)



**Quality Service For Over 31 Years**  
**1964 POST ROAD, FAIRFIELD**  
**255-4079**

# SCBC To Hold Late Summer Picnic

By Tom Ebersold

**M**ark your calendar for the club's next picnic on Saturday, August 27th in Unity Park on White Plains Road in Trumbull.

Rides of varying levels and distances will be offered prior to the picnic (see rides schedule). You need not ride to picnic and you need not picnic to ride. If you chose to attend the picnic, the cost will be \$5.

For the first time, we are offering a mountain bike ride in conjunction with the picnic. The Pequonnock Valley ride is ideal for club members who have thought about trying mountain biking. Of course, you need a mountain or a hybrid bike to participate.

**DO NOT PARK** in Unity Park unless you are a Trumbull resident or have obtained a temporary parking pass from picnic organizers which will be distributed in the CPL along with the cue sheets. If you do not have a sticker or park pass and your car is in Unity Park, the park

ranger **WILL** give you a \$25 ticket. **GUARANTEED.**

Rides will leave from Merritt Parkway Exit 50 CPL, which is on White Plains Road on the north side of the Merritt Parkway. Note: when coming northbound on the Merritt, you need to take the parkway to Exit 51, turn left at the traffic light, cross over the Merritt and turn left to reenter the Parkway. Come back one exit to Exit 50. The CPL is directly in front of you.

After the picnic, you can ride your bike or walk into Unity Park, which is on the south side of the Merritt Parkway. Go to the lower level of the park behind the tennis courts (which are restricted to town residents only). Remember to obtain a parking pass, which will be distributed in the CPL along with the cue sheets. Then, and only then, can you drive into Unity Park.

If you would like to bring a

salad or a dessert, call Brian Gossler at 380-2646 to let him know what you are bringing. If you bring something to the picnic, save your receipt for reimbursement. Bringing an item also entitles you to get into the picnic for free.

The park has two volleyball courts and a horseshoe pit. There is also a large open area where you can play softball, wiffle ball, etc. Unfortunately, we could not reserve any parks with swimming facilities, so leave your suit home. Since there are a limited number of picnic tables, bringing lawn chairs is strongly recommended.

Everyone must call Brian at 380-2646 by Saturday, August 20th to reserve a place for the picnic. He needs to know how much food to purchase. Contact Tom Ebersold for ride information at 396-0166



## Cycling Events

*The following events are listed as a service to Sound Cyclists members. These rides are not necessarily endorsed by Sound Cyclists and Sound Cyclists should in no way be held liable for participation in these rides.*

**A** Central Vermont Bike Weekend is scheduled for September 23rd - 25th. We have used this comfortable farmhouse as a base for ski trips for a number of years, but it is also in the middle of wonderful bike country. There are several enjoyable trips we can choose from that leave from the front door. We plan a ride from 40 to 60 miles on Saturday and about 30 on Sunday. The terrain in this area is rolling to hilly, as is much of Vermont, but there is one huge hill on the longer Saturday ride. The leaders will provide two breakfasts, one supper, happy hour and route maps. Riders will help prepare and clean up. Indoor storage for bikes, swimming hole in back of house. Cost should be \$50 per person. Register with SASE and a nonrefundable deposit of \$40. RL Ledge Clayton, 307 Old Post Road, Fairfield, CT 06430. Call 255-3972 until 9pm. CL Jan DiMattia at 259-1951 until 9pm.

**A**round Orange - Bicycle Touring Club of New Jersey's Annual Rally - now in NY! This event is scheduled for Sunday, September 11th, rain or shine from Red Apple Rest, Southfields, New York, just 12 miles north of the state line. Opens 7am. 100/62/50/25 miles through scenic Orange and Ulster Counties. Registration: \$6 by 8/26 (includes water bottle), \$8 on-site. Sag and cues sheets (Food extra). Helmets required. BTCNJ, P.O. Box 839, Mahwah, NJ 07430. Forms, info: Tracy Cicatelli (201) 825-8079.

**G**olden Apple Century Rides - Sunday, September 18th. 25/50/75/100/125 miles. Starting point: FDR State Park, Yorktown Heights, NY. Mail SASE to Country Cycle Club, Golden Apple Century Rides, 1204 Hall Ave., White Plains, NY 10604.

