



Sound Cyclists News

10 PAGES

Volume 16, Number 6, July 1992

\$15 per year

Your help is needed to improve the club

Your help is needed to make Sound Cyclists an even better club than it already is. If more club members volunteer their efforts (and all of us have special talents), then the club will be able to offer a larger variety of events.

Our meetings chairman Clyde Gourley (929-4001) needs your ideas and assistance in planning club meetings. Attendance at the few meetings we have scheduled has been sparse. Clyde needs ideas that will have club members knocking down walls to attend. He also needs assistance in arranging meeting places and setting up the night of the meeting.

Nelson Beers (929-0843) needs help in painting out the arrows that criss-cross many area towns, especially Westport and Fairfield. If we don't keep towns happy by blacking out the arrows, then they may not allow us to mark up their roads next year.

The Bloomin' Metric will need a new chairman next year with the retirement of Doug Engel. The chairman must organize meetings, assign duties and make sure that all of the individual chairmen get their jobs done. The ideal chairman is part coach, part cheerleader

and a dynamite organizer. To volunteer, call club president Jeff Ross at (914) 533-2711.

The club could use a public relations person to keep our name out in the community. The person would send press releases about club events to the appropriate newspapers. This would include listing select rides (e.g., an Exit 42 Merritt Pkwy. ride in *The Westport News*). Also, the person would send out releases listing elections of club officers, and any other events of note. To volunteer, call club president Jeff Ross at (914) 533-2711.

To fill out its ride schedule, the club could use more rides during the week. There is a need for a D or E ride on Tuesday, Wednesday or Thursday night or any style of ride in the Westport, New Canaan, Stamford or Greenwich area on these nights. Contact Ride Coordinator Hope Mandel for the D or E rides at 847-4917, or Jerry Weinstein for A, B and C rides at 327-3530.

The club could probably also use daytime rides during the week for people who are retired, work evenings or don't work at all. Contact the appropriate ride chairman to volunteer your services.

Make your reservation for the Tour de France picnic

The club's annual summer picnic will take place Sunday, July 26 at the Lusk Corporation house at 47 Brushy Ridge Rd. in New Canaan. This is the last day of the Tour de France and the television will be on to capture all the action. Call Brian Gossler at 333-0193 by Wednesday, July 22 to make your reservation for the picnic (not necessary if you are only attending the rides). Not sure if you are going to be attending the picnic? Make your reservation anyway. Better to make it and break it, than to not RSVP and show up. Anyone not making a reservation will be summarily drowned!

There will be four rides leaving from the house, but riders must park either at Exit 38 and bike the three miles up to the Lusk house. Or, there are municipal lots in downtown New Canaan where you can park for free on Sunday. (The E ride is leaving from Exit 38). Do not attempt to park on Brushy Ridge Road unless you are volunteering; there is not enough room!

Brian Gossler, our overworked and underthanked picnic's chairman needs your help to make this picnic a success. He needs 20 volunteers—four to set up the food and 16 for shifts of 15 minutes each to flip burgers. Everyone will be asked to do their part to keep the area clean and tidy.

If the set-up people get there early enough, they will be able to ride and burger-flippers will definitely be able to ride since there talents will not be needed until the afternoon. Volunteering allowing two bonuses: you can park at the Lusk house and you will not have to pay the \$5 admissions charge. Call Brian at 333-0193 to volunteer your services and train for that career at Burger King.

The B, C+, C-, and D rides leave from in front of the Lusk house. They include food stops, but be sure to leave room for the food at the picnic!

B ride, 45 miles, 9:30/9:45. RL Bruce Miller 544-8917.

C+ ride, 37 miles, 9:45/10:00. RL Jeff Ross (914) 533-2711.

C- ride, 30 miles, 10:00/10:15. RL Nelson Beers 929-0843.

D ride, 30 miles, 10:15/10:30. RLs Leslie Chapman 853-8245 and Hope Mandel 847-4917

The 15 mile rolling E ride meets/leaves 10/10:15 from Exit 38 Merritt Pkwy. CPL on the south side. RL Terry Wong 353-1573.

Overnight lodgings needed

The East Coast Greenway Exploratory Tour will travel from Boston to Washington D.C. during the month of July. A group of about 30 people will pass through New Haven on Friday, July 10, and Westport on Saturday July 11.

The riders need a place to stay and anyone interested in offering their house for one of these nights as a hospitality home would be greatly appreciated. Also, people may ride along with the exploratory riders as they pass through our area. Anyone interested in volunteering their services should call Nancy Rosett at 847-5541.

The greenway is a proposed off-road trail for bicycling, hiking and other non-motorized forms of travel. It is envisioned as a network of routes along the east coast, reaching into the heart of suburban areas and connecting them to each other and the countryside.

Sound Cyclists News, the official publication of Sound Cyclists Bicycle Club, is published eleven times per year.

If you wish to volunteer your time to help with a project organized by the club, you can contact any of the people below for more information:

Officers:

President:	Jeff Ross	(914) 533-2711
Vice President:	Christa Panny	325-0391
Treasurer:	Nelson Beers	929-0843
Secretary:	Warren Shapiro	762-9910
First Year Member:	Barbara Massar	(914) 834-7856

Committee Chairpersons:

Rides:	Jerry Weinstein	327-3530
	Hope Mandel	847-4917
	Clyde Gourley	929-4001
Meetings:	Open	
Publicity:	Tom Ebersold	335-9864
Newsletter:	Claire Falkner	975-9607
Membership:	Open	
Bloomin' Metric:	Wayne Young	740-0169
Incentives:	Brian Gossler	333-0193
Picnics:	Open	
Safety:	Howard Silver	967-4247
Club Weekends:	Open	
Community Relations:	Ed Perten	498-1041
Conn. Coalition Rep:		

SCNews Editorial Board:

Editor/Publisher:	Tom Ebersold	335-9864
Typists:	Trina Ely	359-0357
	Sandy Jeffries	
Printer:	Bader Printing	333-3343
Sound Cyclists' information hotline:		254-8787

Affiliated with the League of American Wheelmen
Printed on recycled paper

Membership Information: Contact Claire Falkner at 975-9607 or send her a signed copy of the membership application at the back of the newsletter with a \$15 check to the address indicated on the form.

