



August 1, 2006

www.soundcyclists.com • mailbox@soundcyclists.com

\$25.00 per Year

Don't Miss the Cape Cod Trip 2006

By Greg Garland

As before, we are committed to building on past successes and provide the best possible experience for club members at the ever popular fall destination: Cape Cod.

Specifics are as follows:

Arrive: Thursday 09/14/2006

Depart: Monday 09/18/2006

Price: \$175.00 per person, includes all four nights

Read carefully: that's four nights with friends on Cape Cod for less than one night's stay in most reputable, local hotels! And think of our four days on location as bad weather insurance or a chance to get some golf or shopping in, too.

There will likely be plenty of outstanding weather to ride on Martha's Vineyard and the mainland. I can attest to the accuracy of the brochures: "The Cape Cod House is a short walk to Falmouth Heights beach, Martha's Vineyard ferry, shopping, dining, nightlife and more. Guests will find easy access to miles of sandy beaches and scenic shoreline trails for hiking, biking, jogging or walking. Tennis courts, golf courses, fishing, boating and sailing are all within easy reach."

Depending on the number of members that sign

(Continued on page 2)

Picnic Rides - Sunday, August 13, 2006

By Donna Sohikian

Join our guests, the NY Cycling Club, for some great rides followed by a relaxing picnic overlooking the water at Weed Beach in Darien on Sunday, August 13. Families are welcome. Bring your bathing suit and beach towel if you'd like to take a swim.

The club will be providing all food and drinks. Food will be served from 12:00 noon to 2:00 pm for the low cost of \$5.00 per person, payable at the event provided you RSVP on or before Thursday, August 10th.

Please RSVP by [clicking here](#) and filling out our online registration form. Only call Donna Sohikian at 203-668-0186 if you do not have Internet access and let us know how many to expect in your party. After August 10th or if you show up without RSVPing, the cost will be increased to \$8.00 per person.

Directions:

The directions will take you to Noroton Heights Railroad station where all rides start. Take I-95, Exit 10.
- If you are coming southbound on I-95, at the end of the ramp turn right onto Noroton Avenue.
- If you are coming northbound on I-95, at the end of the ramp turn left onto Noroton Avenue.
Then make a left onto Heights Road and the station is on your left.

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Connecticut Challenge 2006

The Connecticut Challenge is a non-competitive bike ride to raise money for the Connecticut Challenge Survivorship Clinic at Yale Cancer Center. Riders can register for a 25, 50 or 100-mile ride and raise funds from personal sponsors to support their efforts. The 2006 Connecticut Challenge will take place on Sunday August 27th. People can register to ride, volunteering or contributing to the 2006 by visiting www.ctchallenge.org.

Picnic Rides - Sunday, August 13, 2006

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Picnic Rides:

WEED BEACH PICNIC RIDES

B Ride, EAP 18.5-19 mph, 8:00 /8:15, F/R, 60 miles,

RL: Brian Wood, 461-9603 or

brian_m_wood@yahoo.com

B- Ride, EAP 17 mph, 9:00/9:15, R/H, 42.5 miles, RL:

John Sohikian 668-0194 or

john.sohikian@omnicomgroup.com

C+ Ride, EAP 15.5 mph, 9:00/9:15, R/H, 35 miles,

RL: Jack Mail, 454-1306 or jmail1@optonline.net

C Ride, EAP 13-14 mph, 9:30/9:45, F/R, 32 miles,

RL: Dennis Lyall, 846-8000 or lyallart@aol.com

D+ Ride, EAP 12-13 mph, 10:00/10:15, FR 21 miles,

RL: Pavel Gurvich 354-8477 or

pavelgur@optonline.com

D Ride, EAP 11.0-12.0 mph, 9:45/10:00, F/R, 21

miles, RL: Don Stillman, 531-7057 or

dons351@juno.com

E Ride, EAP 10-11 mph, 9:45/10:00, F/R, 18 miles,

RL: Sheila Carmine, 322-9534 or cqia@aol.com.

All rides end at Weed Beach for the picnic.

Don't Miss the Cape Cod Trip 2006

(Continued from page 1)

up beyond the breakeven quantity, we will have a budget for "community extras" like a well stocked refrigerator, coffee, bagels, even the morning newspaper. So, literally: the more the merrier! Also, consider this a Club recruiting opportunity: a friend can join us on the Cape ride and join the club - even with an annual club membership added it's still a stupendous bargain.

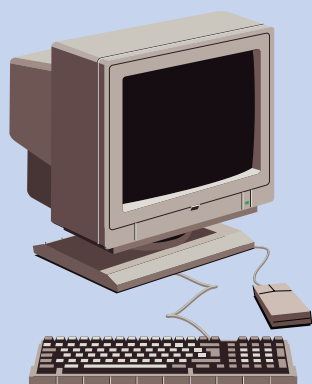
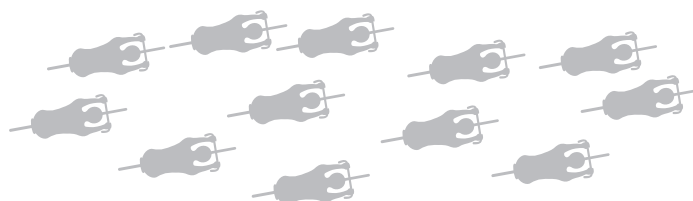
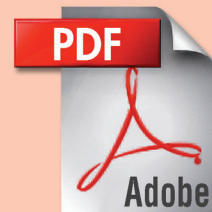
Space is limited and filling quickly, so don't wait. Checks written payable to SCBC should be mailed right away c/o Greg Garland at 98 Harbor Drive; Stamford, CT 06902.

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.



@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

BIKE THE BEACH

On September 10th at 7:00 a.m., the Probus Club of Greater Bridgeport is sponsoring "Bike the Beach". A bike tour of 10 to 62 miles that will take riders through as many as 5 historic New England towns and scenic beaches. Fully stocked rest stops, lunch, Sag wagon support and a detailed souvenir map will be provided. The tour will start at Jennings Beach in Fairfield Connecticut.

Registration is \$25 before September 1st and \$35 after, anyone getting at least \$35 in sponsorships rides for free.

On line registration at www.probusclub.org. All proceeds benefit people with developmental disabilities through the activities of the Probus Club of Greater Bridgeport and their support of community organizations such as The Kennedy Center.

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Advertising Rates

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Full Page	\$125.00

Internet Advertising contact: jeff@jeffmunk.com

Web Banner (468 x 60)	\$50.00
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Rates are based on per month insertions.

Web banner creative requires additions costs.

Ask Coach Fred

By Fred Matheny, Roadbikerider.com

Should I climb using the tops or drops?

Q: I've always been told to hold the brake hoods during out-of-saddle climbing. They say this makes it easier to breathe. But when I watch races on OLN, I see many pros climbing with their hands on the handlebar drops as if they were sprinting. What made the old advice obsolete?—Stan M.

COACH FRED: There's nothing wrong with holding the brake hoods while climbing out of the saddle. The old advice is still good. You get more breathing room plus plenty of leverage.

But you're right. The pros are increasingly climbing while holding the drops, a trend popularized by lightweight Italian climber Marco Pantani (RIP).

Members Only Login will change

The new user name and password
on August 15th will be:

User Name: **scbc2**

Password: **cycleclub**



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.