**T**wo Ferry Metric Century, September 25th. 100km. For Info call Rick Mazzotta (203) 347-1074

## Member Marketplace

*(Continued from pg. 3)*

**For Sale:** Shogun 50 cm Tange Chromoly frame with fork and seat post, perfect condition, ridden only a few times; \$100. Time Walking Technology shoes size 43 with pedals used one season for \$100. Call John at 366-8284 after 7pm.

**Wanted:** Burley child trailer. Call Mark at 929-1871 evenings.

**Moving, Must Sell:** Specialized Sirrus 22" roadbike with Shimano 105 parts, avocet bike computer, Vetta windtrainer \$425. Precon 614 Rowing Machine \$60. DP Graphite Racquet Ball Racquet \$10. Marcy Pro Sit up board \$40. F2 330 Windsurfer with 2 piece mast, sail, sailbag, boom, car pads and straps \$525. All in excell. condition. Call Jane at 212-995-8494 11 am - 7pm or 655-7079 nights.

**For Sale:** Eddy Merckx Corsa Extra SLX, 54 cm, Campy components, Cinelli bars; stem and saddle, Fir EA60 rims, Cateye Microcomputer. Mint condition, asking \$900. Call Heath at 846-4754.

# 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. All riders are expected to know how to properly make a left hand turn in heavy traffic. Ask your ride leader if you do not understand this maneuver. 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 resume 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. It is strongly recommended that all riders bring one or two water bottles filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will greatly aid in 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.

- |          |                                                                                                                                                                     |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A</b> | <b>Fast</b><br>16 MPH and Over<br>Riders are expected to be self-sufficient.                                                                                        |
| <b>B</b> | <b>Fast/Intermediate</b><br>14-16 MPH<br>A Sweep may or may not be appointed.                                                                                       |
| <b>C</b> | <b>Intermediate</b><br>12-14 MPH<br>A Sweep is usually appointed.                                                                                                   |
| <b>D</b> | <b>Slow/Intermediate</b><br>10-12 MPH<br>A Sweep is always appointed.                                                                                               |
| <b>E</b> | <b>Slow</b><br>Less than 10 MPH<br>Rider is usually paced to slowest rider. Frequent regrouping, short distances and relatively flat terrain. A Sweep is available. |



**F** Flat



**F/R** Flat and Rolling



**R** Rolling



**R/H** Rolling and Hilly



**H** Hilly

- CPL = Commuter Parking Lot
- MB = Mountain Bike
- OR = Occasional Regrouping
- 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.
- FR = Frequent Regrouping
- NR = No Regrouping

# The Ride Tips

Select a ride that is within your ability based on the ride distance, pace frequency of regrouping and terrain rating. 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 the ride classifications and to get acquainted with other riders in a more leisurely trip situation. Riders should carry a pump, tire irons, spare tube, patch kit, water bottle(s), money and insurance card with them on each ride. **If the weather seems questionable - call the Ride Leader.**

## Ride Information Hot Line

Sound Cyclists lists the ride schedule for the first weekend of every month on its voice mail system. **Clip this notice and post it on your refrigerator.** If your newsletter does not arrive by the Friday before the first weekend you can call the Hot Line to find out the ride schedule for that weekend. This is your insurance that you won't miss out on a great weekend of rides.

**Call 254-8787**  
24 hours a day/7 days a week  
Save This Number



# The Rides

## TUESDAY NIGHT RIDE

■ **Tuesday Night Show and Go, A/B/C, F/R, 6:00/6:15.** Meet at CPL Exit 44/45 Merritt Pkwy. Riders meet, decide on route and pace. Pizza after the ride. **EVERY TUESDAY IN AUGUST.**

## WEDNESDAY NIGHT RIDES

■ **Wednesday Night Ride and Dine, D, R, 15-20 miles, 6:00/6:15.** **EVERY WEDNESDAY IN AUGUST.** RL Mike Ceruzzi, 261-5369. Meet at supermarket parking lot at corner of Routes 25 and 59 in Monroe. Easy social ride in Monroe/Trumbull/Newtown area followed by dinner at a local establishment. **FR**

■ **Wednesday Wanderer, D and above, 20 miles, R, 6:00/6:15** **EVERY WEDNESDAY IN AUGUST.** RL Jerry Hunt, 348-1616 and Ruth Suhr, 852-0282 and Jerry Weinstein, 327-3530. Meet at Hendley School parking lot on the corner of Nearwater Lane and Post Road in Darien. **No regrouping,** self paced, no sweep, cue sheets will be provided, must be able to complete 20 miles in less than 2 hours. Bike through coastal Darien and scenic New Canaan.