Change of address: Send a signed form at the back of the newsletter to Claire Falkner at the address indicated.

Submission Guidelines: The deadline for article submission is the 10th of the month preceeding the following issue. For best consideration, send articles as early as possible. Bonus points are given for articles submitted on a 3.5 inch Macintosh disk in a word-processing program. Send articles to Tom Ebersold at 89 Mayfair Rd., Fairfield, CT 06430. Opinions expressed in articles are those of the authors and do not necessarily reflect the official position of the South Cyclists Bicycle Club Executive Board.

Display advertising: Advertising should preferably be bicycling-related. Rates are \$40 for a quarter-page, ad, \$75 for a half-page ad and \$150 for a full-page ad. Send ads to Tom Ebersold at the above address.

Classified advertising: Bicycling-related classified ads are free for members. Send ads to Tom Ebersold at above address.

Incentives program: Ride leaders can send their sign-in sheets to Wayne Young, 44 Homestead Lane, Brookfield, Conn. 06804. After July 27, send them to Wayne at 39 Tulip Tree Circle in Bkfd.

Rides Information: The rides for the first weekend of each month are listed on the SCBC voice mail system. Call 254-8787.

BICYCLE STORE DISCOUNT PROGRAM

The SCBC Bicycle Store Discount Program offers local retailers exposure to more than 700 avid cyclists, while affording club members the potential for significant savings. The following stores participate in the discount program. Discounts are generally 10 percent off non-sale parts and accessories. Some stores offer special pricing on bicycles and repairs. Contact stores for specific details; exceptions and additions are noted below.

A current SCBC newsletter with a mailing label will be accepted as proof of membership. If your favorite bicycle store is not listed, have them join up by calling Tom Ebersold at 335-9864.

Action Sports, 324 W. Main St., Branford.

Bethel Cycle, 120 Greenwood Ave., Bethel.

Bicycle Route, 108 Broad St., Milford.

The Bike Stop, Jct. of Routes 59 and 25, Monroe.

Buzz's Cycle Shop, Post Road (across from Caldors), Old Greenwich: 10 percent off non-sale bikes.

Cycle Dynamics, 971 Post Rd. East., Westport.

Cycle 7 Sports and Fitness, 11 Danbury Rd. (Rt. 7), across from Gateway Shopping Center.

D'Aniello's Amity Bicycles, 14 Selden St., Woodbridge.

Dave's Cycle and Fitness, 78 Valley Rd., Cos Cob: 5 percent off non-sale or sale bicycles.

Different Spokes, 197 Westport Ave., Norwalk: Some discounts on bicycles.

Don's Cycle Shop, 1964 Post Rd., Fairfield: Special pricing on bicycles.

Energy Sports, 1-800-245-9099. 10 % disc. off energy backpacker, a backpack for bicycle commuters.

Greenwich Bicycles, 40 W. Putnam Ave., Greenwich.

Jules Bicycle Shoppe of Darien, 876 Post Rd. Darien.

Pedal & Pump, 51 Tokeneke Rd., Darien.

Port Chester Cycles, Inc., 146 West Main, Port Chester.

Ridgefield Cycle Centre, 56 Danbury Rd., Ridgefield.

Ski Market, 490 Westport Ave., Norwalk.

Stamford Cycle Centre, 1492 High Ridge Rd., Stamford.

Stratford Cyclery, 3571 Main St., Stratford: 5 percent off bicycle purchase price.

Westport Bicycles, 1252 Post Road East, Westport.

Ride information!

Sound Cyclists lists the ride schedule for the first weekend of every month on its voice mail system.

Clip this notice and **post** it on your refrigerator.

If your newsletter does not come by the Friday before the first weekend, you can call 254-8787 to find out the ride schedule for that weekend. We are volunteers and problems do arise that can cause the newsletter to be late.

This is your insurance that you won't miss out on a great weekend of rides.

Call 254-8787

24 hours per day, 7 days per week.

— Save this number! —

Beware of front-mounted bike racks

By JEFF MUNK

It was a day I'd just soon forget, but we should all remember that with a bit of perseverance, one can overcome insurmountable odds, even in the face of adversity.

It was a Saturday and I was on my way to Fairfield to lead my scheduled ride when, somewhere between here and there, between being the operative word here, my bike had found itself between the front bumper of my car and the bumper of another. Crunch! Rather than mounting the bikes on my roof rack, I chose to put them up on my front mounted rack. Bad mistake.

The damage assessment was as follows: The crankset was badly bent inward which in turn pushed and bent the chainring. The front fork had also sustained some damage and the front wheel was pushed out of round. My son's bike, which was just behind mine, sustained damage to the rear derailleur and the freewheel.

My mind started to race. I've got people queuing up for my ride and I only had 15 minutes to solve this problem. I jumped into the car and drove to a nearby bike shop where I pleaded for a quick fix that I knew was not to be.

The seriousness of the problem came to full-blown reality when I suddenly remembered that the ride event of this morning was just the prerequisite to the 100 kilometer ride for Multiple Sclerosis the following day. Panic ensued. After a quiet moment in order to collect my thoughts, I knew now it was time to fight back because this was one of those dreaded "Murphy's Law" days where if anything could go wrong, it would.

My first objective was to solve the immediate problem of my ride by explaining to my riders what was happening. Fortunately, the weather was not conducive for attracting high ridership that day.

I waited past the start time before calling off the ride, but not before spending the time to adjust some of my rider's bikes. I sent two rides on their way with cue sheets so that if they wanted to ride the route on their own they could do so. To those people, I sincerely apologize and you can attend that ride on July 19.

After leaving Fairfield, I knew that I only had three options—rent, borrow or buy. I did take my bike to a few other shops, but given the age of the bike versus the cost of repair and the short time limit I had (T-minus 18 hours and counting) there was no guarantee I would have a bike for the MS ride. I headed north from Bridgeport through Trumbull and on to Monroe, from there to Bethel and then on to Danbury. From Danbury, I headed east and south to Orange and then on to Milford. Then it was off to Stratford and on to Westport and Norwalk—T-minus 14 hours and counting.

