



August 2007

www.soundcyclists.com • mailbox@soundcyclists.com

\$35.00 per Year

RSVP for Weed Beach Picnic by August 15 and Pay only \$5

By Kim Kuta

Mark your calendars for the afternoon of: Sunday, August 19 at Weed Beach in Darien, CT. Join us for some great rides followed by a relaxing picnic overlooking the water. Families are welcome. Bring your bathing suit and towel if you'd like to swim or a frisbee if you want play a little disc. **SCBC will provide all the food and drinks, served from noon - 2 pm, for a low cost of \$5 per person for those who RSVP by August 15, \$8 after, payable at the event. Everyone must RSVP to attend.** <http://www.soundcyclists.com/Events.htm>. See the ride schedule for directions to beach and parking.

Volunteers eat for free! Help shop for food, transport coolers and ice, set up at the beach and more. If you're interested in volunteering, email or call Kim Kuta at kimberlykuta@yahoo.com, 203 921 5374.

One From the Road -- Make a habit of picking up at least one piece of litter on every ride. Put it in your recycle bin when you get home. You'll be helping clean the road and enhance the public image of cyclists.

RoadBikeRider RBRPublishing@RoadBikeRider.com

Greenwich Boogie Picnic and Rides, Sunday, Sep 2

Join your fellow club members whom you have been cycling with all summer for some great rides followed by Sound Cyclists Bicycle Club's annual Labor Day barbecue/picnic in Greenwich.

Greenwich Boogie, B, B-, C+, C, D+, D, E, R/H, 50/45/35/25/18 miles. Meet at Greenwich High School, 10 Hillside Road, Greenwich.
B, R/H, 50 miles, EAP 18.5-19 mph, 8:45/9:00 SR, RL: TBD

B-, R/H, 50 miles, EAP 17.5 mph, 8:50/9:05 SR, RL: TBD

C+, R/H, 45 miles, 9:00/9:15 SR, RL: TBD

C, R/H, 35 miles, 9:15 /9:30 SR, RL: TBD

D, R/H, 25 miles, 9:45/10:00 SR, RL: TBD

E, F/R, 18 miles, 10:15 / 10:30 FR, RL: TBD

After rides Charles Doran has invited us to his home for a barbecue/picnic. He lives at 121 North Street in Greenwich. The barbecue will begin at 12:30 pm. You can either bring something for 8 to 10 people, salads,

(Continued on page 2)

Table of Contents

RSVP for SCBC Picnic	Page 1	Uncle Al: Compact Frames	Page 4
SCBC Picnic and Rides -Sep 2	Page 1	Pace, Terrain and Rider Tips	Page 7
Important @Chat Message	Page 2	Standing Ride Schedule	Page 6-7
SCBC Special Events	Page 3	August Ride Schedule	Page 8-12
Cape Cod Weekend	Page 3	SCBC Cyclewear Is Back	Page 13
Membership has its Privileges	Page 3	Rules of the Road and Trail	Page 14
The Best of coach Fred	Page 4	Membership Application	Back Page



Cyclists must obey all traffic signs! Ride safely!

Greenwich Boogie Picnic and Rides, Sunday, Sep 2

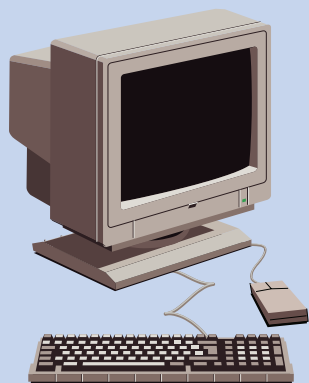
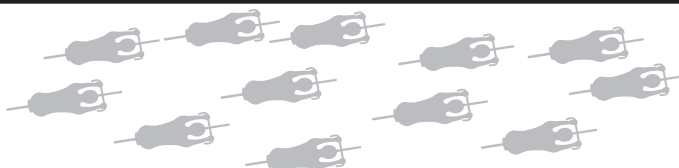
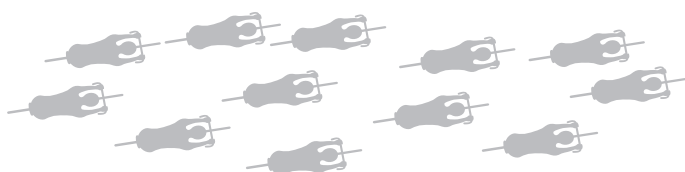
(Continued from page 1)

appetizers or desserts or pay a \$5.00 cover charge for food and BYOB if you RSVP.

Making a Reservation:

Please **use our online reservation system!** RSVP by Monday, August 27 by [clicking here](#).

Only RSVP to John Dugdale at jdugda@peoplepc.com or leave message at 655-4277 if you can't access the Internet. If you do not RSVP by Monday, August 27th, there is an \$10.00 cover charge day of picnic and again BYOB. Please look for updates on @Chat. Please look for additional information at www.soundcyclists.com/Events.htm regarding the Greenwich Boogie ride leaders and exact rides mileage, and directions to Greenwich High School where all the rides begin.



@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

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Evening and Saturday hours by appointment

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.