■ **Wednesday Commuter Special, D+, 10 miles, R/H, 6:45/7:00.** Wednesday, August 3, 17 and 31. RL Mary Karnis, 847-7547. Meet at Silvermine elementary school parking lot across from Yew Street on Perry Avenue (or call for directions). A one hour ride through Silvermine, New Canaan, and Wilton along scenic byways. Barbecue dinner at Silvermine Tavern after the ride on the 17th only.

## THURSDAY NIGHT RIDE

■ **Thursday Night Ride Sho & Go, A-, R/H, 20 to 25 miles, 6:00/6:15.** Meet at CPL Exit 42 Merritt Pkwy. Faster paced sho & go through Weston and Easton. **EVERY THURSDAY IN AUGUST.**

## FRIDAY NIGHT RIDE

■ **TCIF Unwinder, D+ and above, F/R, 16/19 miles, 6:00/6:15.** Coordinators: Jeff Ross/Tom Ebersold, 914-533-2711/396-0166. Meet at Darien RR station (westbound side), Exit 11 off I-95. Join us for the club's traditional shoreline ride to Rowayton and back. Three paces of rides are offered - go as fast as you possibly can, a C paced ride, and a D paced ride. Cyclists must maintain a minimum pace of 10 mph in order to safely finish the ride before dark. Join us for dinner after the ride. **EVERY FRIDAY UNTIL SEPTEMBER.**

## SATURDAY, AUGUST 6

■ **Derailleurs, Dvorak & Dinner, B/C/D, R/H, 36 (plus optional extra 20) or 100 miles. 36 & 56 mile rides start promptly at 10:30. Century ride at 8:30.** RL Carl Andersen, 357-3344 or 762-9294 (100 mile) and Nancy Rosett, 847-5541 (36/56 mile). Meet at Housatonic Valley Regional School, Warren Tpke Rd, located just north of the Rte 112 intersection with Rte 7. Allow 90 minutes to reach the school from Danbury. All rides are self-paced. Enjoy a day in the Berkshires! Stay for a communal meal on the lawn at Tanglewood (gates open at 6:00, dinner at 6:30). Bring one of the following: Appetizer, entree, salad, fruit, or dessert-- enough to feed six persons. The concert features the Tchaikovsky Violin Concerto with Joshua Bell, soloist, and the Dvorak Symphony #9, From the New World. Admission to the Tanglewood lawn is \$11.50.

## — SATURDAY, AUGUST 6

### ■ *Pine Tree Road Ride*, B, R/H, 39 miles, 9:00/9:15

RL Pete Snyder, 259-8287. Meet at CPL 44/45 Merritt Pkwy. to join Pete on this fast paced hilly ride through Fairfield, Weston and Easton. No lunch stop. OR

### ■ *1994 Bloomin' Metric*, C, R/H, 75K, 8:45/9:00

RL Sue Moody 426-2189. Meet at Westport RR station at Exit 17, I-95, westbound side. Join Sue as she leads the 75K version of this year's Bloomin' Metric. Surprise lunch stop. Don't bring food. OR

### ■ *Bloomin' Metric 25*, D, R, 25 miles, 9:30/9:45

RL Wayne Young, 740-0169. Meet at the Westport RR station at Exit 17, I-95, westbound side. Bring water and snacks. Perfect for those, like Wayne, who didn't ride the Bloomin' this year, or for those who already enjoyed this ride once this season. FR

### ■ *Minnewaska State Park*, MB, 28 miles

RL Clyde Gourley, 929-4001. Meet at Exit #1 of I-84 at 8:00 sharp to pool cars to New Paltz, NY. We will start the ride from the upper parking lot of the State Park. \$4.00 parking fee. Bring lunch and extra water.