If you've never planned to buy a bike because you have a bike and then suddenly you find yourself forced into having to find something in a hurry, two things can happen. You could either end up spending a considerable chunk of change or end up with a bike you really don't like. So after six continuous hours of searching no less than 10 area bike shops, I found a bike, not my bike, just a bike. The real work was now about to begin and so was "Murphy's Law".

If you've ridden a lot you know as well as I do that it takes time to get a bike to custom fit to you and the way you ride and I was at T-minus 11 hours and counting.

First I stripped my old bike of the components I would be using on the new bike. I started with the bars. I unwrapped the bar wraps and released the brake levers. I removed the new bar and replaced it with my Scott drop-ins. I was now at T-minus 9 hours when Murphy decided to take one last swipe at me. For some reason the drop-ins would not hold tight in the stem, even when I used a shim which should have held it secure.

I removed the Allen bolt and replaced it with a standard hex bolt in order to get better torque for tightening. The bolt snapped! Panic

ensued! Fortunately, I was able to loosen the broken end and get it out. I tried again. This time the bars were holding pretty well but one last turn proved to be a big mistake. Snap! This time the end was not going to come out and the bars fell loose. I was dead. I had a brand new bike with no handlebars.

T-minus 8.5 hours and to hell with Murphy and his @#!&#! law. I grabbed my electric drill, loaded that baby up, positioned at just the right point on the headset and pulled the trigger and drilled through that sucker. Now I was back in business. I used a regular bolt and nut to clamp the stem shut around the bars and they held. Once the bars were secured my aeros were bolted down.

The seat height had to be played with for awhile as well as its forward to rear and tilt position until I was somewhat comfortable with the final placement. T-minus 7.5 hours and I still had to place the brake levers in just the right position on the bars before the wraps could be put on. I readjusted the cables and brakes once the wrapping was completed.

The cyclocomputer, although not a priority, was positioned and reprogrammed for the slight difference in the wheel size. Cages for water bottles were put into place and a test spin in pitch darkness of night was needed for any final adjustments. T-minus 6 hours, 12:30 am Sunday morning and it was time to hit the hay.

The MS ride has come and gone and 62 miles later I can now honestly say that I did it on what I can now call my bike. The 24 miserable hours are now a fading memory I'd just as soon forget.

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Events of Note

Important note: The following listings are provided as a courtesy to members of Sound Cyclists Bicycle Club. These rides are not necessarily endorsed by the club, nor should the club be held liable for anyone's participation in these events.

Housatonic Canoe Trip

Club members interested in taking a day off from cycling may want to participate in a canoe trip down the Housatonic River on July 18. The cost is \$16 and the event is limited to the first 20 people. Bring a picnic lunch or a Hibachi grill. Possible trip to Tanglewood for an evening of classical music afterwards. RSVP by Monday, July 13 by calling John Zap at (212) 736-5138 or Michelle Prill at (203) 853-9012.

Shenandoah Valley Bicycle Festival

The Shenandoah Valley Bicycle Festival will take place the weekend of July 24 to 26, and July 31 to Aug. 2 in Harrisonburg, Va. Routes are from 5 to 100 miles and are moderately hilly. The \$60 fee includes map, sag, route markings, snacks, two dinners, professional speakers, and swimming. Advanced registration is required. Contact the Shenandoah Valley Bicycle Club, Marcia Lamphier, P.O. Box 1014, Harrisonburg, Va. 22801 (703) 289-6712.

Goodspeed's Guest House



60 Mountain St., Camden, Maine
(207) 236-8077

Enjoy miles of cycling along the scenic Maine coast.

Stay at our 1879 farmhouse with eight restored guest rooms. Antique clocks and furnishings throughout.

Enjoy continental breakfast on the sunny deck.

Quiet location, spacious grounds, just five blocks from the harbor.

Nancy and Tom Albertson, Innkeepers.

Tour De Coffee Shop

The South Shore Bicycle Club in Massachusetts is sponsoring the Tour de Coffee Shop with flat/rolling routes of 30 and 65 miles. It will start at 9 a.m. Sunday, July 26 in Wompatuck State Park, Mass. The cost is free! For more info, contact Steve Long, 15 Blueberry Lane, Scituate, Mass. 02066. (617) 545-7746.

Princeton Bicycling Event

The Princeton Bicycling Event will take place Saturday, Aug. 1 in Lawrence Township, N.Y. The event starts at 7 a.m. at Rider College. Routes are 15, 25, 35, 50, 60, 75 and 100 miles and are flat to moderately hilly. The \$9 cost includes sag, route markings, and snacks. Free T-shirts for all applications received before July 21. Helmets required. Contact the Princeton Freewheelers c/o George Veghte, P.O. Box 49, Dayton, N.J. 08810 (908) 329-6145.

Bridgeton Zoo Ride

The South Jersey Wheelmen are sponsoring the Bridgeton Zoo Ride on Saturday, Aug. 8. Ride starts at 8 a.m. at Schalick High School. Routes are flat and are 25, 50 and 100 miles. Cost is \$10 until July 31 and then \$12. Fee covers patch, sag, route markings, lunch, and cue sheet. No rain date. Contact the South Jersey Wheelmen c/o Gordon Mann, P.O. Box 2705, S. Vineland, N.J. 08360-2705. (609) 863-6693.

Covered Bridge Metric Century

The Covered Bridge Metric Century will take place Sunday, Aug. 16 in Lancaster, Pa. The price is \$10 and includes map, cue sheet, patch, sag, and lunch. Routes are 15, 31 and 62 miles and travel through Amish country and across several covered bridges. Contact the Lancaster Bicycle Club c/o Tom Heisey, P.O. Box 535 Lancaster, Pa. 17603-0535 (717) 656-8744.

Cross Sound Bike Trek

The American Lung Association's 12th Annual Cross Sound Bike Trek, 125 miles, fully-supported. Connecticut, Rhode Island and Block Island. For bikers of all ability levels and veteran trekkers. Call Diane Goode at 1-800-992-2263.

Tony Fenton Bicycle Tour

The Fifth Annual Tony Fenton Bicycle Tour for cystic fibrosis will take place Sunday, Oct. 4, 1992, starting from Sherwood Island State Park. Routes are 1, 7, 15, 38 and 65 miles long. Advance registration is \$30 and the cost is \$40 after Sept. 22. Corporate, club and community teams are encouraged. Registration using Visa and Mastercard can be done by calling the Cystic Fibrosis Foundation at 953-0048. For more info, write the foundation at 630 Oakwood Ave., Suite 317, West Hartford, Conn. 06110-1536.