SCBC Special Events

August 11 Block island Ride

August 19 Weed Beach Picnic

September 2 Labor Day

Greenwich Boogie

September 13-17 Cape Cod Weekend

December 7 Annual Meeting

**Cyclists must obey
all traffic signs....
it's the law!**

Advertising Rates

Print Advertising contact: kkelski@aol.com

Eighth Page	\$20.00
Quarter Page	\$40.00
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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.

**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



HOLD the Date: Cape Cod Trip 2007

By Greg Garland, Organizer

We are working to build on the successes of past years and provide another fun and memorable experience for Club members at the ever popular Fall destination: Cape Cod.

Specifics are;

Arrive: Thursday (09/13/07)

Depart: Monday (09/17/07)

Price: \$175.00 per Attendee

Read carefully: that's four nights on Cope Cod for far less than one room-night in New York City.

Not only that, four straight days works like weather insurance. With so many days – one, two or more days should provide outstanding weather to experience Martha's Vineyard AND the mainland.

I can attest to the accuracy of the House brochure, "The Cape House is just a short walk to the 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 and walking. Tennis courts, golf courses, fishing, boating and sailing are all within easy reach."

Space is limited and filling quickly, so don't wait. The best rooms fill first on a first come first served basis. Interested Club members should make their checks payable to SCBC and mail them to P.O. Box 3323 Westport, CT 06880.

Ask around...last year's Cape Cod Trip was like a relaxing mini-vacation at the end of a great riding season. Join us!

**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

BEST OF COACH FRED

From: RoadBikeRider RBRPublishing@RoadBikeRider.com

Q: I was reading an article about stage 3 of the Tour and it said that the pros' average speed for much of the way was 20.5 mph, "about what a fit amateur cyclist could average, but far short of the speeds Tour racers are capable of."

Well, 20.5 mph may be slow for a Tour stage but I would be thrilled to achieve that on even a short ride. I consider myself a "fit amateur cyclist," but I go at a consistent 17-18 mph average on both short and long rides. Am I a poser, woefully undertrained or just plain slow? -- Steve in Ohio

Coach Fred Matheny Replies: It isn't a good idea to compare yourself to Tour riders on the basis of speed or power. Those guys are the best cyclists on Earth!

However, looked at one way, you're nearly as fast as the pros were that day. While you're averaging 17-18 mph by yourself or with a few buddies, the Tour was moving just 3-4 mph faster with a pack of 180 riders. It's far easier to average 20.5 mph if you're protected in a big bunch.

Here's something really interesting when it comes to numbers: Power meter data shows that the winner of a pro race often has the lowest average wattage of all the riders. Why? Because he hides in the pack most of the race, protected by his teammates and good positioning. And he has the most time **spent not pedaling for the same reason.**

But that same rider wins because he produces the highest spike of power in the sprint or on the decisive climb.

So while we fit recreational riders can come close to the average wattage or speed of pros in races, our short-term power outputs are much less. When the crunch comes in a pro race, we'd get gapped instantly.

UNCLE AL: Compact Frames

From: RoadBikeRider RBRPublishing@RoadBikeRider.com

Q: I'm getting back into road cycling after a few years off. I want a new bike, but the technology has changed so much I don't even know where to start. In particular, what's the deal on "compact" geometry? What are the pros and cons? It's hard to find anything but sales hype on the web. -- Don T.

The Unc Answers: Compact frames . . . hmmm. I'm another guy wrestling with the notion of road bikes coming in small, medium and large. Some companies must agree because they're now offering additional sizes.

If you like a sloping top tube (ala mountain bike style), compact frames do look cool. But to me, fit is everything. Each of the general frame sizes of the compact style is supposed to fit a range of riders.

How can that really work? I'm not sure it does -- unless a shop has a bunch of stems with different extensions and rises as well as different handlebar widths, various seatpost lengths and maybe even a selection of crankarm lengths.

In some cases, a medium compact frame is supposed to fit riders from 5-foot-6 to 6 feet. That's a bunch of leg-length difference and doesn't begin to take into account torso length, arm length, riding style and so on.

If frame sizes overlap with your body size, do you go smaller to get the proper reach, or bigger to get the handlebar at the correct height? Such questions don't have to be answered as often when considering a conventional frame.

With a conventional design, parts are proportioned to frame size. A stock 59 cm will have a wider bar, longer cranks and a longer stem than a 55 cm. And it can usually be adjusted in a variety of ways to fine-tune it for a perfect fit. Most times, this can be done without replacing many (if any) of its parts.

There are other design considerations, too, which Fred Matheny gets into in his review of the early-generation Specialized S-Works E5 road bike. Although this particular model is long gone from Specialized's lineup, Premium Site members can read Fred's take on compact geometry in the Product Tests archive.

What about the pro riders you see on compacts?