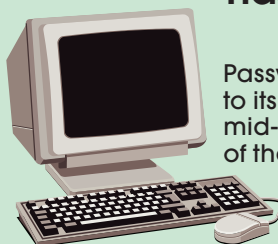


News Updates

Special Events

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



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

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

Off-Road Rides

Terrain

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

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.

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.

Every Saturday Morning

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

Back to Bethel, A/B, R/H, 40 miles, 8:45/9:00. RL: Mark Covello, 852-9947 or mcovello@bridgeport.edu. Meet Merritt Pkwy. Exit 41 CPL. Join us for this fast-paced ride up around the reservoirs to Bethel and down Route 58. Quick stop on Steck's Hill. Nasty weather cancels ride. NR

Same Damn Ride Every Saturday, C, R/H, 34 miles, 9:30/9:45 am. RL: Anne Spellman, 259-3381 or ams627@hotmail.com. Meet Fairfield RR station, off I-95 Exit 21, N.Y. bound side: Same old route — it's too good to change — we climb to the Senior Dam, head southwest to Saugatuck, then return along the shore. No food stop. FR

Every Sunday Morning

Sunday Morning Spin, C+, F/R, 35 miles, EAP 15 mph, 8:00/8:15 am. RL: Mark Serlin, 203-434-2260 or serlinm@aol.com. Meet at Westport RR Station, next to Luciano Park. Exit 17, I-95. A friendly, chatty ride for self-sufficient cyclists looking for a good spin that won't take all day. The ride will build in distance and speed as the season progresses and we hopefully get in better shape. We leave on time, no nonsense, with very limited regrouping and a quick food/bathroom stop. Inappropriate for stop-a-lots. SR

Standing Sunday D Ride, F/R, 18 Miles, EAP 12 mph, 9:00/9:15 A. RL: Pavel Gurvich 354-8477 or pavelgur@optonline.com – Merritt Parkway to Exit 38. Going North make a right off the ramp and take a left at the traffic light onto Nursery Lane. Going South, make a right off the ramp and make a right at the traffic light onto Nursery Lane. Take the first left onto Ponus Ave. and at the fork, bear left onto Fox Run Road. Fox Run Road becomes Fillow Ave. and Fox Run School will be on your right. From I 95 North take exit 13. Make a right from the ramp onto the Post Road. At second traffic light make a left onto Richards Ave. From I 95 south, take exit 13. Make a right from the ramp onto the Post Road and at the first traffic light make a left onto Richards Avenue. Go to the end of Richards Ave. At the T junction at the end make a right onto Fillow Ave. Fox Run School is on your left. Ride changes weekly. Abbreviated versions of at least the Norwalk New Canaan Darien Tour and Pre Bloomin Metric Flower Sniffer to allow for finish before dark. Riders should carry a tail light just in case. No snack or water stop. NO RIDE ON AUGUST 13TH

Every Monday Evening

The Road to Recovery, C+, F/R, 23 miles, 6:00/6:15 pm. RL: Brian Voytek (C), 374-0921 or bmvoytek@yahoo.com. Meet Merritt Pkwy. Exit 38 CPL. Flat to rolling with a few hills. Join us for pizza at Uncle Joe's Restaurant after the ride. SR EAP 15-15.5.

Every Tuesday Evening

Shelton Hill Training Ride, B, H, 30-35 miles, EAP 15-16 mph, 5:30/5:45 PM

RL: John Ercolani, 521-8631 or johnercolani@sbcglobal.net. Meet at White Hills Shopping Center, corner of Leavenworth Rd (Rt 110) and Maple Ave. Ride goes through Shelton, Monroe, crossing the Stevenson Dam into Seymour. Route may vary each week to keep things interesting. Climbs will vary from shorter (half mile) steep ascents of 10% - 20% to long (1-2 miles) gradual climbs of 5%-6%, totaling 3000 -4000 ft of climbing. This is an extremely hilly ride with regrouping at the tops of the climbs. SR

Tuesday Night Spin, B/B-, R/H, 24 miles, EAP 17-19+ mph, 6:00/6:15 pm. RL: Eric Johnson (B), 434-3373 or eric.d.johnson@smithbarney.com, and Ed Paul (B-), 984-4219 psquared1@prodigy.net. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. Ride goes to Wilton, with most of the climbing in the ride's first half, then we fly! RL gives out a route map with plenty of bail-outs to shorten the ride. SR
TARGETRAINING SESSION FOR LADIES ONLY ON AUGUST 1. CALL TARGETRAINING 203-227-6177 FOR MORE INFORMATION.

Glenville/Armonk/Glenville (GAG), B-/C+, H, 26 miles, EAP 16.5-17.5 mph, 6:00/6:15 pm. RL: Will Schwartz, 531-4517 or wjsaia@optonline.net and Norton Lazarus, 698-3032 or nwl@oemcapitalcorp.com. Meet at the 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. Western Fairfield's new Tuesday night ride. Bring your climbing legs as we go up to Armonk with a nice return as we descend down Round Hill. SR

Every Wednesday Morning

Weekday Wonder, C & D, R/H, 20/30 miles, 10:15/10:30 am. RL: Don Stillman, 531-7057 or dons351@juno.com. Meet at Darien Town Hall/ Board Ed parking lot, Exit 11, I-95, South on Route 1 (Post Rd), 0.25 miles to right turn onto 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 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 Wednesday Evening

The Wednesday Night Spin - All Levels, Self-paced, F/R, 20 Miles, 6:00/6:15 pm . RL: Scott Nickel, 558-1941 or scotnickel@aol.com. Meet at Hindley School in Darien, corner of Nearwater Lane & Post Road. Bike through coastal Darien and scenic New Canaan. The ride is self-paced. The route is arrowed. Cyclists should maintain a minimum speed of 10 mph to finish by dark. NR

Every Thursday Evening

The Hills of Easton, B/B-, H, 25-28 miles, 6:00/6:15 pm. RL: Greg Ziebell, 881-2519 or gregz@preferredprinting.com. Meet Merritt Pkwy. Exit 46 CPL. Extremely challenging new ride through Fairfield & Easton as you climb and descend hills. Some regrouping at the top of the hills. SR

Thunder in the Hills, A/B, H, 24 Miles, 6:00/6:15 pm. No ride leader. This is a show and go. Meet at Exit 38 CPL Merritt Pkwy. This is the usual Thursday night ride with plenty of hills and no dreaded West Rd. If you need a copy of the cue sheet, e-mail Norton W. Lazarus, nwl@oemcapitalcorp.com.