## — SUNDAY, AUGUST 7

### ■ *Roller Coaster Ride +6*, B, R/H, 39 miles, 9:15/9:30

RL Brian Gossler, 380-2646. Meet at CPL Exit 42 Merritt Pkwy. Join Brian on the longer version of this challenging ride. Bike on lightly travelled roads through Wilton and Westport. Great downhills. Food can be purchased. NR

### ■ *Rural Ramble*, C+, R/H, 40 miles, 9:15/9:30

RL Jerry Weinstein, 327-3530. Meet at CPL Exit 44/45 Merritt Pkwy to join Jerry as he leads a somewhat faster version of his favorite ride. OR

### ■ *Mark's Meander*, D, R/H, 19 miles, 11:00/11:15

RL Mark Sochard, 374-3287. Meet Mark at Merritt Pkwy Exit 44/45 for this relaxing ride with a food stop in Southport. OR

■ *Four Beaches Only (And Nice People, Too)*, E, F/R, 20 miles, 9:00/9:15. RL Bobbie Kinn, 847-5541. Meet at the westbound side of the Noroton RR Station just off I-95 Exit 10. This is as flat as a ride can be in Connecticut. Brunch/lunch stop in Rowayton. FR

■ *Steep Rock Preserve, Washington Depot*. MB, 15 miles, 9:30/9:45. RL Julie Montanaro, 261-8673. Meet at Pantry Restaurant parking lot in Washington Depot.

## — SATURDAY, AUGUST 13

### ■ *Poverty Hollow Howdy Doo*, B-, H+, 45 miles, 9:00/9:15

RL Tom Ebersold, 396-0166. Meet at CPL at Exit 42 of the Merritt Pkwy. Think you are in shape? This route will prove once and for all if you have what it takes. Ride the route that defies gravity. (It's uphill both ways, but has many screaming downhill along the way.) Numerous opportunities to bail out along Rts. 136 or 58 if the going gets too tough. Food can be purchased. OR

### ■ *Saugatuck/Weston Twister*, C, R/H, 29 or 38 miles, 9:00/9:15

RL John Dugdale, 655-4277. Meet at CPL Exit 41 of Merritt Pkwy. Travel down to the shore in Saugatuck and then make a swing through Weston, twisting around the hills. Food can be purchased. OR

■ *Deep River, Essex and Saybrook Point*, D, F, 37 miles, 10:00/10:15. RL Clyde Gourley, 929-4001. Meet at the school parking lot located behind the Deep River Baptist Church. Enter Deep River from Exit #5 of Rt. #9. FR

### ■ *You'll be SOWRRY (Southbury-Woodbury-Roxbury)*, D, H, 32 miles, 9:15/9:30.

RL Mike Ceruzzi, 261-5369. Meet at CPL at Exit 14 of I-84 in Southbury. Social paced ride. Possible swim at Lake Quassapaug. Lunch can be purchased. FR

■ *Westport to Southport*, D, F/R, FR, 20 miles, 9:30/9:45. RL Paul Kempner, 325-4514. Meet at Exit 42 CPL off Merritt Pkwy. Ride through country roads down to scenic Southport shore. No lunch stop. FR

## — SUNDAY, AUGUST 14

### ■ *Banksville/Bedford Ride*, B-, R/H, 35 miles, 10:00/10:15

RL Jeff Ross, 914-533-2711. Meet at CPL of Exit 35 Merritt Pkwy for this faster-paced ride to Banksville and back. Food can be purchased. OR

### ■ *Tricki Rikki Road Ride*, C+, R/H, 39 miles, 9:15/9:30

RL Brian Gossler, 380-2646. Meet at CPL Exit 44/45 Merritt Pkwy. Faster paced ride through Fairfield, Westport and Wilton. One killer hill/ three major hills. Food can be purchased. OR

### ■ *30 Something Ride*, D, F/R, 30 miles, 10:00/10:15

RL Dick Gross, 964-8112. Meet at CPL at Exit 18 of I-95 for this ride through Greenfield Hills, Greens Farms and Saugatuck to Calf Pasture Beach in Norwalk. FR

### ■ *Scenic Backwood Tour*, D, R/H, 18.5 miles, 10:00/10:15

RL Jeff Munk, 261-5545. Meet at CPL at Rts. 25 and 111 in Trumbull. Beautiful scenery and wild life highlight this ride as we travel through the back country roads of Trumbull, Monroe and Easton. We will be riding at a nice social pace, so use this opportunity to meet new people and old friends. Lunch stop just before ride's conclusion. FR

### ■ *Southford Falls to Naugatuck*, MB, 18 miles, 9:30/9:45

RL Clyde Gourley, 929-4001. Meet at Coffee Shop, intersection of Rts. 188 & 67 for this ride on an old RR bed.

