



July 1, 2008

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\$35.00 per Year

Pot Luck Picnic July 6, RSVP by July 2-Bring Your Favorite Dish!

By Herb Wexler

Pot Luck Picnic July 6th! Join Herb Wexler for his 4th (and possibly last) Annual pot luck picnic at his home at 16 Oak Hill in Norwalk. The event is on Sunday July 6, and takes place following that day's Shippan Point or Bust (see rides schedule for more details).

Club members who do not do the ride are welcome to join the fun around 1 p.m. All guests are asked to bring a favorite dish or a \$5 contribution to the goodies. **Please RSVP to Herb by July 2nd at 854-9398 or herbwex@optonline.net.**

Directions to 16 Oak Hill Road: From South or West (NY): Take I-95 north to Exit 13. Right at end of ramp. Right at 2nd light onto Richards Ave (Staples is on the Left after you make the turn). At end turn Left onto Flax Hill Rd. Make sure you bear left at **fork**. Oak Hill is less than 1/2 mile on the left. The house is on the Right side and is set back from the road. From East (New Haven or Bridgeport) Take I-95 south to exit 14. Left at end of ramp onto Route 1. After about 3/4 mile you will see a Super Stop & Shop on the left and a Circuit City on the right. Turn Left at the light onto Rampart. Take your first Right onto Joe Mar Road. Joe Mar turns into Oak Hill Ave. The house is on the Left side and is set back from the road. From North (Danbury): Take Route 7 south to I-95 get off at exit 14 and follow the above directions from the East (New Haven)

RSVP for SCBC Picnic by July 31 and Pay only \$5!

By Kim Kuta
Program Director

Mark your calendars for the afternoon of: Sunday, August 3 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 **\$5.00 per person for those who RSVP by July 31**, \$10 after, payable at the event. Everyone must RSVP to attend. RSVP on the club's website under Special Events at www.soundcyclists.com/ReservationForm-WB.htm. See the August 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@gmail.com, 203 921 5374.

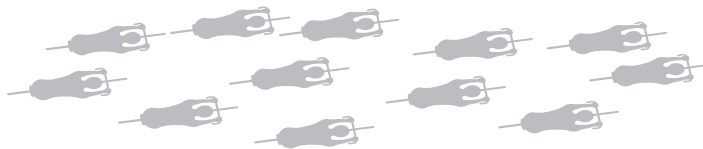


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Thank You All 2007 Ride Leaders

Albanese, Emil
Andrews, Leslie
Bailer, Rick
Baker, Bob
Balamaci, Glen
Beauchamp, John
Bebell, Gary
Beckmann, Cathy
Benedict, Barbara
Berescik, Drew
Binderberger, Sarah
Blaber, Bob
Boothroyd, Bob
Bridges, Sam
Brown, Lisa
Bruce, Ian
Carmine, Sheila
Carney, Bill
Ceruzzi, Mike
Chapman, Lucia
Covello, Mark
Deak, Chris
Dino, Alex
Doran, Charles
Dorso, Steve
Dugdale, John
Ebersold, Tom
Ercolani, John
Flandreau, Alan
Giddes, Gregg
Gillies, Mark
Gourley, Clyde
Gurvich, Pavel
Hanocka, Jacob
Hansen, Jan
Holden, Mike
Hunter, Doug
Iselin, Martin
Jenkins, Jeff
Kalter, Andy
Karbel, Justin
Keating, Bill
Kelly, Claudine
Kinn, Bobbie

Klimek, Chris
Larson, David
Lazar, Joan
Liontonia, Rich
Mail, Jack
Miyoshi, Shin
Munk, Jeff
Ogren, Larry
Onofrio, John
Paul, Ed
Perelstein, Jon
Preu, Geoff
Reiter, Diane
Riccobono, Ricci
Rosaforte, Don
Rosett, Nancy
Rosoff, David
Schlesinger, Gene
Schlesinger, Jean
Schwartz, Will
Seif, Marty
Sohikian, Donna
Sohikian, John
St. John, Sheri
Stillman, Don
Suhr, Ruth
Suppa, Phyllis
Suppa, Tony
Swallen, Jon
Tamborino, Mike
Thoden, Robert
Villa, Dan
Voytek, Brian
Watt, John
Watt, Penny
Wegener, Steve
Weinstein, Jerry
Weiss, Howard
West, Lisa
Wexler, Herb
Wheeler, Berk
Wolfe, Steve
Zackin, Paul
Ziebell, Greg

Transportation Legislation Good News for Cyclists

Ray Rauth
SCBC Community Relations Representative

Jodi Rell, Governor of Connecticut, recently signed into law a transportation act with two sections of interest to cyclists.

One section revisits the vehicle passing law. The new revision stipulates that a "safe-distance" (for passing) means not less than three feet when the driver of a vehicle overtakes and passes a person riding a bicycle."

The other section states that the "Commissioner of Transportation shall, within available appropriations and in consultation with groups advocating on behalf of bicyclists, develop and implement a state-wide 'Share the Road' public awareness campaign to educate the public concerning the rights and responsibilities of both motorists and bicyclists as they jointly use the highways of the state."