The Coastal Cruiser, C+/C, F/R, 23 Miles, 6:00/6:15 pm. RL: Brian Voytek, 374-0921 or bmvoytek@yahoo.com. Meet Coleytown Middle School, 255 North Ave. From Merritt Pkwy. Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one half mile. Right onto North Ave. Right into first driveway. Scenic ride through Longshore, Compo Beach and Southport. Rain Cancels. SR

Up and Down Greenwich , B-/C+, R/H, 20 (C+) or 29 (B-) miles, EAP C+ 15.5-16, EAP B- 18 mph, 6:15/6:30 pm/ RL: Justin Karbel, 537-8787 or jkarbel@optonline.net and Norton W. Lazarus, 698-3032 or nwl@oemcapitalcorp.com. Meet at Cos Cob RR parking lot on Sound Shore Drive (across from #8), off Exit 4 of I-95. Various routes along the scenic shoreline and the hilly back country of Greenwich. SR

TARGETRAINING ADVANCED SESSION WITH THE PROS ON 8/24. CALL TARGETRAINING (203)227-6177 FOR MORE INFORMATION

Summer Sunset Series, C, 16-20 miles, EAP 13-14 mph, F/R/H, 5:45/6:00 PM RL: Noel Gabrielle, 799-3573 (home), 386-3911 (work) 927-0946 (cell) or ngabrielle@sikorsky.com. Meet at Platt Tech HS, 600 Orange Ave., Milford. School Parking Lot is off Kozlowski Rd. Directions: Take I-95 to Exit 39A (Rt. 1 South) to Rt. 121 North. Go 1.5 miles. Right on Kozlowski Rd. Right into parking lot. Park by trees. Or, take Rt. 15 to Exit 56 (Rt. 121 South). Go 2.5 miles. Left on Kozlowski Rd. Right into parking lot Ride with us on pleasant scenic routes as we embark on a new series of rides that travel through scenic roads of Milford, Orange, Woodbridge and West Haven. There are several featured rides from scenic shore routes to less traveled rural roads in Woodbridge. This month features a nifty route that covers the scenic eastern shore of Milford along the coast to West Haven's historic Savin Rock section and back. Terrain is mild throughout with no point higher than 200 feet and many miles of flat shoreline cruising. Another route we will be doing covers the rural roads of Orange into Woodbridge almost as far as Bethany and back. Ride on some great rural roads along with some nifty uncrowded suburban streets. Some regrouping. Cue sheets. Rain cancels. Joint with SCCC. SR

Every Friday Evening

TGIF Unwinder, All Levels, Self-paced, 17/21 miles, 6:00/6:15 pm. D/E Riders arrive at 5:45/6:00 before the faster riders. RL: John Dugdale 655-4277 or john.dugdale@agedwards.com. Meet at the Darien RR station NY bound side. The start will be staggered with the C+ and B riders heading out at 6:10 sharp to avoid flooding the start. Please join us on the club's shoreline ride to Rowayton and back. The route is arrowed. Cyclists must be able to maintain a 10 mph pace in order to finish by dark. Meet your friends and have dinner after the ride. NR

SATURDAY AUGUST 5

Bedford Greenwich Loop, B, R/H, 51 miles, EAP 18-18.5 mph, 8:15/8:30 AM. RL: Berk Wheeler, 322-5198 or berk.wheeler@pepsi.com. Meet at Trinity Corners Shopping Center on Rt. 124 in Scotts Corners, NY. From Merritt Pkwy Exit 37 turn left onto Rt 124 towards New Canaan. Follow Rt 124 into New Canaan center and then for another 5 miles to Scotts Corners. Shopping center is on right, just before entering town. Stretch your legs on this scenic trek to Greenwich and Bedford. 3,900 feet of climbing gain includes 5 hills of at least ½ mile length at grades over 4%. Food stop. SR

Roller Coaster Road Ride Revised, C+, R/H, 38 miles, EAP 15-16 mph, 8:15/8:30 AM. RL: Brian Gossler 203-380-2646, Meet Merritt Pkwy exit 42 CPL, Some new roads, new ending. Food Stop. SR

Housatonic Pizza Ride, C, 55 miles, EAP 13-13.5 mph, 8:45/9:00 AM RL: John Zap, 972-9339 or ZAPPTG@aol.com. Meet at Darien Train station northbound side (near Duncan Donuts). This is a casual rolling ride up through Weston, Easton, and Monroe then across the Dam at Zoar Lake. There are not too many turns, designed to help build base mileage. We'll enjoy a late lunch at Riverside Pizza (yes they have other selections) right on the Housatonic River on our way back to Milford. This will be a group style ride with no cue sheet. Return on the Metro North 3:04 or 4:04 PM train from Milford back to Darien depending on finish time.

East Norwalk to Greenfield Hill & Back, C, R/H, 34 miles, EAP 13 mph, 9:00/9:15 AM. RL: John Watt, 273-9770 or john_watt_2001@yahoo.com. Meet Marvin School Calf Pasture Beach Rd off I-95 exit 16. Bring snacks. FR

Hills to Shoreline Tour Revised, D, R/H, 29 miles, EAP 11.5-12.5 mph, 9:15/9:30 AM. RL: Glen Balamaci, 722-7501 or gbalamaci@optonline.net. Meet Merritt Pkwy Exit 44 CPL. The ride is hilly to rolling but flat at the south end. A ride through some areas of Fairfield the club has neglected. The ride starts off hilly then flattens out quite a bit. We travel through historic areas, past golf courses, beaches, beautiful homes and estates. FR

Muffin Ride, E, F/R, 20 miles, 8:30/8:45 AM RL: Nancy Rosett, 846-4847 or n_rosett@yahoo.com. Meet at Fox Run School in Norwalk, Exit 13, I-95. Left at traffic light onto Richards Avenue to end. School is straight ahead. Ride down to the Sound and then gently back up to New Canaan for a stop at the CT Muffin Shop Bail out at 10 miles but you'll miss the yummy muffins. Food stop. FR

SUNDAY AUGUST 6

Waldo Wheelers, B, R/H, 48 miles, EAP 18-18.5 mph 8:15/8:30 AM. RL: Jon Swallen, 254-0164 or

j1swallen@optonline.net. Meet at Joel Barlow H.S. in Redding Ridge. From Merritt Parkway Exit 44, go north on Rt. 58 for 8.5 miles. School driveway is on the right. We cover northern Bethel and Newtown before crossing Lake Zoar into Southbury for a scenic 10 mile loop that goes past Waldo State Park. Food Stop. SR

Red Brook Candle, B-, R/H, 47 miles, EAP 17 mph, 8:30/8:45 AM. RL: Shin Miyoshi, 913-0031 or srmiyoshi@yahoo.com. Meet at Joel Barlow H.S. in Redding Ridge. From Merritt Pkwy Exit 44 go north on Rt. 58 for 8.5 miles. School driveway is on the right. A unique route from Redding through Brookfield on the way to Candlewood Lake. The heart of the ride parallels the flat grade of the Housatonic Railroad and is the prelude to a scenic 4 mile run along the lake shore. The ratio of climbing gain (3,275 feet) to ride distance (47 miles) is a moderate 1.34%. Brief food stop. SR

Weston/Easton Ramble, C+/C combo, 42 miles, EAP 15.5 & 13.5 mph, 8:30/8:45 AM. RLs: John Dugdale, 655-4277 or john.dugdale@agedwards.com & Shauna Lazarus, 698-3032 or shaunalazarus@yahoo.com. Meet I95 Exit 18 CPL. A scenic ride through Weston and Easton. Food stop. SR

The Rural Ramble, C+, R/H, 38 miles, EAP 15-16 mph, 8:45/9:00 AM. RL: Dennis Lyall, 846-8000 or lyallart@aol.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

Cher's Compo Crawl & Challenge Combo, C, F/R, 22-25 miles, EAP 13 mph, 7:00/7:15 AM. RL: TBD, Meet at Commuter Lot Westport Train Station Exit 17. Route will include flats & a few short hill bursts up side streets. Test yourself on short, but steep "Elvira's Hill by Old Mill Beach. Info@spinodyssey.org w/questions. Rain or wet roads cancels ride. FR