(Continued on page 12)

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
FR = Frequent Regrouping

OR = Off Road Ride
SR = Some Regrouping

CPL = Commuter Parking Lot
NR = No Regrouping

EAP = Expected Average Pace

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 at CPL Exit 41, Merritt Pkwy. Join us for this fast-paced ride up around the reservoirs to Bethel and then the return on Routes 58 and 136. Quick stop on Steck's Hill. Nasty weather cancels ride. NR

Every Monday Evening

The Monday Night Ride, B-, C+, C, F/R, EAP 13-14 mph (C); 14.5-16 mph (C+), 16.5-17.5mph (B-), 23 miles, 6:00/6:15 p.m. RL: Brian Voytek (C), 374-0921 or bmvoytek@yahoo.com; and Jacob Hanocka (C+) 505-3665 or jacob_hanocka@hotmail.com, Steve Wegener (B-) 838-5456 lukeiduke@optonline.net. 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

Every Tuesday Evening

Glenville/Armonk/Glenville (GAG), B/B-, H, 25 miles, EAP 18-19 mph (B), 16.5-17.5 mph (B-), 6:00/6:15 pm. RLS: (B) Will Schwartz, 912-7539 or wjsaia@optonline.net, (B-) Dan Villa, 524-3459 or dan.villa@snet.net. 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. 2,066 ft. of climbing. SR

Tuesday Night Spin, B/B-, R/H, 23 miles, EAP 19+ mph (B), 17-18 mph (B-); B ride departs 5:30/5:45 p.m., B- ride departs 6:00/6:15 p.m. sharp. RL: (B) Eric Johnson, 434-3373 or eric.d.johnson@smithbarney.com, and (B-) Ed Paul, 984-4219 or psquared1@prodigy.net. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. PLEASE NOTE DIFFERENT START TIMES FOR B AND B- RIDES **also: on 8/21 and 8/28, the B- version of the ride will be a Show and Go.++**. Ride goes to Wilton, with most of the climbing in the ride's first half, then we fly! With 23 miles, only 900 feet of climbing, and several long uninterrupted roads, the route lends itself to faster than usual speeds compared to other longer "hillier" club rides. Any rain or wet road cancellations will be posted by 4:45PM on Tuesday. RL gives out a route map with plenty of bail-outs to shorten the ride. 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: Drew Berescik 261-5521 or drewster333@aol.com; Mike Tamborrino, 570-9207 or tambo40@hotmail.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, EAP 16+ mph, 5:45/6:00 p.m.

RL: Greg Ziebell, 881-2519 or gregz@preferredprinting.com. Meet Merritt Pkwy., Exit 46 CPL. Extremely challenging new ride through Fairfield and Easton as you climb and descend hills. Some regrouping at the top of the hills. SR.

Up and Down Greenwich, B/B-, R/H, 25 miles, EAP (B) 18-19 mph, (B-) 16.5-17.5 mph, 6:00/6:15/ p.m.

RL: TBD, contact Will Schwartz, 912-7539 or wjsaia@optonline.net for info. Meet at Cos Cob RR parking lot on Sound Shore Drive (across from #8), off Exit 4 of I-95. Come out on this beautiful ride through the back country of Greenwich. Fast paced ride with significant climbing in the first 12 miles. SR

The Coastal Cruiser, C+/C, F/R, 23 miles, EAP 14 mph, 6:00/6:15 p.m.

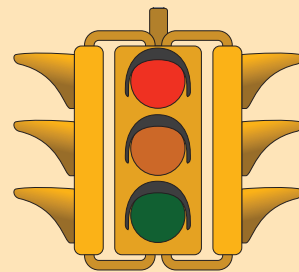
RL: Brian Voytek, 374-0921 or bmvoytek@yahoo.com. Meet at Coleytown Middle School, 255 North Avenue. From Merritt Parkway Exit 42, head north on Route 57. Right at the light onto Lyons Plain Road. Bear right onto Coleytown Road. Drive one half mile. Right onto North Avenue. Right into first driveway. Scenic ride through Longshore, Compo Beach, and Southport. Rain Cancels. SR

Every Friday Evening

TGIF Unwinder, All Levels, Self-paced, 17/21 miles, 6:00/6:15 p.m. D/E riders arrive at 5:45/6:00 p.m. before the faster riders. RL: John Dugdale, 655-4277 or jdugda@peoplepc.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 p.m. 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

**Cyclists are required
by state law to obey
all traffic rules that
apply to vehicular traffic.**



SATURDAY AUGUST 4

TargetTraining Targetorque Outdoor Ride, C+/B-/B, R/H, 42 miles, EAP 15 mph+, 9:00/9:15 a.m.

RL: Eneas Freyre, 227-6177 or eneas@targettraining.com. Ride starts at Targettraining, 772 Post Road East, Westport. I-95 North to Exit 18, turn left onto Sherwood Island Connector, left onto Post Road East, U-turn onto Post Road East, Targettraining is on your right. I-95 South to Exit 18, merge onto Sherwood Island Connector, left onto Post Road East, U-turn onto Post Road East, Targettraining is on your right. Join this special SCBC ride hosted by the experts at Targettraining. Led by three Targettraining ride leaders, it features mechanical and nutritional support along the way. Ride ends with coffee and a tour of the Targettraining facility. SR.

Cheshire Valley Express, B, R, 53 miles, EAP 18-19 mph, 8:45/9:00 a.m.