## — SATURDAY, AUGUST 20

■ *New Canaan, Purdys, Ridgefield and Return*, B, R/H, 54 miles, 9:00/9:15. RL Pete Williamson, 834-1423. Meet at Exit 38 CPL of Merritt Pkwy. Longer ride from New Canaan through New York State, to Ridgefield and return. Food can be purchased. OR

### ■ *Three County Tour*, C+, R, 60 or 70 miles

RL Bruce Miller, 544-8917. Meet in Kent, CT. Extremely scenic, longer ride in northern Connecticut. Call Bruce for meeting place and time. Food can be purchased. OR

### ■ *Saugatuck Reservoir Ride*, C, R/H, 28 miles, 9:15/9:30

RL Mike Retsky, 452-1649. Meet at CPL Exit 42 Merritt Pkwy. Scenic ride around the Saugatuck Reservoir. Food stop where food can be purchased. OR

### ■ *Take Me Home Country Roads*, D, H, 30 miles, 9:30/9:45

RL Mike Ceruzzi, 261-5369. Meet at the supermarket parking lot at the corner of Routes 25 and 59 in Monroe. Lunch can be purchased on this social ride. Straw hats required. Banjos and guitars optional. FR

■ *1994 Sherwood Island Picnic Ride Revisited*, D, F/R, 25 miles, 9:30/9:45. RL Lisa Reichbach, 454-2938. Meet at CPL Exit 18 off I-95. Join Lisa for a redo of one of 1994's picnic rides. FR

### ■ *Salmon River Area*, MB, 20-30 miles

RL Larry Johnson, 287-9903. Contact leader for meeting time and place for this ride in East Hadaam.

## — SUNDAY, AUGUST 21

### ■ *Tricki Rikki Road Ride*, B, R/H, 39 miles, 9:15/9:30

RL Brian Gossler, 380-2646. Meet at CPL Exit 44/45 Merritt Pkwy. Faster paced ride through Fairfield, Westport and Wilton. One killer hill/ three major hills. Food can be purchased. NR

### ■ *Darien, New Canaan, Ridgefield*, C, R/H, 37 miles, 9:15/9:30

RL Jerry Weinstein, 327-3530. Meet at Darien RR Station (Westbound side). Food can be purchased on this scenic ride to Ridgefield and back. OR

### ■ *Sound Cyclist Classic*, D, R/H, 27 miles, 10:00/10:15

RL Jeff Munk, 261-5545. Meet at the CPL at Exit 41 of the Merritt Pkwy. From the hallowed halls of the club's archives comes this ride that is seldom offered. Join Jeff for a spin down to the Sound and then up and over Fairfield's Greenfield Hill to Easton and around through Weston on the return trip to Westport. Snack stop. Food can be purchased. FR

### ■ *Shoreline Meander*, E, F, 18 miles, 5:00/5:15

RL Terry Wong, 353-1573. Meet at the Darien YMCA on Route 1. Unwind from the weekend with drinks at the beach at end of ride. FR

## SATURDAY, AUGUST 27

### ■ SCBC AUGUST PICNIC RIDES

Meet at CPL Exit 50 Merritt Pkwy. If you are northbound, take Exit 51, turn left at traffic light, cross over the Merritt and turn left, reentering the Parkway, south. Go one exit to Exit 50.

| PACE | TERRAIN | MILAGE   | MEET TIMES  |
|------|---------|----------|-------------|
| B    | H       | 44 miles | 9:00/9:15   |
| C    | R/H     | 31 miles | 9:30/9:45   |
| D    | R/H     | 25 miles | 10:00/10:15 |
| E    | R/H     | 15 miles | 10:30/10:45 |

See article in newsletter for further details. RSVP to Brian Gossler at 380-2646 for picnic. Ride information: Tom Ebersold, 396-0166.

also

### ■ Pequonneck Valley State Park, MB, 12 miles, 9:30/9:45

RL Clyde Gourley, 929-4001. Meet at CPL Rte 25 and Daniels Farms Rd., Trumbull. We will finish in time to attend the club picnic.