Stony Creek Circuit, C, R/H, 31 miles, EAP 13-14 mph, 10:00/10:15 AM. RL: Tom Ebersold 874-7839 or tebersold@sbcglobal.net. Meet at Walsh Intermediate School, 185 Damascus Rd., Branford. I-95 to Exit 55 (Rt. 1). South on Rt. 1 for one third of a mile. Left onto Windmill Hill Rd. at the light just before the Mobil. Left at the stop sign onto Damascus Rd. The school is on the right. Start with an inland pedal, then head to the shore for many miles of water views in Mulberry Point, Sachems Head, and Linden Point with lunch in Stony Creek. FR

Salisbury Sojourn, C-, H, 43 miles, EAP 12.5 mph, 10:00/10:15 AM. RL: Mike Ceruzzi 261-5369 or mceruzzi@snet.net. Meet behind town hall in Salisbury, CT (next to fountain). Take Route 7 North to Lime Rock. Bear left on Route 112. Go about 4.5 miles, then right onto Route 41, Then right onto Route 44 in Lakeville. Go 1.5 miles to Salisbury and take left at Town Hall. Park behind the fountain. This ride has it all: wide,

smooth roads with very little traffic, bucolic scenery, farms, woods, rivers, waterfalls and Oh yes, an 8 mile climb over Riga Mountain! However we will be taking it slow and regrouping often-especially at the top of the mountain. Bring or buy lunch. Lunch will be after we cross the mountain. FR

E level, Multi-Level Ride, E, F/R, 20 miles, EAP 10 mph, 9:30/9:45 AM. RL: Sheila Carmine, 322-9534 or cqia@aol.com. Meet at Westchester Middle School, multi-level ride on bike trail followed by boating on private lake in Westchester. Please call Sheila Carmine. 322-9534.

SATURDAY AUGUST 12

Housatonic Riverbank Extended, B, H, 49 miles, EAP 17.5-18 mph, 8:15/8:30 AM. RL: John Ercolani, 926-9153 or johnercolani@sbcglobal.net. Meet at Merritt Pkwy Exit 44 CPL. A challenging ride through Monroe, Oxford, Derby, Shelton and Trumbull, highlighted by two crossings of the Housatonic River. Several sustained hill climbs of 1-2 miles interspersed with wickedly fast descents. 4,375 feet of climbing which is about 20% above average for area rides of comparable length. Food stop. SR

Bethel to Beaches, C+, R/H, 49 miles, EAP 16 mph, 9:15/9:30 AM. RL: Shauna Lazarus, 698-3032 or Shaunalazarus@yahoo.com. Meet at Merritt Pkwy Exit 42 CPL. We go north to Bethel and back to the shore along familiar roads. More rollers than hills with the toughest climb being Rt. 58 at Steck's Hill (0.8 miles at 5.1% gradient). Total elevation gain of 3,335 feet which is below average for area rides of this length. Food stop. SR

CT/NY Trek, C, R/H, 34 miles, EAP 13.5 mph, 8:30/8:45 AM. RL: Tony Suppa, 326-1781 or suppa25@msn.com. Meet at Merritt Pkwy Exit 36 CPL Talmadge Hill RR. Lunch at Bedford Village Green. SR

Lake Pattaconk Pedal, C, R/H, 34 miles, EAP 13-14 mph, 9:30/9:45 AM. RL: Tom Ebersold 874-7839 or tebersold@sbcglobal.net. Meet at I-95 Exit 63 CPL (Route 81). Scenic tour on low-traffic roads with moderate uphill followed by miles of downhill. The highlight includes lunch by a quiet lake. Bring a swimsuit and a small towel for a refreshing dip at the lake (optional). Shop at Clinton Crossing on your way home. FR

Block Island Journey, D+/C-, F/R, 19 miles, EAP 13-14 mph. Meet 8:30-9:00 at Point Judith Ferry. Ferry departs at 9:30 Sharp!

RL: Jeff Munk jeff@jeffmunk.com 203-261-5545. This is yet another installment in our island-hopping adventure series, this time to a little jewel sitting in the Atlantic just off the coast of Rhode Island and Connecticut. Please see feature article on right column for details.

Special Ride - Saturday, August 12, 2006

Block Island Journey

D+/C-, F/R, 19 miles, EAP 13-14 mph. Meet 8:30-9:00 at Point Judith Ferry. Ferry departs at 9:30 Sharp!

RL: Jeff Munk jeff@jeffmunk.com 203-261-5545. This is yet another installment in our island-hopping adventure series, this time to a little jewel sitting in the Atlantic just off the coast of Rhode Island and Connecticut. If you missed out on our little "Block Party" ride last year you're sure not going to want to miss out this year for a great ride that offers the perfect blend of cycling, socializing, sight-seeing and sunning. Average speed should be at 13 mph We do regroup and have scheduled stops.



Meet at the Point Judith, RI ferry terminal at 8:30-9:00 am (or earlier - ticket line can get very long) to catch the ferry to Block Island. We first take a little ride around the "block" by starting with the southern and western sides of the island, exploring one of the "ten great lost places" and stopping by historic lighthouses and breath-taking cliffs (you might want to bring a bike lock).

From there, we head back into the town of Old Harbor for lunch. After lunch we'll head for the northern most tip of the island and the North Lighthouse. After a brief stop, we head back to town to Ballard's Beach, where the party begins. Bring swimwear, a towel, beach toys and snacks if you like. Plenty of food and drinks can be purchased. There will be plenty of beach time before preparing for our departure.

You'll even have plenty of time to explore the town of Old Harbor, shop or grab some great ice cream before we headed back on the 5:00 pm ferry, arriving back in Point Judith around 6:00 pm., where we have dinner in Galilee.

Reservations are NOT required.

- **Money to bring:** Parking in Galilee/Point Judith is about \$10.00 for the day. Block Island ferry same day round trip with bike is \$21.35. Dinner is approx. \$20-25 (or less) depending on what you order. Allow for money to buy snacks, lunch and drinks.

- **Directions:** Take I-95 North to Exit 92, Route 2 (Foxwoods exit). Turn right off the exit onto Route 2, East. Take Route 2 to Route 78 (Westerly Bypass). The entrance to Route 78 is on your right. Follow Route 78 around to US Route 1. Turn left on US Route 1, North. You will travel on Route 1 for about 19 miles before reaching the Narragansett/Point Judith exit. At the end of exit, turn right onto Woodruff Avenue. Go a short distance and turn right onto Route 108, Point Judith Road and go about 3 miles. There will be signs for the Block Island ferry. Turn right onto Galilee Escape Route. From this point, as you drive toward the ferry area you might find street parking. Once you reach the end of this road, turn left onto Great Island Road. This road heads directly toward the ferry terminal and more parking. [Click here for a map.](#)

- **Additional information:** click here for [Special Hints](#). Call 203-261-5545 or E-mail Jeff at jeff@jeffmunk.com for questions. If you would like to get a sneak preview of the ride and the cues, click on these buttons here:

You can try to arrange to car pool for the ride to Point Judith by using @Chat. **Rain cancels, clouds do not.** Remember though, we don't make landfill until late morning, so if the forecast that day should only call for early morning showers, the ride will still go on.