RL: Jon Swallen, 254-0164 or j1swallen@optonline.net. Meet at Shepherd Glen school on Skiff Avenue in Hamden, about 30 miles from Westport. From Exit 60 on Wilbur Cross Pkwy turn left on to Rt 10 North. Go 0.7 miles to 6th traffic light and turn left onto Skiff Ave. (There's a large sign for a Kohl's store on the far corner). Follow Skiff up the hill and through one light for a total of 0.5 miles and turn right into school driveway. There's a geological aberration in central Connecticut - a long, wide valley that is nowhere near a river. And it offers miles of flat to rolling terrain on scenic side roads as you pedal from Hamden to Bristol (passing ESPN headquarters). We'll stick to the valley on the outbound segment and then loop back through swooping, rolling terrain. At the end of the ride, you'll have logged less than 3,000 feet of climbing, about 25-30% less than a comparable length route in Fairfield County. Food stop. SR

Ambler's Ramble Extended, B-, R/H, 40 miles, EAP 17 mph, 9:15/9:30 a.m. RL: Iain Bruce, ibruce@ambac.com or 952-7750. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. A New ride based on Tuesday night route at first but with some added miles on unfamiliar roads. Lot's of climbing to start and then some fast downhill to finish strong. Perfect for Early Bird riders who want to follow coffee at Doc's with another morning ride. Food stop. SR

Almost Thirty something, C+, F/R, 29 miles, EAP 15.5-16 mph, 8:00/8:15 a.m. RL: Claudine Kelly, 536-4696 or ck009@yahoo.com. Meet at Exit 18 CPL off I-95 just north of Sherwood Island State Park. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips through Longshore Park and Compo Beach. FR

Easton Express, C, F/R, 30 miles, EAP 13 mph, 9:00/9:15 a.m. RL: Jerry Weinstein 327-3530 or gmweinstein@snet.net Meet at Merrit Parkway Exit 42. FR.

Crossing Mianus, D, EAP 12 mph, R/H, 28 miles, 9:00/9:15 a.m. RL Don Stillman, 531-7057 or dons351@juno.com. Meet at Cos Cob RR station on Sound Shore Drive across from #8, off I-95 exit 4. New route (eliminates most of the traffic lights and traffic). Ride around lower Greenwich, cross the Mianus for a loop in Stamford, re-cross the Mianus for a loop in Old Greenwich. Food Stop. FR

SUNDAY AUGUST 5

Bennetts Bridge, B, R/H, 51 miles, EAP 17.5-18.5 mph, 8:15/8:30 RL: Gregg Giddes, 913-3018 or gfgct@yahoo.com. Meet at Exit 44 CPL, Merritt Pkwy. Cycle lesser known backroads up to Newtown, through Sandy Hook and down to Monroe. Diverse terrain and scenery with lots of smooth pavement. Several short steep hills and one long climb of 1.5 miles at 4.5% grade. Total climbing gain of 4,235 feet. As a % of the linear ride distance (51 miles) that's 1.57% which is above the norm for area rides. Food Stop. SR

Rural Ramble, B-, R/H, 38 miles, EAP 16.5-17.5 mph, 8:00/8:15 a.m. RL: John Onofrio, 520-8550 or john.onofrio@alliancebernstein.com. Meet Merritt Pkwy. Exit 44 CPL on Rt. 58 northbound side. Route is mostly hilly until Boggs Hill Road, then is rolling. One steep hill (Brushy Hill Road). No-dirt alternative contains a second steep hill (Sport Hill Rd). SR

CT/NY Trek, C+, R/H, 34 miles, EAP 15.5 mph, 8:15/8:30 a.m. RL: Bob Blaber, 914-841-5193 or rblaber@metlife.com. Meet at Talmadge Hill RR Station, off Merritt Pkwy, Exit 36 CPL. A scenic ride to Bedford & back. Lunch stop at Bedford Green. FR

Saugatuck Weston Twister, C, R/H, 31-38 miles, EAP 13.5 mph, 9:00/9:15 a.m. RL: Brian Voytek, 374-0921 or bmvoytek@yahoo.com. Meet Merritt Pkwy Exit 41 CPL. Travel down to the shore in Saugatuck and then make a swing through Weston, twisting around the hills on this special afternoon edition of the ride. Shorter options of 14 and 24 miles are available. Food stop in Weston. FR

Salisbury Sojourn, C-, H, 43 miles, EAP 12.5 mph, 10:00/10:15 a.m. 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 4.5 miles, then right onto route 41, right onto route 44 in Lakeville, go 1.5 miles to Salisbury and take left at Town Hall. 8 mile climb over Riga Mountain. Bring or buy lunch - lunch will be at the top of the mountain. FR

Norwalk New Canaan Darien Tour, D, F/R, 23 miles, EAP 12 mph, 8:45/9:00 a.m. RL: Pavel Gurvich, 354-

8477 or pavelgur@optonline.net. Meet at Fox Run School in West Norwalk. Please call the ride leader if you need directions to the start. Food stop at Rowayton Food Market. SR

SATURDAY AUGUST 11

B.O.W. - Bethany, Orange, and Woodbridge, B, R/H, 47 miles, EAP 18-19 mph, 8:30/8:45 RL: Doug Hunter, 415-6263 or dahunter@snet.net. Meet at Exit 58 CPL, Wilbur Cross Parkway. It's just 20 miles from Westport. This is a very compact and well-conceived route in central New Haven County. It features plenty of shade cover, reservoir views and low-traffic side streets. Frequent terrain changes between the three major hills, each with grades over 6%. It adds up to a total elevation gain of 4,050 feet. As a % of the linear distance (47 miles), that's an above average 1.63%. Food stop. SR