Member Marketplace

WANTED: 22-inch Raleigh professional or competition G.S. complete bike or frame. Must be in mint condition. Call John evenings at 322-5688.

WANTED: Infant/baby bike helmet. Bike trailer, kiddie kart or bugger, tandem that will fit 24-inch/21-inch. Call Fred at 221-1334.

HELMET POLICY

Club policy is that *all participants in a club ride must wear a helmet throughout the ride*. The helmet must be **ANSI** or **SNELL** approved.

A rider without an ANSI or SNELL approved helmet will NOT be allowed to: (1) sign the waiver of liability sheet required of all ride participants, (2) receive a ride cue sheet, (3) receive a ride map, (4) receive "sweep" services and (5) receive "sag" services.

RIDE PACE RATINGS

A+: Expert/Racers 20+ MPH
A: Expert/Fast 16-19 MPH
B: Fast Intermed. 14-16 MPH
C: Intermediate 12-14 MPH
D: Slow Intermed. 10-12 MPH
E: Novice < 10 MPH

TERRAIN RATINGS

F=Flat
F/R=Flat/Rolling
R/H=Rolling/Hilly
H=Hilly
M=Mountainous

CPL = Commuter Parking Lot MB = Mountain Bike
10:00/10:15 = Riders meet at 10 a.m. and leave at 10:15 a.m.

All phone numbers are (203) area code, unless otherwise noted. All road rides include a lunch stop where lunch can be purchased, unless otherwise stated. Lunches must be brought on mountain bike rides, since there are no stores in the woods.

TO ALL BICYCLISTS:

On the basis of the advertised ride distance, pace and terrain rating, please select a ride within your abilities! Use common sense in trying a longer distance and/or a faster pace. Don't bite off more than you can chew. Pick only a ride that's right for you. Call the Ride Leader (RL) if in doubt or if you have questions.

For your first club ride, we recommend trying a D ride of approximately 20 miles. At worst, you may find it too slow, but being a little bored is a lot better than straining to keep with the group on a more difficult ride.

Riders should bring a working pump, tire irons, a spare tube(s), patch kit, water bottle(s), money and insurance card.

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Important Note: Unless otherwise stated, all road rides include a food stop where lunch can be purchased. Riders are perfectly welcome to bring their own food. If food cannot be purchased, then the listing will state: No lunch stop, or Bring snacks. Mountain bike rides generally require bringing your lunch, since there are no stores in the woods.

THURSDAY, JULY 2

• *Return of the Thursday Night Killer Hills*, A, B/C, H, 6:00/6:15. RLs Bruce and Kathy Miller, 544-8917. Meet at Exit 46 Merritt Pkwy. in the dirt lot behind Mobil on Congress St.. Your quads probably still ache from this training ride that makes every other SCBC ride look flat. The A ride is 23 miles while the B/C ride is 16 miles. We can't think of a better way to get that body into shape for Lycra spandex. EVERY THURSDAY until September.

FRIDAY, JULY 3

• *TGIF Unwinder*, D+ and above, 16/19 miles, F/R, 6/6:15 p.m. RL Jerry Weinstein 327-3530. Meet Darien RR station (west-bound side), Exit 11 I-95. Three paces of rides are offered—go as fast as you possibly can, a C paced ride and a D paced ride. Cyclists must maintain a minimum pace of 10 m.p.h. in order to safely finish the ride before dark. Join us for dinner after the ride. EVERY FRIDAY.

FRIDAY, JULY 3

• *Pre-Independence Day Ridgefield Run*, C, R/H, 32 miles, 8:30/8:45. RL Nancy Rosett 847-5541. Meet CPL Exit 38 Merritt Parkway. Scenic ride through New Canaan to Ridgefield. Return via Wilton. Some dirt roads.

SATURDAY, JULY 4

• *Fourth of July Firecracker 50*, C-, R/H, 10:15/10:30. RL Nelson Beers 929-0843. Meet CPL Exit 44/45 Merritt Pkwy. Join Nelson for his annual Independence Day ride to Bethel.
• *New Canaan/Darien Excursion*, D, F/R, 25 miles, 10:00/10:15. RL Dick Gross 964-8112. Meet CPL Exit 36 Merritt Pkwy. Ride through the reservoir district in Stamford, up to New Canaan and back through Darien.

SUNDAY, JULY 5

• *Shelton/Stratford Swing*, B, R/H, 41 miles, 9:15/9:30. RL Tom Ebersold 335-9864. Meet in the rear parking lot of the Trumbull Senior Center. Take the Merritt Pkwy. to Exit 51, head north one block, left onto Priscilla Place and left behind the building. Swing through the white hills of Shelton and down to the seawall in Lordship. Last leg of ride is mostly flat.
• *Newtown/Brookfield Wanderer*, C, 40 miles, 9:45/10:00. RL Wayne Young 740-0169. Meet Newtown Town Hall on Route 25 (200 yards north of flagpole in center of town, park in rear). Join Wayne as he leads this scenic ride through Newtown and up to Brookfield.
• *Saugatuck/Weston Twister*, D+, R/H, 38 miles, 10:00/10:15. RL Larry Szczepaniak 775-8655. Meet Exit 41 CPL Merritt Pkwy. Wind your way to the shores of Saugatuck and around the hills of Weston. Shorter options available.
• *Mystery Ride*, D, F/R, 25 miles, 10:15/10:30. RL Norm Gold 926-8583. Meet Merritt Pkwy CPL Exit 36. Meander through the tranquil roads of Rowayton, New Canaan and Darien.
• *Lordship Area*, E, F, 12 miles, 9:30. RL Clyde Gourley 929-4001. Meet at CPL near Exit 30 of I-95. Novice ride of 12 miles with option for second loop and lunch. Route is completely flat and offers scenic views of the Sound.