MAP CUE
PREVIEW PREVIEW

Hope to see you all there!

Jeff Munk

Flat Ride to Bethel, D+, R/H, 34 miles, EAP 12-13 mph, 8:15/8:30 AM. RL: Donna Sohikian, 668-0186 or dsohikian@aol.com Meet at Wilton RR Station CPL off of Route 7. Wind your way through this predominantly flat route to Bethel and back. The only serious hill occurs at the 30 mile mark by which time you're almost done. Snack stop in Bethel. FR

Lobster Roll Derby, E, F/R/H, 18-20 miles, EAP 10 mph, 10:15 / 10:30 AM. RL: Noel Gabrielle, 799-3573 (home), 386-3911 (work) 927-0946 (cell) or ngabrielle@sikorsky.com (work days only). Meet at Platt Tech HS, 600 Orange Ave., Milford. School Parking Lot is off Kozlowski Rd. Directions: Take I-95 to Exit 39A (Rt. 1 South) to Rt. 121 North. Go 1.5 miles. Right on Kozlowski Rd. Right into parking lot. Park by trees. Or, take Rt. 15 to Exit 56 (Rt. 121 South). Go 2.5 miles. Left on Kozlowski Rd. Right into parking lot. Ride with us on a pleasant nifty route that travels the scenic eastern shore of Milford along the coast to West Haven's historic Savin Rock section and back. Many miles of flat cruising and rolling terrain with a few small hills mixed with suburban back roads and fabulous water views. Enjoy a luscious lobster roll (\$9.50) and other seafood delicacies at mid-point at an "authentic New England clam shack" in West Haven. Brink snacks if you prefer. Terrain is mild throughout with no point higher than 200 feet and many miles of flat cruising. Frequent stops at key turns. Cue sheets. Rain cancels. Joint with SCCC. (Note this is an abbreviated version of last year's ride. New meeting place deletes the dreaded last mile hill and no more than 18-20 miles! Honest!) SR

SUNDAY AUGUST 13

WEED BEACH PICNIC RIDES, Please refer to page one for picnic details and ride starting location.

B Ride, EAP 18.5-19 mph, 8:00 /8:15, F/R, 60 miles, RL: Brian Wood, 461-9603 or brian_m_wood@yahoo.com

B- Ride, EAP 17 mph, 9:00/9:15, R/H, 42.5 miles, RL: John Sohikian 668-0194 or john.sohikian@omnicomgroup.com

C+ Ride, EAP 15.5 mph, 9:00/9:15, R/H, 35 miles, RL: Jack Mail, 454-1306 or jmail1@optonline.net

C Ride, EAP 13-14 mph, 9:30/9:45, F/R, 32 miles, RL: Dennis Lyall, 846-8000 or lyallart@aol.com

D+ Ride, EAP 12-13 mph, 10:00/10:15, FR 21 miles, RL: Pavel Gurvich 354-8477 or pavelgur@optonline.com

D Ride, EAP 11.0-12.0 mph, 9:45/10:00, F/R, 21 miles, RL: Don Stillman, 531-7057 or dons351@juno.com

E Ride, EAP 10-11 mph, 9:45/10:00, F/R, 18 miles, RL: Sheila Carmine, 322-9534 or cqia@aol.com.

SATURDAY AUGUST 19

Dodgingtown Double Nickel, B, R/H, 55 miles, EAP 18.5-19 mph, 8:15/8:30 AM. RL: Chris DiMattio,

762-3283 or dimattio@optonline.net. Meet at I-95 Exit 18 CPL. Stretch your legs on this extended tour from Westport to Newtown with a bit of everything: beaches, quiet country roads, and yes, some climbing, but nothing too challenging. In fact, the total climbing gain is a modest 3,495 feet. As a % of the linear distance (55 miles) that's 1.20% which is a below-average ratio. The easy terrain means faster speed and that's reflected in the pace projection Food stop. SR

The 'Bury Blast, C+, EAP 15+ mph, H, 48 miles, 8:15/8:30 AM. RL: Bill Powers, 521-4135 or bpowers@gmail.com. Meet at I-84, Exit 14 CPL in Southbury. For the down-county crowd, make your way to Newtown to pick up I-84 East. Southbury is 5 minutes from Newtown and 40-45 minutes from the Norwalk area. This well-conceived route through Southbury, Roxbury, Middlebury and Woodbury is a delightful alternative to standard club rides. There are extended stretches on quiet back roads and many rolling sections that are challenging but not intimidating. The biggest climb of the day comes in the first 5 miles. Total elevation gain of 3,875 feet. Food stop. SR

Greenwich Estate Country Tour, C, H, 39 miles, EAP 13-14 mph, 9:00/9:15 AM. RL: Tom Ebersold 874-7839 or tebersold@sbcglobal.net. Meet at West Hill H.S. in Stamford. Take the Merritt Pkwy. to Exit 34. Head south one mile on Long Ridge Road (Route 104). Make a sharp right at light onto Roxbury Road. Right into school parking lot at light after one-third of a mile. Superb tour of the mansions of Greenwich with a visit to Banksville for a reality check and the food stop. FR

Greenwich/New Canaan Ride, C, R/H, 50 miles, EAP 13-13.5 mph, 9:45 /10:00 AM RL: John Zap, 972-9339 or ZAPPTG@aol.com. Meet at Katonah Train Station (Routes 35 & 684) Northbound Parking Lot. We will travel through the back roads of Bedford and Greenwich down to the coast and enjoy lunch at Cove Island Park Beach in Stamford. We return to Katonah through Darien, New Canaan and Pound Ridge. This will be a group style ride with no cue sheet. Return approx. 3:30 pm back to Katonah. Joint ride with NYCC.

West Redding Challenge, D, R/H, 32 miles, EAP 11-12 mph, 8:30/8:45 AM

RL: Nancy Rosett, 846-4847 or n_rosett@yahoo.com. Meet at Merritt Pkwy Exit 41 CPL. Scenic ride through Georgetown, Redding and Weston with a snack stop in West Redding. We will stop at Stewart's Market on the way to West Redding to pick up snacks as there is no good place to buy food in West Redding, or bring snacks from home. FR

2006 Bloomin' Metric, E, F/R, 25 miles 10:00/10:15 AM. RL: Sheila Carmine, 322-9534 or cqia@aol.com.

Meet at Marvin Elementary School parking lot just before Calf Pasture Beach in Norwalk. Take Exit 16 off I-95 and head away from Stew Leonard's until rotary/cemetery. Turn left. Watch for signs for "Beach."