Trinity Traverse, B-, R/H, 45 miles, EAP 17 mph, 8:30/8:45a.m. RL: Rick Bailer, 856-0273 or Rbailer@sirius.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 3/4 mile on left. Ride through North Stamford, Pound Ridge and Waccabuc on a mix of back roads and numbered state highways. We don't shy away from the hills today; we seek them out. And that will be most apparent on the 7-10% grades of Trinity Pass and Donbrook Roads in Pound Ridge. Food stop. SR

In and Around NY and CT, C+, R/H, 43 miles, EAP 15.5-16 mph, 8:15/8:30 a.m. RL: Jacob Hanocka, 505-3665 or jacob_hanocka@hotmail.com. Meet at CPL Exit 38, Merritt Parkway. Similar to the "Bedford and Back" ride, with a few extra twists. Food Stop at Bedford Green. SR

Weston-Easton Ramble, C, R/H, 42 miles, EAP 13.5 mph, 8:45/9:00 a.m. RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at Exit 18 CPL, I-95. Scenic tour of Weston, Easton and Stepney on familiar roads. A few short, steep hills in the middle of the ride with flat to rolling sections at the beginning and end. Brief food stop. SR

Block Island Journey, D+/C-, F/R, 19 miles, EAP 13-14 mph. Meet at 8:30-9:00 am at Pont Judith Ferry. RL: Jeff Munk, 261-5545 or jeff@jeffmunk.com. Ferry departs at 9:30 sharp!. See next column for details.

Wilton Weston Winder, D+, F/R, 26 miles, EAP 13 mph, 9:15/9:30 a.m. RL Glen Balamaci, 722-7501 or gbalamac@opotonline.net. Meet at Merritt Parkway Exit 41 CPL. Rolling to hilly with some steep climbs. Food stop. SR

Special Ride - Saturday, August 11, 2007

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 \$12.00 for the day. Block Island ferry same day round trip with bike is about \$24.00. 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 landfall 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

SUNDAY AUGUST 12

West Mountain/Bogtown, B, R/H 61 miles, EAP 18-18.5 mph, 8:15/8:30 RL: Jon Swallen, 254-0164 or j1swallen@optonline.net. Meet at East School in New Canaan. From Merritt Pkwy Exit 38, head north on Rt 123 for 1.5 miles. Turn right at light onto Little Brook Rd and the school campus. (If you pass Rt 106, you've gone too far). It's a mid-August date and Titicus Reservoir awaits so don't let a few hills stand in the way. The sun may be burning but keep your legs turning and the miles will just melt away. And today, you get to ride DOWN the 10% grade of West Mountain Road! One food stop. SR.

Back to Bethel, B-, R/H, 41 miles, EAP 17+, 8:45/9:00a.m. RL: Rich Liontonia, 312-4596 or rlion2@hotmail.com. Meet at CPL Exit 41, Merritt Pkwy. Join us for a ride up around the reservoirs to Bethel and then the return on Routes 58 and 136. Food Stop. SR

West Redding Challenge, C+, R/H, 32 miles, EAP 15.5-16 mph, 8:15/8:30 a.m. RL: Dan Villa, 524-3459 or dan.villa@snet.net. Meet Merritt Parkway Exit 41 CPL. Scenic ride through Georgetown, Redding & Weston. Food Stop at Redding Country Store. SR

Greenwich Armonk Ride, C, R/H, 34 miles, EAP 13 mph, 8:15/8:30 a.m. RL: Steve Wolfe, 321-1042 or stevebikes100@yahoo.com. Leaves from Greenwich High School, 10 Hillside Road. From I-95: Take Exit 4 (Indian Field Road) and turn North onto Indian Field Road (from southbound lanes, turn right off the exit, from northbound lanes, turn left off the exit). At the next traffic light, turn left on US Route 1 - East Putnam Avenue - and travel 0.2 miles. Turn right on Hillside Road and travel to the fourth driveway on your left to enter GHS parking lot areas. From Merritt Parkway: Take the North Street Exit (#31) and travel south toward the Greenwich Business District for about 3 miles (from southbound lanes, turn right off the exit, from northbound lanes, turn left off the exit). At the first traffic light, turn left onto Fairfield Road. Continue down the hill. Turn right onto Hillside Road. Travel .3 miles past the first parking lot on your right. Turn right into the first driveway to enter GHS. SR

Climb to Scott's Corners, D, R/H, app. 25.7 miles, EAP D 11-12 mph, 9:00/9:15 a.m. RL: Cathy Beckmann, 662-0540 or cbeckmann@mindspring.com. Meet at Hindley School parking lot on the corner of Nearwater Lane and the Post Road in Darien. Lovely tour of Darien and New Canaan with a snack stop in Scotts Corners. FR

North County Trailway, D, F/R, 28 miles, EAP 12 mph, 11:00/11:15 a.m. RL: Tom Ebersold, 874-7839 or tomebersold@yahoo.com. I-287 to Exit 3 (Sprain Brook Pkwy. North) to Rt. 100/133 Exit toward Millwood and Briarcliff Manor. Turn left at end of ramp. Right on

Rt. 100 North. Turn right on Station Place by a Mobil station. Go one half-mile to the parking area. Enjoy traffic-free cycling and easy terrain on the most scenic parts of this popular paved rail-trail located only a short distance from Fairfield County. If you want to ride fewer miles, you can easily cut it short. FR.