TUESDAY, JULY 7

- *Tuesday Night Pizza Rides*, A/B or B/C, 20 miles, 6:00/6:15. RLs Bruce and Kathy Miller 544-8917. Meet at Exit 44/45 Merritt Pkwy CPL (south on Route 58 right side). Traditional loop down to the shore in Fairfield and then up through the hills in Greenfield Hill. Naturally, riders eat pizza afterwards. EVERY TUESDAY until September.

SATURDAY, JULY 11

- *Trek to Cannondale*, B, R, 50 miles, 9:30/9:45. RL John Kocor, 322-5688. Meet behind fire house in Scott's Corner, N.Y. on Route 124. Ride to Cannondale H.Q. in Georgetown, then down thru Wilton, lunch in New Canaan, thru Darien and return.
- *Westport/Georgetown Expanded Loop*, C, R/H, 32 miles, 9:30/9:45. RL Barbara Tiffany 966-4856. Meet CPL Exit 41 Merritt Pkwy. Enjoy this expanded version of the Georgetown ride.
- *Hammonasset Ride*, C, R, 32 miles, 9:00/9:15. RL Donna Arbas 261-8656 (before 9:00 pm). Meet CPL I-95 Exit 58, Guilford. Bike along country roads, have lunch at this seaside park and return along shore. Rain cancels. Joint with Appalachian Mtn. Club.
- *Tour de Letterman*, D+, R/H, 27 miles, 9:15/9:30. RL Allan Bennett 972-1027. Meet Merritt Pkwy. Exit 38, south of Merritt. Enjoy this somewhat hilly ride through West Norwalk and New Canaan with a stop at David's house. Lunch can be purchased.
- *Westchester/Fairfield County Fling*, D, R/H, 32 miles 9:00/9:15. RL Maddy Preiss (914) 531-9485. Meet Merritt Pkwy Exit 27, left onto 120A, cross Parkway (Make left at sign for Merritt Pkwy. north, but don't get on parkway). Stay to right for Glenville Road. Go past firehouse at second light. Right on Pemberwick. Parking lot on right. Travel the roads where the wealthy roam.
- *Scenic Backroad Tour*, E, R/H, 18 miles 9:45/10:00. RL Jeff Munk 261-5545. Meet CPL intersection of Route 25 Expressway at end and Route 111 in Trumbull. This more challenging E ride goes at a slow enough pace to reap the rewards of the beauty if it has to offer as you tour Trumbull, Monroe and Easton. Bring snacks.
- *Trumbull Mountain Bike Loop*, MB, 9:45/10:00. RL Wayne Sakal 261-2000. Meet on Tait Road, North of Trumbull Center. (Take Rt. 25 north to Exit 9, left at stop sign, right at light in Trumbull Center, and second right onto Tait Road). Loop will include Twin Brooks, Beach Memorial, Pequonnock River Valley, Indian Ledge, Parlor Rock and Old Mine parks. Some on-road. Joint ride with AMC. Bring lunch.
- *Violins and Velocipedes*, self-paced, 34, 53 and 100 mile routes. RLs Carl Andersen 357-3344 or Nancy Rosett 847-5541. Join Carl and Nancy on the second annual ride to mix bicycling with classical music. Three routes will be offered: a 34-mile flat/rolling route, a 53-mile rolling/hilly route and a moderately hilly century. Pace will be self-determined, although the ride will likely break into B, C, and D groups. All rides will leave from Housatonic Valley Regional School, Warren Turnpike Road, just north of the Rt. 112 intersection with Rt. 7 near Lime Rock, about 90 minutes north of Danbury. The shorter routes will meet at 11 a.m. and leave at 11:15 a.m. The century will meet at 8:15 a.m. and leave at 8:30 a.m. sharp! After the ride, drive up to Tanglewood in Massachusetts for a performance by the Boston Symphony Orchestra conducted by Seiji Ozawa. Programme will be Beethoven's Leonore Overture

No. 3; Mendelssohn's Piano Concerto No 1 with soloist André Watts, and Brahms Symphony No 4. If you wish to participate in the shared supper on the lawn at Tanglewood, bring enough food to feed six hungry bikers. Bring your choice of appetizer, entree, salad, fruit or dessert, plus your choice of libations. Also bring a ground cloth and a sweater. Optional: someone to snuggle with.

SUNDAY, JULY 12

- *Banksville, Bedford Ride*, B, R/H, 39 miles, 10:00/10:15. RL Jeff Ross 914 533-2711. Meet CPL Exit 35, Merritt Pkwy. Join this fast-paced ride through Banksville, Ward Pound Ridge Reservation to Bedford, NY and return. Lunch stop.
- *Rural Ramble*, C, R/H, 40 miles, 9:15/9:30. RL Jerry Weinstein 327-3530. Meet CPL Exit 44/45 Merritt Pkwy. Join Jerry for this popular and scenic ride to Newtown and back. One killer hill.
- *Turf to Surf and Back*, D, 24 miles, 9:00/9:15. RL Alan Weaver 849-8933. Meet Merritt Pkwy. CPL Exit 42. Ride through the foothills in Weston and down to the shore in Southport. Please bring spare tubes!
- *Rowayton Romp*, E, F/R, 16 miles, 10:15/10:30. RL Nancy Rosett 847-5541. Meet Darien RR station (westbound side). Ride with Nancy on the Saturday morning version of the Friday night ride. Lunch stop in Rowayton.
- *Mohonk Preserve*, MB, 20 miles. RL Larry Szcapaniak 775-8655. Meet 8:00 am sharp Exit 1 of I-84 to pool cars. Lunch stop at Day Visitors Center.