Marvin Elementary School will be on the left before the beach. Possible food stop on return trip. FR

SUNDAY AUGUST 20

Gallows Hill, B, R/H, 45-50 miles, EAP 18 mph, 8:15/8:30 AM

RL: Bill Carney, 359-3659 or wcarney@optonline.net. Meet at Merritt Pkwy Exit 41 CPL. On the road to Bethel there are some scenic side streets that you'll never experience unless you get off the numbered state routes. So today we're deviating from the norm and taking the roads less traveled. One of them is Gallows Hill. And at the summit, we can take a vote on whether to lynch the ride leader. Food stop. SR

Round Hill Romp, B-, R/H, 45 miles, EAP 17 mph, 8:30/8:45 AM. RL: Rick Bailer, 637-8492 or rbailer@siriuscom.com. Meet at Old Greenwich RR Station, NY-bound side. From I-95 Exit 5, turn right on Rt. 1. Right at first light onto Sound Beach Ave. RR station entrance is ¾ mile on left. Regrouping at top of the longer hills, don't fear getting dropped. Food Stop. SR

Coleytown Extended Cruise, C+, F/R, 36.5 miles, EAP 15-16 mph, 9:00/9:15 AM. RL: Jack Mail, 454-1306 or jmail1@optonline.net. Meet at Coleytown Middle School, 255 North Ave., Westport. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one-half mile. Right onto North Ave. Right into first driveway. Food Stop. mph. SR

Cher's Compo Crawl & Challenge Combo, C, F/R, 22-25 miles, EAP 13 mph, 7:00/7:15 AM. RL: TBD, Meet at Commuter Lot Westport Train Station Exit 17. Route will include flats & a few short hill bursts up side streets. Test yourself on short, but steep Elvira's Hill by Old Mill Beach. info@spinodyssey.org w/questions. Rain or wet roads cancels ride. FR

Rural Ramble 42 miles, C, R/H, 38 miles, EAP 14 mph, 8:30/8:45 AM. RL: Brian Voytek 374-0921 bmvoytek@optonline.net. Meet Merritt Pkwy Exit 44 CPL on Rt. 58 north bound 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

CT-NY Tour Modified, D, R/H, 21 miles, EAP 12-13 mph, 9:00/9:15 AM. RL: Tom Ebersold 874-7839 or tebersold@sbcglobal.net. Meet at Talmadge Hill RR Station, off Merritt Pkwy. Exit 36 CPL. Modified version of this two state ride through North Stamford and New Canaan with a food stop in Scott's Corners. FR

Southport-Westport Scene, E, F/R, 22 miles, 7:45/8:00 AM. RL: Gene and Jean Schlesinger, 762-5984. Meet behind the Westport Police Station on Jessup Road. (Enter Jessup from Imperial Ave and take first left into the parking lot). This ride winds thru Westport and Southport with a snack stop at Elviras

Deli. Enjoy the scenery, while biking at a casual pace, and a walk across the RR bridge over the Saugatuck river, before returning to the parking lot. FR.

Tour of the Hamptons. E, F, 25 miles, 12:00/12:15 PM.

RL: Sheila Carmine, 322-9534 or cqia@aol.com. Another flat Long Island ride without the ferry. New bigger homes to see. Contact Sheila at 322-9534 or cqia@aol.com if you plan to go.

SATURDAY AUGUST 26

Shelton-Huntington Loop, B, EAP 17.5-18 mph, H, 56 miles, 8:15/8:30 AM. RL: John Ercolani, 926-9153 or johnercolani@sbcglobal.com. Meet at Merritt Pkwy Exit 44 CPL. A comprehensive tour of Shelton from the White Hills to the Housatonic River. Check the trueness of your wheels on one of the longest (2 miles), steepest (8% grade) and fastest descents in Fairfield County. And remember that for every downhill there's an uphill lurking somewhere. On this route, you'll log 4,560 feet of climbing. Food Stop. SR

Roller Coaster Ride Additionalized, C+, R/H, 41 miles, EAP 15-16 mph, 9:00/9:15 AM. RL: Brian Gossler, 380-2646. Meet at Merritt Pkwy Exit 42 CPL. Ride on lightly traveled roads through Wilton and Westport. Great down hills. Food stop. SR

Run to Ridgefield, C, R/H, 38 miles, EAP 13 mph, 8:15/8:30 AM. RL: John Watt, 273-9770 or john_watt_2001@yahoo.com. Meet at the Darien Train Station. Join us on the gradual climb to Ridgefield and coast down the hills on the return. Food stop at Steve's Bagels in Ridgefield. FR

Madison Shore to Woods, C, F/R/H, 33 miles, EAP 13-14 mph, 9:30/9:45 AM. RL: Tom Ebersold 874-7839 or tebersold@sbcglobal.net. Meet J. Milton Jeffrey School, 331 Copse Rd., Madison, off I-95 Exit 61 (Rt. 79). From I-95, head north on Rt. 79. First left on Hunter's Trail. Right on Copse Rd. at T-int. Left into Jeffrey School. Relaxed pedal along the shore through Madison, Clinton and Westbrook, returning across rolling hills (with one steep climb) along wooded back roads. Lunch on the green in Westbrook. No cue sheet. Stick with the leader. FR

Weekday Wonder Weekend Edition, D, R/H, 20/25/32 miles, EAP 12 mph, 10:15/10:30 AM
RL: Don Stillman, 531-7057 or dons351@juno.com. Meet at Darien Town Hall / Board Ed parking lot, Exit 11, I-95, south on Route 1 (Post Rd), quarter mile to right turn onto Rensahw, then right into parking lot. Scenic route through Darien travels along shore then turns north to New Caanan for some hills and lunch. 20 mile route is arrowed Wed night route without lunch. FR

Stamford Reservoir Tour, E, R/H, 20/28 miles, EAP 9.5-10.5 mph, 9:00/9:15 AM. RL: Jon Perelstein, 325-1452 or jperelst@yahoo.com. Meet at Talmadge

Hill RR station parking lot off Exit 36, Merritt Parkway. Pleasant riding in North Stamford at an easy pace. Option to return directly (20 miles) or get in a longer ride via New Canaan (28 miles). Snack stop in Scotts Corners. FR

SUNDAY AUGUST 27

The Usual Suspects, A, R/H, 50 miles, EAP 19-20 mph, 8:15/8:30 AM. RL: Mark Gillies, 240-0747 or magillies2@aol.com. Meet at Trinity Corners Shopping Center on Rt. 124 in Scotts Corners, NY. From Merritt Pkwy Exit 37 turn left onto Rt 124 towards New Canaan. Follow Rt 124 into New Canaan center and then for another 5 miles to Scotts Corners. Shopping center is on right, just before entering town. All the usual suspects – Barlow Mountain, Titicus Reservoir and then a 13 mile dash down Route 22 from Swan's Deli through Katonah to Bedford. Emphasis on cooperative pack riding. Regrouping at discretion of ride leader. One brief stop for water.

The Lyme ride, B-, R/H, 57 miles, EAP 17-17.5, 9:30/9:45 AM. RL: Will Schwartz, 531-4517 or wjsaia@optonline.net. Meet at Smith Neck boat launch ramp in Lyme; I-95 north exit 70, right off ramp onto Rt. 156 south for 1.9 miles, right on Smith Neck road to end. Out of the area ride along the Connecticut river, 4,266 ft. of climbing, 1.43% of ride distance. Includes short ferry ride across the river. Allow 1 1/2 hours min. drive time to Lyme from Fairfield County. RSVP ride leader. SR

Run to Ridgefield, C+, R/H, 29/37 miles, EAP 15-16 mph, 9:00/9:15 AM. RL: Mike Tamborrino, 359-3984 or tambo40@hotmail.com. Meet Merritt Pkwy. Exit 38 CPL. Join us on the gradual climb to Ridgefield and coast down the hills on the return. Food stop in Ridgefield. SR

West Redding Challenge, C, R/H, 32 miles, EAP 14 mph, 9:00/9:15 AM. RL: Brian Voytek 374-0921 bmvoytek@optonline.net. Meet at Merritt Pkwy Exit 41 CPL. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. FR

Multiple Beaches Ride, D, F/R, 25 miles, EAP 12 mph, 8:45/9:00 AM. RL: John Beauchamp, 229-5805 (days) or john.beauchamp@ge.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 Darien, Stamford and Rowayton. Scenic views of Long Island Sound from multiple beaches. FR

Bruce Museum Ride, E, F/R, 20 miles, 10:00/10:15 AM. RL: Sheila Carmine, 322-9534 or cqja@aol.com. Meet in front parking lot of West Hill High School on Roxbury Road and West Hill Drive in Stamford. Ride 20 miles through flat parts of Greenwich to the dock and Outdoor Sculpture Museum. Check your watch against the large sun dial in a beautiful park. No

food stop. Directions: Merritt Parkway, Exit 34 towards Stamford, First traffic light is Roxbury Road, make sharp right turn. School is on your right.