*NOTE: At press time, Mike Ceruzzi was unaware he scheduled his ride during the above picnic event. Please call first to see if he intends to lead this ride:*

### ■ Something Different, D, R/H, 41 miles, 9:15/9:30

RL Mike Ceruzzi, 261-5369. Meet at the Dodgingtown Firehouse in Newtown. Take Rte 58 (Black Rock Tpke) north to the end. Turn right onto Rte 302. Firehouse is about 2 miles on the right. Getting just a little tired of the Rural Ramble? Come explore some new scenery at a place that is really just over the horizon. Lunch can be purchased. **FR**

## SUNDAY, AUGUST 28

### ■ All of Kellogg Hill Road Ride, B, R/H, 40 miles, 9:15/9:30

RL Brian Gossler, 380-2646. Meet at Westport RR station, Westbound side, at Exit 17, I-95. Join Brian on this new ride through the relatively flat areas of Westport up thru the hillier sections of Weston. Food can be purchased. **NR**

### ■ Three Reservoirs Ride, C-, R/H, 28 miles, 9:45/10:00

RL Jack Alexander, 327-6047. Meet at CPL Exit 35 Merritt Pkwy. Tour the reservoir area in North Stamford and New Canaan on this scenic route. Food can be purchased. **OR**

### ■ Bagel Run to Scott's Corner, D, R/H, 22 miles, 9:00/9:15

RL Bobbie Kinn, 847-5541. Meet at Talmadge Hill RR (Merritt Pkwy Exit 36). Somewhat challenging D ride. Hilliest 7 miles can be avoided by hiding out in the bagel shop. **FR**

### ■ Not Necessarily the Friday Night Ride, E, F, 16 or 22 miles, 9:00/9:15. RL Nancy Rosett, 847 5541. Meet at westbound side of Darien RR. Food can be purchased. **FR**

### ■ Shoreline Meander, E, F, 18 miles, 5:00/5:15

RL Terry Wong, 353-1573. Meet at the Darien YMCA on Route 1. Unwind from the weekend with drinks at the beach at end of ride. **FR**

### ■ Mt. Riga and Bash Bish Falls, MB, 38 miles, 9:00/9:15

RL Steve Price, 261-4675. Meet at the fountain in Salisbury. Bring lunch, extra water and shoes suitable to hike to the summit of Bear Mountain. We expect to finish around 4:00. Approximately 1/4 route is on road.

It is important that the Sound Cyclists archives are kept complete and up to date. Thankfully Fred Mauer has volunteered to see to this task. Please send copies of any complete cue sheet and maps with ride name, mileage, starting point and terrain description to:

**Fred Mauer**  
18 Roseville Road  
Westport, Connecticut 06880



## SATURDAY, SEPTEMBER 3

■ **Aspetuck/Saugatuck Reservoir Ride, B-, R/H, 30 miles, 9:00/9:15**  
RL Barbara Tiffany, 966-4856. Meet CPL Exit 42 Merritt Pkwy. A good climb up Black Rock Tpke. Enjoy a three mile descent on Newtown Tpke. (the one you grind up on the Saugatuck Reservoir Ride). Food can be purchased. **OR**

■ **New Canaan, Purdys, Ridgefield and Return, C, R/H, 54 miles, 9:00/9:15.** RL Nancy Rosett, 847-5541. Meet at Exit 38 CPL of Merritt Pkwy. Longer ride from New Canaan thru New York State, to Ridgefield and return. Food can be purchased. **OR**

■ **The Easton (Not So) Easy, D, H, 27 miles, 9:30/9:45**  
RL Mike Ceruzzi, 261-5369. Meet at CPL Exit 46 of Merritt Pkwy in Fairfield. Lunch can be purchased. **FR**

## SUNDAY, SEPTEMBER 4

■ **Banksville, Bedford Boogie, B-, R/H, OR, 35 miles, 10:00/10:15**  
RL Jeff Ross, 914-533-2711. Meet at Talmadge RR Station at Exit 36 Merritt Pkwy. Join Jeff on this ride to Banksville and back. Food can be purchased. **OR**