SATURDAY, JULY 18

- *Bart's "Big Bad B" Bike Blowout*, B, R/H, 35 miles, 9:30/9:45. RL Bart Narter 853-2971. Meet CPL Exit 42 Merritt Pkwy. Enjoy the lakes, mountains (O.K., big hills) and seas with this trip through Westport, Weston and Easton. It's like three trips in one! No lunch stop.
- *Saugatuck Reservoir Ride*, C+, H, 26 miles, 10:15/10:30. RL Claire Falkner, 327-2592. Meet CPL Exit 42 Merritt Pkwy. Join Claire on this fast-paced, roller-coaster ride around the scenic Saugatuck Reservoir. Claire hates stopping to regroup, so if you are slow up the hills, you may not enjoy this ride.
- *Gillette Castle and 115th Annual Muster of the Ancient Fife and Drum Corps in Deep River*, C, H, 28 miles, 10:00. RL Clyde Gourley 929-4001. Meet CPL Exit 6 of Route 9 at Chester. Lunch at Gillette Castle (\$2.50 fee), option of attending the Muster.
- *Rural Ramble*, D+, R/H, 40 miles, 10:00/10:15. RL Jerry Hunt 348-1616. Meet Merritt CPL Exit 44/45. Once again, time for the D+ version of the Rural Ramble. Enjoy the challenging hills of Easton, Monroe and Newtown. One killer hill. No novice riders, please.
- *Almost Thirty Something*, D, F/R, 29 miles, 9:00/9:15. RL Mary Ellen Collier 348-9554. Meet CPL Exit 18 I-95. Ride along the beaches in Southport, Westport and Norwalk. Bring snacks.
- *The Orient Point Express*, D. RL Sheila Carmine 322-9534. Join Sheila for her annual ferry ride from New London to Orient Point and bike through beautiful eastern Long Island. Call Sheila for details as to meeting place, mileage and terrain.

Berkshires, Beethoven Beckon Bicyclists Bearing Burgers (?)



VIOLINS & VELOCIPEDES

SATURDAY, 11 JULY 1992



OPTION MILD: Flower-Sniffers, visit the Oldest covered bridge in Massachusetts on a leisurely 34-mile ride on flat terrain in the Berkshires.

OPTION MEDIUM: Club Riders, tour two covered bridges in southwest Massachusetts and northwest Connecticut on a moderately-challenging 53-mile ride.

OPTION MIGHTY: Ready-Fred Types, tackle a highly scenic century in the Berkshire hills, including a bike-by of the Lime Rock Speedway (8:30AM start).

→ Afterward, everyone's invited to stay for a shared supper on the lawn at Tanglewood and to hear the Boston Symphony Orchestra concert under the stars.

ROUTES are easy to follow on & off Route 7, on mostly low-trafficked roads. For some, there's a whizzing downhill to Cornwall Bridge to cross Connecticut's best-known covered bridge before returning to the start. Everyone will enjoy splendid views of the Berkshire hills pedaling through Canaan, Falls Village, and Cornwall Bridge, CT, and Sheffield & Ashley Falls, MA. Century riders go to Great Barrington, W. Stockbridge, Pittsfield, & S. Egremont, MA, and Lakeville, CT.

PACE: Self-determined, though expect persons traveling at a B rate (14-18 mph) - most going at a C pace (12-14 mph) - and the antique-shop crowd of D riders (10-12 mph or slower). Century riders must be self-sufficient since they'll ride with only a cue sheet and NO sag wagon, NO road arrows.

MEET at 11AM at Housatonic Valley Regional School, Warren Tpke Rd, located just north of the Route 112 intersection with Route 7 near Lime Rock. The ride is scheduled to start @ 11:15AM. It takes about 90 minutes to reach the school from Danbury. **CENTURIONS:** Be at the school @ 8:15AM; we'll get going @ 8:30AM.

RIDE LEADERS CARL ANDERSEN & NANCY ROSETT will be happy to answer questions. Call Carl @ (203) 357-3344 or (203) 782-9294; Nancy @ (203) 847-5541.

COMMUNAL MEAL on the lawn at Tanglewood at about 8:15PM is planned for those so inclined. It will be elegant: Attenders, please dust off the family candelabra. Select some item of cuisine from the list below to bring. Plan so it'll feed gix persons who've just biked 35-50+ or even 100 miles! This event is a trust potluck. We trust that natural selection will provide a balanced menu. And if everyone brings dessert??? Welllll... is that so bad??

- APPETIZER (cheese & crackers or veggies & dip)
- ENTREE (e.g., chicken or cold casserole)
- SALAD

- FRUIT
- DESSERT

Also bring whatever you want to drink with the meal, perhaps wine with the main course, coffee or tea for dessert. And don't forget dinnerware: Plate, glass, cup, knife, fork, spoon, corkscrew, napkin, and whatever.

MUSIC UNDER THE STARS by the Boston Symphony Orchestra conducted by Seiji Ozawa (concert begins 8:30PM, ends by 10:30PM). Lawn admission: \$9.50/person.

Programme

BEETHOVEN	Leonore Overture #3	
MENDELSSOHN	Piano Concerto #1	Andre Watts, soloist
BRAHMS	Symphony #4	

CAMPING OPTION available to avoid a late-night long drive back to Connecticut. Reserve @ Housatonic Meadows State Park. The campground opens at 10AM, and there were sites available on the ride date of last year's *Bicycles & Bassoons*. The site is about an hour drive from Tanglewood. Contact Carl Andersen for early registration information and a camping permit application.

WORDS TO THE WISE: Plan to finish riding by 4:30PM to allow time to get to Tanglewood by 6:00PM. You can shower at Housatonic Meadows (make like a camper).

Bring a flashlight, consider a lawn chair if you prefer to sit while listening to classical music, and maybe something to cover your two-wheeler.

The Berkshires can be cool at night. Bring a sweater or a sleeping bag to ward off the chill (the latter's a nice place to snuggle with someone, too!) & a ground cloth.

THE MORE, THE MERRIER . . . If you decide at the last minute to come, that's okay. No advance plan is needed to ride or to go to Tanglewood. It's okay to bring your own picnic or to buy a ticket in advance to sit in the Music Shed. To be part of the shared supper, pick a meal item, bring enough to feed six, and just show up.

Maybe a better name for the event would be **VIOLINS & VELOCIPEDES & VITTLES**. In 1991, picnickers feasted on *hors d'oeuvres varies*, quiche, *Salade Nicoise*, champagne, and some crunchy dessert cookies to kill for!

The century, new in 1992, follows the route of the other rides for 20 miles, then heads north through Great Barrington, following Rte 41 north thru W. Stockbridge to Pittsfield, passing by Hancock Shaker Village. The return on local roads includes a 5-mile downhill speed stretch back to W. Stockbridge. Watch that peloton fly! The trip continues on backroads thru Alford on the return to Great Barrington, then west, again on Rte 41, thru S. Egremont and Salisbury, CT, on the way to Lakeville. We turn by Hotchkiss School (wave to the future Yalies) for a fast trip on Rte 112 past the Lime Rock Race Track to the finish.