SUNDAY, SEPTEMBER 3

Greenwich Boogie, B, B-, C+, C, D+, D, E, R/H, 50/45/35/25/18 miles.

B, R/H, 50 miles, 8:45/9:00 SR
B-, R/H, 50 miles, 8:50/9:05 SR
C+, R/H, 45 miles, 9:00/9:15 SR
C, R/H, 35 miles, 9:15 /9:30 SR
D+, R/H, 25 miles, 9:45/10:00 SR
D, R/H, 25 miles, 9:45/10:00 SR
E, F/R, 18 miles, 10:15 / 10:30 FR

Meet at Old Greenwich RR Station Southbound side. Directions to Old Greenwich Train Station: I95, Exit 5, take right East Putnam Ave. At light take right onto Sound Beach Ave. and follow signs to train station. Take a left into the parking lot just beyond People's Bank and before you go under the RR tracks. Travel up to Bedford NY and parts farther North; rides having varying difficulty depending on level and distances.

After rides Shauna & Norton Lazarus have invited us to their home for a barbecue/picnic. They live at 3 Forest Ave in Old Greenwich, across from Binney Park & Congregational Church. Best to ride bikes over from train station. The barbecue will begin at 12:30 pm. You can either bring something for 8 to 10 people, salads, appetizers or desserts or pay a \$5.00 cover charge for food and BYOB if you RSVP. If you do not RSVP to John Dugdale at jdugda@peoplepc.com or leave message at 655-4277 by Aug 27th, there is an \$8.00 cover charge day of picnic and again BYOB.

SPECIAL RIDE - SEPTEMBER 10

Coastal Century B/B-, R, 101 miles, I-95 Exit 59 CPL in Guilford, CT. Come join your fellow riders for an out-of-area century ride designed exclusively for SCBC. The distinctive, original course maximizes the scenery and minimizes the climbing (just 6,100 feet of elevation gain and only two big hills, both in the first 45 miles) as it winds clockwise through rural farmland, state forests and then the coastline communities from Old Saybrook to Guilford. Unlike other century rides, there's no registration fee! But this is a self-supported ride and you're advised to pack some extra energy bars and bring \$20 for the well-stocked food stores we'll be patronizing at miles 28, 54 and 76. There is a bailout option at the second food stop for an 80 mile route.

There will be separate ride leaders for the B and B- groups. Cue sheets and maps provided to all riders. Guilford is just 45 miles from Westport and 60 miles from Stamford. Full details, including start time and RL contact info will appear in the September newsletter.

If any C+ rides are interested, please contact Mike Stoll, 981-3483 or Micheastoll@yahoo.com.



2006 Bike Ride

Goldens Bridge, NY
Sunday, September 17

(Rain or Shine!)

The Ideal
Self-Paced Ride



Celebrate the 25th Annual Golden Apple

The Westchester Cycle Club is throwing its biggest event ever for the biking public. Come join us for a day of trouble-free riding, good fun, and camaraderie on the roads.

This year, the 25th annual Golden Apple will have something for everyone. Starting from the Metro North train station at Goldens Bridge, we'll have marked routes of 25, 50, 75, 100, and 125 miles along quiet country roads. The longer routes circle back in a figure-eight pattern, so you can scale back your ride if needed. Ride at your own pace and enjoy our magnificent scenery down shady lanes, around New York City's reservoirs, and through northern Westchester's horse country.

The ride benefits Friends of Karen, a local charity for terminally ill children, and the New York Bicycle Coalition, one of NY's leading cycling advocacy groups.

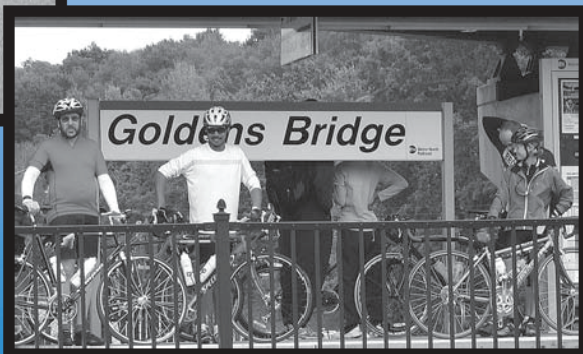


New Features

- **Dinner at Danny's:** Come to Danny's Bike Shop in Scarsdale for some carbo-loading pasta on Sat. Sept. 16 at 6 p.m. 644 Central Ave., Scarsdale. It costs \$15, with all net proceeds benefiting Friends of Karen. Special sale for Golden Apple riders. RSVP at events@dannyscycles.com.
- **Weekend Get Away:** We've reserved a block of rooms at the Tarrytown Marriott for out-of-town cyclists. For reservations, call 800-882-1042, ask for special rate for Westchester Cycle Club's Golden Apple by Friday, Aug. 25.
- **Saturday Afternoon Ride:** To meet other riders, check out your bike and loosen up before the big event, come to Danny's at 2 p.m. for an informal organized ride. You'll be back in plenty of time for the spaghetti dinner.
- **No on-line fees:** By registering on-line through Pay Pal, pay no charges.



**HELMETS
REQUIRED**



What to Expect

- No on-line fees for pre-registration
- Riders MUST wear certified helmets
- Free lottery for gift certificates by 8/15
- Every turn is clearly marked on the ground
- Lunch is served after 2:00 at Goldens Bridge
- SAG wagons and emergency bike repair
- Safety Marshals on hand at key spots
- Ham Radio operators from WECA
- Pre-registration choice of prizes
- Friends of Karen raffle
- Maps and cue sheets
- Frequent food stops
- Smiling is required

Time

Ride	Start Time
125.....	7 to 8 am
100.....	7 to 8 am
75.....	7 to 9 am
50.....	9 to 10:30 am
25.....	9 to 10:30 am

Fees

Pre-Register online or by mail
Until 8/15, chance of free gift certificate.....\$22
All pre-registrants get a FREE GIFT!
Until 9/8, no on-line fees.....\$22
After 9/8 and day of.....\$28

Registration

westchestercycleclub.org/goldenapple
or phone 1-888-777-8229

Sorry, NO REFUNDS

Ask Coach Fred

Fred Matheny served four years as RBR's (ROADBIKE RIDER.COM) vice president and "how to" expert on road bike training and riding technique. He retired from daily duties in 2005 but still contributes articles, columns and product reviews.