SATURDAY AUGUST 18

Housatonic Riverbank Extended, B, H, 49 miles, EAP 17.5-18.5 mph, 8:15/8:30 RL: John Ercolani, 926-9153 or johnnercolani@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

North to Newtown - Extended, B-, R/H, 48 miles, EAP 17+ mph, 8:15/8:30 a.m. RL: Shin Miyoshi, 913-0031 or srmiyoshi@yahoo.com. Meet at Merritt Pkwy Exit 44 CPL. A back road jaunt to, through and around Newtown. No Horrific Hills but lots of the Usual Undulations. Food stop. SR

North to Newtown - NOT Extended, C+, R/H, 44 miles, EAP 15-15.5 mph, 8:45/9:00 a.m. RL: Kim Kuta 921-5374 or kimberlykuta@yahoo.com. Meet at Merritt Pkwy Exit 44 CPL. A back road jaunt to, through and around Newtown. No Horrific Hills but lots of the Usual Undulations. Food stop. SR

Saugatuck Reservoir Ride, C/D, R/H, 27 miles, EAP 13 mph, 9:00/9:15 a.m. RL: Glen Balamaci, 722-7501 or gbalamac@optonline.net (C); John Dugdale, 655-4277 or jdugda@peoplepc.com (D). Meet 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. Route is a mixture of flat, rolling and moderately hilly stretches. Food Stop. SR

SUNDAY AUGUST 19

WEED BEACH PICNIC RIDES

Meet at Noroton Heights Train Station, I-95 off Exit 10. Directions: to Noroton Heights RR station. I-95 South follow the exit to the left and continue until you come to a traffic light. Turn right onto Noroton Avenue. I-95 North: 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.

A/B Ride, EAP 18-19 mph, 8:45/9:00 a.m., F/R, 45 miles RL: Berk Wheeler, 322-5198 or berk.wheeler@pepsi.com.

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

C+ Ride, EAP 15.5-16 mph, 9:00/9:15, R/H,

35 miles, RL: Dave Weinberg, 803-0353 or dbw-ct@worldnet.att.net.

C+ Ride, EAP 14.5-15 mph, 9:00/9:15 a.m., R/H, 35 miles, RL: Tom Syrstad, 952-1189 or tom_syrstad@yahoo.com

C Ride, EAP 13-14 mph, 9:00/9:15 a.m., F/R, 32 miles, RL: Steve Wolfe, 321-1042 or stevebikes100@yahoo.com.

D Ride, EAP 12 mph, 9:00/9:15 a.m., F/R, 21 miles, RL: John Beauchamp, 219-4456 or john.beauchamp@ge.com.

SATURDAY AUGUST 25

CanaanBall, B, H, 75+ miles, EAP 17-18 mph, 9:00/9:15 a.m. RL: Paul Zackin, 264-1430 or pzackin@zackin.com. Meet at Hollow Park in Woodbury. From I-84 Exit 15 go north on Route 6 for 4.8 miles. Turn left at light onto Rt 317. Next left on Hollow Rd. At stop sign, head almost straight into the park. Dust off your polka dot jersey for this scenic ride into the northern reaches of Litchfield County. The highlight will be the climb up Canaan Mountain between Canaan and Norfolk. The climb is roughly 800 vertical feet over a couple of miles with some sections steeper than 10% grade. After we summit, there is a section of hard pack dirt rollers that is a very safe surface for road bikes. Then comes a long (paved) descent into Norfolk as reward for your efforts. There will be plenty of opportunity for pacerlining over rolling hills and long descents. The ride includes approximately 5600 feet of climbing and qualifies for the "challenging" category. Two rest stops are planned. Regrouping as necessary.

The Lyme Ride, B-, R/H, 57 miles, EAP 17-17.5, 9:30/9:45 a.m. RL: Will Schwartz, 912-7539 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

Ambler's Ramble, C+, R/H, 30 miles, EAP 15.5 mph, 8:30/8:45 a.m. RL: Tony Suppa, 968-0614 or suppa25@msn.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. A New ride based on Tuesday night route at first but with some added miles on unfamiliar roads. Lot's of climbing to start and then some fast downhill's to finish strong. No food stop. SR

Aspetuck-Saugatuck Reservoir Ride, C, R/H, 31 miles, EAP 13 mph, 8:15/8:30 a.m. RL: Lisa West, 838-7193 or lnwest@snet.net. Meet Merritt Pkwy Exit 42 CPL. Scenic tour of favorite reservoirs in Easton and Weston. Food stop at Redding Ridge Market. FR

Almost 30 Something, D+, F/R, 29 miles, EAP 12-13 mph, 9:00/9:15 a.m. RL: Herb Wexler, 854-9398 or herbwex@optonline.net. Meet at CPL off I-95 Exit 18 in Westport. Cycle up to Greenfield Hills and back, over to Calf Pasture Beach in Norwalk and return with side trips through Longshore Park and Compo Beach. SR.