Please note the starting time for the century: 8:30am sharp. There'll be no official sag wagon, though expect accompanying riders to be supportive if you break down.

The shorter rides are a treat. The 35-mile route allows its takers to see the mountains and not have to bike over them. Going 53 miles gives the cyclist a good workout and adds the joy of a whizzing downhill into Cornwall Bridge. Test your brakes before starting down that hill!

The concert is conducted by the Boston Symphony's longtime Music Director, Seiji Ozawa, and features Andre Watts as soloist for Mendelssohn's first piano concerto. The program opens with one of four overtures Beethoven wrote for *Fidelio*, #3 of the Leonore series. After intermission, hear the elegiac *Symphony* #4 by Johannes Brahms.

The ride leaders for V&V are Carl Andersen, founder of Sound Cyclists and its first President, and Nancy Rosett, who succeeded Carl as President and has held just about every office in the Club since. Carl will meet and lead the 100-mile riders. Nancy is facilitator/shepherd/caretaker for the rides that start at 11:30am.

SUNDAY, JULY 19

- *Reservoir Ride*, C, R/H, 25 miles, 9:45/10:00.
RL Dick Gross 964-8112. Meet CPL Exit 36 Merritt Pkwy. For those desiring a shorter "C" paced ride, join Dick on this tour of the scenic reservoirs area in Stamford and into New York State.
- *Bethel and Back*, C-, R, 50 miles, 9:45/10:00.
RL Nelson Beers 929-0843. Meet CPL Exit 44/45 Merritt Pkwy. Travel with Nelson up to Bethel and return. Ride will be shortened slightly if it is very hot.
- *Mark's Mild Mannered Meander*, D, F/R, 19 miles, 11:00/11:15.
RL Mark Sochard 374-3287. Meet CPL Exit 44/45 Merritt Pkwy. Wander along the beaches in Westport and Southport. Food stop in Southport Harbor.
- *The Fairfielder Redux*, D/E, F/R, two 11 mile loops, 10/10:15.
RL Jeff Munk, 261-5545. Meet at Fairfield Town Hall, Corner of Old Post Road and Beach Road for this rescheduled ride as promised by Jeff (look for related article). Good ride for the reluctant novice with a slight pick-up in pace on the second loop. Special lunch after ride.
- *Minnewaska State Park*, New Paltz NY, MB. Meet 8:00 sharp at CPL at exit 1 of I-84 to pool cars. RL Steve Price 261-4675.

SATURDAY, JULY 25

- *Putnam Park Express*, B, R/H, 42 miles, 9:00/9:15.
RL Doug Engel. 849-8972. Meet CPL Exit 42, Merritt Pkwy. Join Doug on this scenic and fast-paced ride taken from the Club ride files. It travels up to Putnam Park in Redding. Bring lunch.
- *Titicus Reservoir Ride*, C, R/H, 23 miles, 8:30/8:45.
RL Nancy Rosett 847-5541. Meet Copps Hill Plaza (Caldor, off Rt. 35 in Ridgefield). Scenic ride around the Titicus Reservoir in Westchester County. Call if you need directions. Bring snacks.
- *The Backwoods to Shoreline Spin*, D, R, 34 miles, 9:45/10:00.
RL Jeff Munk 261-5545. Meet CPL Exit 42 Merritt Pkwy. Tree covered roads that criss-cross trickling brooks and streams and find their way down to the lapping waves on the shore of the Sound, highlight this popular route that passes through four picturesque towns (formerly called *The Fairly Flat Long Ride*).

SUNDAY, JULY 26

- *Annual Summer Picnic*, Lusk Corporation house, 47 Brushy Ridge Rd. in New Canaan. Call Brian Gossler at 333-0193 by Wednesday, July 22 to make your reservation for the picnic (not necessary if you are only attending the rides). The B, C+, C-, and D rides leave from in front of the Lusk house. They include food stops, but be sure to leave room for the food at the picnic! B ride, 45 miles, 9:30/9:45. RL Bruce Miller 544-8917.
C+ ride, 37 miles, 9:45/10:00. RL Jeff Ross (914) 533-2711.
C- ride, 30 miles, 10:00/10:15. RL Nelson Beers 929-0843.
D ride, 30 miles, 10:15/10:30. RLs Leslie Chapman 853-8245 and Hope Mandel 847-4917
The E ride leaves from Exit 38 Merritt Pkwy. CPL on the south side: It's 15 miles, rolling, 10:00/10:15. RL Terry Wong 353-1573.
- *Mt. Riga and Bash Bish Falls*, Salisbury, 38 miles, MB.
RL Beth Stafford 268-4584. Meet 9:30 at the fountain. 38 miles touching Mass. and NY states. Bring lunch and shoes suitable for hiking the short distance up Bear Mountain.

SATURDAY, AUGUST 1

- *Winery Ride*, B, R/H, 50 miles, 11:15/11:30.
RL Jeff Ross 914 533-2711. Meet CPL Exit 38 Merritt Pkwy. Travel this fast-paced route to the winery in North Salem. Enjoy a tour of the winery and a wine tasting.

- *Great Circle Tour*, C, F/R/H, 28 miles, 9:00/9:15.
RL Tom Ebersold 335-9864. Meet Exit 44/45 Merritt Pkwy. CPL on the right-hand side heading south. Join Tom on the revised version of this popular ride through Fairfield and Westport.
- *Willing in Wilton*, D+, R/H, 27 miles, 8:00/8:15.
RL Hope Mandel 847-4917. Meet CPL Exit 38 Merritt Pkwy. Enjoy New Canaan, Norwalk, and Wilton early in the a.m. before it gets too hot to do the hills. A few big hills.
- *The August Arrival*, D, F/R, 39 miles (3 shortcuts available) 9:15/9:30. RL Norm Gold 926-8583. Meet CPL Exit 36 Merritt Pkwy. Cool yourself by the shores of Rowayton and in the shade of Silvermine.
- *Housatonic Railroad Mt. Bike Ride*, 25 miles, MB, 9:45/10:00
RL Wayne Sakal, 261-2000 Follow the Housatonic R.R. route from Trumbull to Newton and back. Travel through Pequonnock River Valley and Wolfe Park. Some on-road travel. Meet Tait Road, North of Trumbull Center. (Take Rt. 25 north to Exit 9, left at stop sign, right at light in Trumbull Center, and second right onto Tait Road). Lunch can be purchased.