Should I sit or stand on climbs?

Q: I climb a lot better when I'm sitting. If I stand even for 30 seconds, my cadence slows, I lose momentum, and I get winded. Should I try to learn how to stand or just stay in the saddle? I'm 5-foot-10 and 168 pounds with about 10 percent body fat.—Curt P.

COACH FRED: I'm about your size and I climb much better seated, too. Last summer I rode the weeklong Tour the Peaks in Colorado. We averaged 97 miles per day with around 5,000 vertical feet. I sat on most of the climbs except to stretch my legs or go around a switchback. Like most riders, my heart rate goes up about 5 beats per minute when I stand, compared to riding seated at the same speed.

I think climbing position is a function of three things: your genetics, how you train, and your goals in the sport.

Some people climb much more comfortably while standing due to their low bodyweight, muscle fiber type, and other inherited factors. A good example is 142-pound Pete Penseyres, the multi-time national masters champion. Plus, if you want to climb well while standing you have to train that way. For example, on flat terrain use your 53x12-tooth gear and stand for 5 to 10 minutes into a headwind.

The final factor is your cycling focus and goals. I climb seated most of the time because my favorite event is the time trial. I'm trying to build seated power.

How can I get in shape for a long tour?

Q: I'm in average shape. I currently commute 10 to 20 miles a day. I would like to do a two-week, 1,000-mile ride five months from now, riding a mountain bike on the road. Am I a little crazy or is this possible?—Jeremy F.

COACH FRED: You can certainly ride 1,000 miles in two weeks. Plenty of riders handle Lon Haldeman's PAC Tours across the U.S. that cover nearly 1,000 miles each week at an average of 120-140 miles a day. If you train for the distance and the day-after-day aspects of these rides, you don't have to be Lance Armstrong to complete the event and have fun.

Build your mileage with one longer ride per week until eight weeks before you plan to start your trip. Aim to eventually complete a 75-mile ride comfortably during this time.

Two months before your departure, start doing long rides on both weekend days. You'll want to gradually increase to 75 miles on Saturday and 50 to 60 miles on Sunday. These rides will accustom you to the daily distances you'll experience on the tour. They'll also give you a chance to make sure that your clothing and equipment choices are suitable.

If you do the ride on your mountain bike, mount slick tires. They make a considerable improvement in rolling resistance, speed, and comfort on the road. Also install bar-ends for additional hand positions and more effective out-of-saddle climbing.

Will extra protein help my riding?

Q: My wife is on a diet that isn't especially radical but it does emphasize protein over carbohydrate. I'm a relatively serious cyclist (2,000 miles per year) and during the cycling season I follow a high-carbohydrate diet. Would switching to my wife's high-protein diet help or hinder my cycling performance?—Jim B.

COACH FRED: High-protein diets are popular—and controversial. Some athletes push the protein, as do many dieters.

Protein advocates suggest a diet of only 40 percent carbohydrate with 30 percent protein and 30 percent fat. However, the overwhelming opinion of researchers, nutritionists, athletes, and coaches is that diets high in protein and/or fat aren't optimum for athletic performance.

The biggest problem is low carbohydrate levels. If you eat the large amount of protein recommended, there's little room left in the diet for adequate carbohydrate to sustain endurance activities. You might have to eat so many extra carb calories that you gain unwanted weight.

Carbohydrate is the body's energy source. It's converted to glycogen, the muscle fuel that allows you to train and ride hard. Endurance performance is partially limited by the ability to deliver oxygen to the working tissues, but it is also limited by fuel. Even with a great ability to consume oxygen (VO2 max), if there's no glycogen in your muscles, you won't go fast.

High carbohydrate intake is also important because the body makes glucose from carb. Glucose is the only fuel your brain can use. If levels are low, your body protects the brain by manufacturing glucose from whatever is available—even cannibalizing protein in muscle tissue. You'll feel lethargic, you'll ride slowly, and your sweat will smell like ammonia from the byproducts of breaking down your muscle tissue for energy. Don't go there.

Years of research have shown that eating about 65 percent of your diet as carbohydrate and only 15 to 20 percent each of protein and fat is best for endurance performance as well as for general good health.

The Rules of the Road



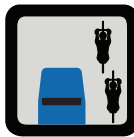
Since cyclists have the same rights and obligations when traveling the roadways, so too are they subject to fines for disobeying **the law**. Traffic summonses may be issued to cyclists for running stop signs and red lights or riding on the wrong side of the road.

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.



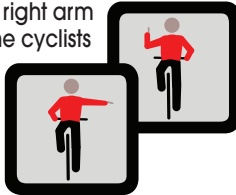
All cyclists **must stop** at all marked intersections. At **all** intersections, with or without stop signs, cyclists should yell **car left** or **car right** to other cyclists if cars are approaching from either of those directions.

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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Volunteers needed for a Clinical Trial!

Orthopaedic Foundation for Active Lifestyles, Inc. is conducting a research study to compare two medicines for people with lower back pain.

- You must:
- be 18 years of age or older and in good health
 - have history of lower back pain for at least 3 months or longer
 - take pain medication for your back pain on a regular basis
 - be willing to make 5 visits to the doctor's office/clinic. This will last about 8 weeks.
 - be willing to follow other study procedures

If you qualify, you will receive a physical exam, blood tests and study related care at no cost to you.

Qualified participants may receive compensation.

IF YOU ARE INTERESTED PLEASE CONTACT US AT:

Orthopaedic Foundation for Active Lifestyles, Inc.
Hope T. Horton, RN, BSN
31 River Road
Cos Cob, CT 06807
Phone: 203-863-2003

Membership Application Form



Use this form ONLY if you do not have Internet access.
Avoid a \$5 special handling charge by registering online.

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 Club Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs and next of kin, agree, and represent that I understand the nature of Bicycle Club Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity; 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.

1. Acknowledge, agree, and represent that I understand the nature of Bicycle Club Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity; 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) Bicycle Club Activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation or that of the minor in the Activity.

3. Herby release, discharge, 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, advisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations; and I further agree that I, despite this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand and agree 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 _____
Name _____ Signature _____
(if a couple, both must sign)
Street Address _____ City _____ State _____ Zip _____
Date _____ SCBC occasionally sells its mailing list. ☐ Check box if you do not want your name used
Telephone (____) _____ Check One: ☐ New or ☐ Renewal / ☐ Electronic: \$20.00 or ☐ Mail: \$30.00
E-mail _____
(see important note below about pricing)

IMPORTANT: When using this mail-in form, annual dues is \$20.00 for electronic membership (you access the newsletter from the Web site) or \$30 for paper membership (you receive the newsletter by mail). *This price includes a \$5.00 handling fee. Consider joining or renewing online for instant processing and avoiding the \$5.00 handling fee by going to: www.soundcyclists.com/Membership.htm to avoid this handling fee.* Membership runs from February 1st of one year to January 31st of the following year. If you join after October 1st, your membership will continue past the first January 31st date and will expire the following January 31st - giving you a 16 month membership.

Sign this form with a check made payable to Sound Cyclists Bicycle Club. Mail to: M. Tamborino, Sound Cyclists Bicycle Club, Membership Chairman, 248 Seaton Road, #2, Stamford, CT 06902. Unsigned forms or those without checks will be returned. 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.