■ **Labor Day Laid Back 50, C, R/H, 50 miles, 9:00/9:15**  
RLs Hope and Neil Mandel, 847-4917. Meet at CPL Exit 44/45 Merritt Pkwy to join Hope and Neil for this longer ride on Labor Day thru Fairfield, Westport, Norwalk and New Canaan. Food can be purchased. **OR**

■ **Milford Shore Neighborhoods, E, F, 14/31 miles, 9:30/9:45,**  
RL Clyde Gourley, 929-4001. Optional lunch and additional 17 miles of shore communities from Milford to west Haven. Meet at Exit 35 off I-95 (Bic Road). Novice riders are welcome. **FR**

■ **Macedonia State Park and Kent Area, MB, 23 miles, 10:00/10:15**  
RL Steve Price, 261-4675. Meet at Bulls Bridge off Rte 7 south of Kent. Bring lunch.

## MONDAY, SEPTEMBER 5

### ■ Ralf's Loop, B, H, 65 miles, 9:45/10:00

RL Ralf Ireland, 8660-4742. Meet Merritt Pkwy Exit 38 CPL. Join Ralf & Co. on this longer training ride. No cue sheet, no sweep. **NR**

### ■ Mystery C Ride, C, R/H, 50 miles, 9:15/9:30

RL Tom West, 853-9954. Meet at Merritt Pkwy Exit 42 CPL to join Tom on this half century to a undisclosed location. Food can be purchased. **OR**

## SATURDAY, SEPTEMBER 10

### ■ You'll be SOWRRY (Southbury-Woodbury-Roxbury), D, H, 31 miles, 9:30/9:45

RL Mike Ceruzzi, 261-5369. Meet at CPL at Exit 14 of I-84 in Southbury. Lunch can be purchased. **FR**

## SUNDAY, SEPTEMBER 11

### ■ D Riders Attack on Tiverton, D, F, 50 miles (25 mile option also), 7:30 AM.

RL Sheila Carmine, 322-9534. Call AASP to arrange for a reservation as the number of participants allowed to register for this "Flattest Century in the East" in Tiverton, RI is limited.

### ■ Minnewaska State Park, MB, 28 miles

RL Julie Montanaro, 262-8673. Meet at Exit #1 of I-84 at 8:00 sharp to pool cars to New Paltz, NY. We will start the ride from the upper parking lot of the State Park. \$4.00 parking fee. Bring lunch and extra water.

## SUNDAY, SEPTEMBER 18

### ■ Hidden Valley Preserve, MB, 15 miles

RL Steve Price, 261-4675. Meet at the Pantry Restaurant parking lot in Washington Depot.

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## SCBC Membership Application

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

SOUND CYCLISTS  
 BICYCLE CLUB

In consideration of being permitted to participate in any way in Bicycling Activities ("Activity") sponsored by Sound Cyclists Bicycle Club ("Club"), 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 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 travelling 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 involves 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 the responsibility for losses, costs and damages I incur as a result of my participation in the Activity.
3. **Hereby Release, Discharge**, covenant not to sue, and agree to indemnify and save hold harmless the Club, the League of American Bicyclists, their respective administrators, directors, agents 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 negligence of the "Releasees" or otherwise, including negligent rescue operations.

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.

Name (Last/First/Middle) \_\_\_\_\_ Signature \_\_\_\_\_  
 Name (Last/First/Middle) \_\_\_\_\_ Signature \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Date \_\_\_\_\_ SCBC occasionally sells its mailing list. Check box if you don't want your name used ☐  
 Telephone ( ) \_\_\_\_\_ Check One: ☐ New ☐ Renewal ☐ Change of Address  
 Where did you here about Sound Cyclists? (If bike shop, which one?) \_\_\_\_\_

Annual dues are \$15.00 per mailing address. Membership runs from May 1 to April 30. Cyclists joining after September 30, 1993, need not renew their membership until April, 1995. Sign this form and with a \$15.00 check made payable to Sound Cyclists Bicycle Club mail it to: Sound Cyclists Bicycle Club, c/o Claire Falkner, 39 Glenbrook Road, No. 4Y, Stamford, Connecticut 06902.