SUNDAY, AUGUST 2

- *Nelson's Rough Riders*, C-, R/H, 50 miles, 9:15/9:30
RL Nelson Beers 929-0843. Meet CPL Exit 44/45 Merritt Pkwy. Longer, scenic ride through rural areas.
- *North Stamford Loop*, D+, R/H, 25 miles, 9:15/9:30.
RL Christa and Steve Panny 325-0391. Meet Merritt Pkwy. CPL Exit 36. A more challenging ride for D riders. A few "true hills" to be taken at a slow pace. Bring snacks—no food stop.
- *New South Greenwich/Mianus Ride*, E, F, 16 miles, 9:30/9:45.
RL Terry Wong 353-1573. Meet CPL I-95 Exit 3 (across from Island Beach Ferry). Explore the beautiful neighborhoods and shoreline of Greenwich on this revised route. Snacks can be purchased.
- *Hidden Valley*, Washington Depot, MB, 9:00.
RL Steve Price 261-4675. Meet at the Pantry Restaurant in Washington Depot. Bring lunch.

SATURDAY, AUGUST 8

- *West Redding Challenge*, C, R/H, 32 miles, 9:15/9:30.
RL Jerry Weinstein 327-3530. Meet Merritt Pkwy. Exit 41 CPL When this ride was put back in the schedule after being on the shelf for a number of years, there was an enthusiastic turnout. Plan not to miss it this time.
- *The Big Easy*, E, F/R, 15 miles 3:00/3:15.
RL Brian Gossler 333-0193. Meet Exit 42 CPL Merritt Pkwy. Scenic country roads on this afternoon ride, then a stop in the "city" for a frozen yogurt.

SUNDAY, AUGUST 9

- *Tour de Foodman III*, B, 40 miles, 9:00/9:15.
RL Warren and Melissa Shapiro 762-9910. Meet CPL Exit 42 Merritt Pkwy. The same great ride you've grown to hate over the years. It includes Warren's favorite—Kellogg Hill.
- *Hattertown/Hammertown Hoedown*, C, H, 43 miles, 9:30/9:45.
RL Tom Ebersold, 335-9864. Meet CPL Exit 50 Merritt Pkwy. Note: There is no Exit 50 from the south, so take Exit 51, left at the light, left to get back onto the Merritt Pkwy. and get off at Exit 50. Join Tom on this more challenging ride from Trumbull up to Newtown. Includes scenic views of Fairfield Hills.
- *Westport Wanderer*, D, R/H, 20 miles, 8:45/9:00.
RL Howard Silver 227-4929. Meet Exit 42 Merritt Pkwy. CPL. Rolling hills through Westport to Southport. Bring snacks.

Take back the roads—Join the League of American Wheelmen

I want to join the national organization of bicyclists. Please start my subscription to *Bicycle USA* magazine. Also, send my membership materials, including bike and window decals, membership card and a L.A.W. patch. I am a member of Sound Cyclists Bicycle Club.

NAME _____ STREET _____
CITY _____ STATE _____ ZIP _____

L.A.W. Membership Categories

- ☐ Individual: \$25 ☐ Family: \$30 ☐ Sustaining: \$50
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190 W. Ostend St. Suite 120
Baltimore, MD 21230
(410) 539-3399 (voice) (410) 539-3496 FAX

SOUND CYCLISTS BICYCLE CLUB – MEMBERSHIP APPLICATION/RELEASE FORM

WAIVER OF CLUB LIABILITY—In consideration of Sound Cyclists Bicycle Club Inc. accepting this membership application, I, for myself, my heirs, next of kin, executors, administrators and assigns, hereby release, absolve and forever discharge Sound Cyclists Bicycle Club, its officers, agents and any other associated persons, from and against any fault, blame, warranty, responsibility or liability from any injury, misadventure, harm, loss or damage I suffer or sustain or which occurs to my equipment as a result of participation in any ride, event or other activity of Sound Cyclists Bicycle Club.

NAME (Last/First/MI) _____ SIGNATURE _____

NAME (Last/First/MI) _____ SIGNATURE _____
(If a couple, both names please)

STREET ADDRESS _____

CITY/STATE/ZIP _____

TELEPHONE (H): (____) _____ (W): (____) _____

DATE _____ ☐ New ☐ Renewal ☐ Change of address

SCBC occasionally sells its mailing list to vendors. Check here if you do not want your name used: ☐

Where did you hear about Sound Cyclists? _____

Annual Dues are \$15 Per Mailing Address. Memberships run from May 1 to April 30. Anyone joining after Sept. 30, 1991 need not renew their membership until April, 1993. Mail this signed form with a \$15 check made payable to Sound Cyclists Bicycle Club, c/o, Claire Falkner, 39 Glenbrook Rd. No. 4Y, Stamford, Conn. 06902.

For a sample newsletter, including the ride schedule, call 975-9607 and leave your name and address.

Sound Cyclists Bicycle Club Ride Form

Day of Week _____ Date _____

Name of Ride _____

Pace: A B C D E Terrain: F F/R R R/H H Mtn. bike.

Distance _____ Meeting time _____ Starting time _____

Ride Leader (s) _____ Phone number (s) _____

Starting location _____

Directions/Description _____

Lunch Stop: None _____ Yes, but bring your own _____ Yes, it can be purchased _____

Release to the public: Ride info _____ Your name/number _____ Both _____ Neither _____

If you would like to lead an A, B, or C ride, send the above form by the 10th of the month for the next month's schedule to Jerry Weinstein, 51 Schuyler Ave., No. 3F, Stamford, Conn. 06902. For a D or E ride, send the form to Hope Mandel, 50 Aiken St., No. 382, Norwalk, Conn. 06851. For a mountain bike ride, send the form to Clyde Gourley at 36 Hickory Lane, Shelton, Conn. 06484.

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c/o Claire Falkner
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is July 10!**