SUNDAY AUGUST 26

Cranbury To Newtown, B, R/H, 56 miles, EAP 18-19 mph, 8:15/8:30 RL: Harold Kamins, 454-0889 or harold.kamins@gmail.com. Meet at Cranbury Park in Norwalk. Take Exit 40 from Merritt Pkwy and go north on Main St. for 1.6 miles. Turn right at light onto Kensett Ave (by Wilton Diner). Follow to end and straight into the park. This course travels over familiar roads en route to the Newtown flagpole. An average amount of climbing but no severe grades encourages steady tempo work. Food stop. SR.

13 Post Offices Ride, B-/C+, R/H, 54 miles, EAP 17 mph (B-), 15-15.5 mph (C+), 8:15/8:30 a.m. RL: (B-) Will Schwartz, 912-7539 or wjsaia@optonline.net; (C+) Lucia Chapman, 914-393-9216 or trigirl58@aol.com. Bedford Village Elementary School, 45 Court Road, Bedford, NY. Take Merritt Parkway South to Exit 34, turn right on Long Ridge Road, left onto NY-172 (Pound Ridge Road), slight right onto Village Green, Village Green becomes NY-22/Old Post Road, turn right onto Court Road. Unique and scenic ride through Bedford and surrounding towns (and their post offices!). Food stop. SR

Back to Bethel, C+, R/H, 40 miles, EAP 14.5-15 mph, 8:45/9:00 a.m. RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at CPL Exit 41, Merritt Pkwy. Join us for this fast-paced ride up around the reservoirs to Bethel and then the return on Routes 58 and 136. Quick stop on Steck's Hill. Nasty weather cancels ride. NR

Run to Ridgefield, C, R/H, 38 miles, EAP 14 mph, 8:45/9:00 a.m. 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 Balducci's (not Steve's Bagels!) in Ridgefield. FR

Norwalk New Canaan Darien Tour, D, F/R, 23 miles, EAP 12 mph, 9:00/9:15 a.m. RL: Pavel Gurvich, 354-8477 or pavelgur@optonline.net. Meet at Fox Run School in West Norwalk. Please call the ride leader if you need directions to the start. Food stop at Rowayton Food Market. SR

SATURDAY SEPTEMBER 1

CT/NY Trek, C, R/H, 34 miles, EAP 13.5 mph, 9:00/9:15 a.m. RL: Drew Berescik, 261-5521 or drewster333@aol.com. Meet at Talmadge Hill RR Station, off Merritt Pkwy, Exit 36 CPL. A scenic ride to

Bedford & back. Lunch stop at Bedford Green. FR

Hamden-Cheshire Circuit, C, F/R, 32 miles, EAP 13-14 mph, 10:00/10:15 a.m. RL Tom Ebersold, 874-7839 or tomebersold@yahoo.com. Start at the main parking area at Brooksville Park, Hamden, on Brooksville Ave. near the farm. From Rt. 15, Exit 61, head North on Whitney Ave. (becomes Rt. 10) for 5.6 miles. Left on Mt. Sanford Rd. (one block north of the Cheshire-Hamden town line), next left on Brooksville Ave., then right into Brooksville Park (across from 535 Brooksville Ave.). Totally new ride! Explore the quiet backroads of Hamden and Cheshire, as you cycle past farms and fields with views of Meriden Mountain, the Sleeping Giant, and the spectacular Quinnipiac Gorge. Many miles of flat cruising with a few short hills to climb. Lunch in Southington. SR

SUNDAY SEPTEMBER 2

Greenwich Boogie, B, B-, C+, C, D+, D, E, R/H, 50/45/35/25/18 miles. Meet at Greenwich High School, 10 Hillside Road, Greenwich.
B, R/H, 50 miles, EAP 18.5-19 mph, 8:45/9:00 SR, RL: TBD
B-, R/H, 50 miles, EAP 17.5 mph, 8:50/9:05 SR, RL: TBD
C+, R/H, 45 miles, 9:00/9:15 SR, RL: TBD
C, R/H, 35 miles, 9:15 /9:30 SR, RL: TBD
D, R/H, 25 miles, 9:45/10:00 SR, RL: TBD
E, F/R, 18 miles, 10:15 / 10:30 FR, RL: TBD

Directions: From I-95: Take the Indian Field Road, Exit (#4 in Connecticut) and turn North onto Indian Field Road (from southbound lanes, turn right off the exit, from northbound lanes, turn left off the exit). At the next traffic light, turn left on US Route 1 East Putnam Avenue- and travel 0.2 miles. Turn right on Hillside Road and travel to the fourth driveway on your left to enter GHS parking lot areas. From Merritt Parkway: Take the North Street Exit (#31) and travel south toward the Greenwich Business District for about 3 miles (from southbound lanes, turn right off the exit, from northbound lanes, turn left off the exit). At the first traffic light, turn left onto Fairfield Road. Continue down the hill. Turn right onto Hillside Road. Travel .3 miles past the first parking lot on your right. Turn right into the first driveway to enter GHS.

After rides Charles Doran has invited us to his home for a barbecue/picnic. He lives at 121 north Street, Greenwich. 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 \$10.00 cover charge day of picnic and again BYOB

SUNDAY SEPTEMBER 9

Coastal Century, B and B- combo, R, 100 miles,

start time TBA RLs: (B) Jon Swallen, 254-0164 or j1swallen@optonline.net, and (B-) Shin Miyoshi, 913-0031 or srmiyoshi@yahoo.com. Meet at I-95 Exit 59 CPL in Guilford, about 45 miles from Westport, 60 miles from Stamford. It's one of the rides you look forward to all season long and its popularity continues to grow. It's the 5th annual "Coastal Century", an out-of-area century ride organized 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 and no reservation is required. But this is a self-supported ride and you're advised to pack some extra energy bars and bring \$20 for food and drinks. Brief stops for fluids and snacks at miles 28 and 76. At mile 54 in Essex, we'll take a full-length rest stop for sandwiches and your favorite sugary sweets. Bailout option for an 80 mile route. SR.

Destination: Mamanasco Lake, C, R/H, 37 miles, EAP 13-14 mph, 10:00/10:15 a.m. RL: Tom Ebersold, 874-7839 or tomebersold@yahoo.com. Meet at Exit 38 CPL, Merritt Pkwy. Scenic loop up to Mamanasco Lake and back to Norwalk through Silvermine. Food stop in Ridgefield. SR

UNCLE AL: Compact Frames

(Continued from page 4)

Many of these bikes are likely to be custom jobs that reproduce their riding positions perfectly. If you can afford a custom and like what a compact frame offers in weight savings and riding characteristics, then that may be worth pursuing. But be prepared to part with a big chunk of your kid's college fund.

Personally, I'd stick with a conventional frame unless I found a compact that happened to fit perfectly. At the very least, make sure your bike shop is fit-savvy and willing to work with you for an optimum fit. Bottom line: Fit is critical, period.

One myth-busting note: In early incarnations, compact frames rode stiff as hell, especially for smaller, lighter riders. Part of a frame's job is to provide a degree of suspension/comfort to the cyclist. A compact's short tubes tended not to be very compliant. But nowadays, thanks to all the manipulation going on with carbon fiber formulas and shapes, comfort is achievable even on the highest performance frames.

SCBC Cyclewear is Back!



A whole new look. A whole new jersey.

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

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

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

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

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

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

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

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

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

Sizing Chart

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

SCBC Cyclewear Order Form

Please Print VERY Clearly

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____

E-Mail: _____

Mens Club Jersey

Quantity: _____

Sizes: ☐ S ☐ M ☐ L ☐ XL

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

Mens Race Jersey

Quantity: _____

Sizes: ☐ M ☐ L

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

Womens Race Jersey

Quantity: _____

Sizes: ☐ S ☐ M ☐ L

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

Unlined Wind Vest

Quantity: _____

Cut: Unisex Sizes: ☐ S ☐ M

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

Eurotherm Vest

Quantity: _____

Cut: Unisex Sizes: ☐ S ☐ M

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

Total Amount: \$ _____

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

Please mail your order to:

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

For any questions, please contact:

mailbox@soundcyclists.com

The Rules of the Road



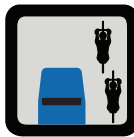
Since cyclists have the same rights and obligations when traveling the roadways, so too are they subject to fines for disobeying **the law**. Traffic summonses may be issued to cyclists for running stop signs and red lights or riding on the wrong side of the road.

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.



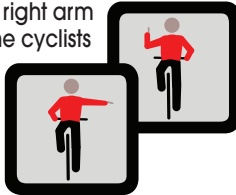
All cyclists **must stop** at all marked intersections. At **all** intersections, with or without stop signs, cyclists should yell **car left** or **car right** to other cyclists if cars are approaching from either of those directions.

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

BICYCLIST 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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Electronic or Mail Membership/Change of Address Information:

If you wish to join, send a signed copy of the membership application at the back of the newsletter with \$25 check for electronic membership, to obtain your newsletter on www.soundcyclists.com or \$35 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form. This price includes a \$5.00 handling fee. **Consider joining or renewing online by going to: www.soundcyclists.com/Membership.htm to avoid this handling fee.** For changes of address, use the membership application form. Check the change of address box, sign the form, and mail it to the address indicated on the form or you can E-mail the Membership Director.

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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This newsletter is proof that the bearer is a member in good standing of Sound Cyclists Bicycle Club.

Membership Application Form



SOUND CYCLISTS

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

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

1. Acknowledge, agree, and represent that I understand the nature of bicycling Activities and that I am qualified in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully understand that: (a) **Bicycling activities** involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers and social and economic losses 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 dangers I am not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation or that of the minor in the Activity.

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

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

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

Name

Signature

Name

Signature

Name

Signature

City

State

Zip

Date _____

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

Telephone (_____) _____

Check One: _____

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

(see important note below about pricing)

E-mail _____

IMPORTANT: When using this mail-in form, annual dues is \$25.00 for electronic membership (You access the newsletter from the Web site) or \$35 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: c. Garland, Sound Cyclists Bicycle Club, Membership Chairman, 98 Harbor Drive, Stamford, CT 06902.** Unsigned forms or those without checks will be returned. When using this mail-in form you must allow time for your membership to be processed. Two to three weeks may pass between the time you mail your application until the time you receive your welcome letter, which includes the web site user name and password.