This law is good news for cyclists.

A third provision, which failed to pass the scrutiny of the Appropriations Committee, mandated that the DOT design pedestrian and bicycle access for major new road projects.

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

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.

Advertising Rates

Print Advertising contact: kkelski@aol.com

Eighth Page	\$20.00
Quarter Page	\$40.00
Half Page	\$75.00
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 additional costs.

Cape Cod Trip 2008: Sold Out

By Greg Garland, Organizer

The Secret is definitely out; the Cape Cod Trip 2008 sold out with nearly four months to go. The Wait List is growing, so send me an email (Greg. Garland@Penable.net) if you want on it. Specifics are;

Arrive: Thursday (09/11/07)

Depart: Monday (09/15/07)

Price: \$175.00 per Attendee

Included: Lodging and many meals

Per 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."

Our budget for extras is well above 2007's. So, in addition to last year's fun (including Larry's brilliant, blueberry pancakes) we have new things planned for this year. Additional suggestions are welcome at the above email address. Though we have a standing "What happens on the Cape stays on the Cape" policy, you can read all the news that's fit to print in the October 2008 SCBC Newsletter.

Enjoy a great, safe riding season.

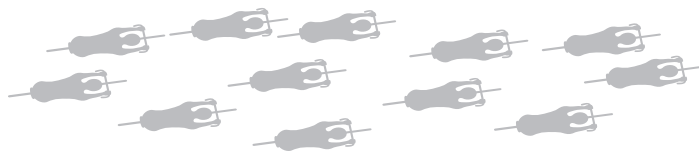
Greg Garland

SCBC Membership Chair

SCBC Bike Jersey Update

The Club has received additional jerseys, which sold out last year. We again have XL and XXL in the men's club jersey. And S, M & L in women's sleeveless jerseys. See the cyclewear page to order. <http://www.soundcyclists.com/Cyclewear.htm>

We have one men's sleeveless medium. It is NOT listed. Contact dons351@optonline.net, if you are interested.



Edward D. Paul, D.D.S., M.S.
PROSTHODONTICS AND RESTORATIVE DENTISTRY

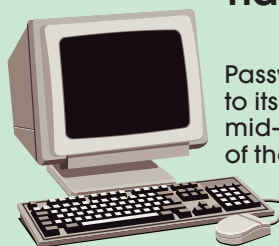


*"Treating a peloton of satisfied Sound Cyclists
for over 17 years"*

10 Mott Avenue
Norwalk, Connecticut 06850
(203) 838-3938

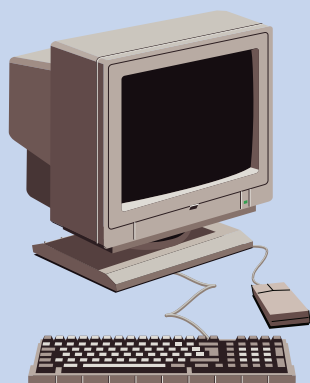
Evening and Saturday hours by appointment

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



@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/ChatPortal.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

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.

Note:

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

Off-Road Rides

Terrain

- 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.

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 daytime 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 Riders: if weather is questionable, please call the ride leader or check @Chat to confirm that the ride will be on.

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 Monday Evening

The Monday Night Ride, C+, F/R, EAP 14.5-16.0 mph, 23 miles, 6:00/6:15 p.m.

RL: Jacob Hanocka (C+), 505-3665 or jacob_hanocka@hotmail.com. Meet Merritt Pkwy. Exit 38 CPL. Flat to rolling with a few hills. Join us for pizza at Uncle Joe's Restaurant after the ride. SR

Every Tuesday Evening

Tuesday Night Spin, B-, R/H, 24 miles, EAP 16.5-18.0 mph, 6:00/6:15 p.m.

RL: Ed Paul, 984-4219 or psquared1@prodigy.net. Meet at Westport RR station parking lot, adjacent to Luciano Park, off I-95 Exit 17. For July 8 meet on New Haven bound side, just off Rt 136 (Usual parking lot next to Luciano Park is closed today). Ride goes to Wilton, with most of the climbing in the ride's first half, and then we fly! RL gives out a route map with plenty of bail-outs to shorten the ride. SR

Glenville/Armonk/Glenville (GAG), B, H, 25 miles, EAP 17.5-19.0 mph, 6:00/6:15 p.m.

RL: Will Schwartz, 912-7539 or wjsaia@optonline.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 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 **New for 08** we will add a second route later in the season and alternate with the GAG route, you thought the GAG has hills, "Graveyard Shift" has all the good ones we miss, including John Street and for namesake Burying Hill. SR

Every Wednesday Morning

Weekday Wonder, C & D, R/H, 20/30 miles, 10:15/10:30

RL: Don Stillman, 550-3850, or dons351@optonline.net. Meet at Darien Town Hall/Board of Ed parking lot, Exit 11, I-95, South on Route 1 (Post Road), 0.25 to right turn on Renshaw, then right turn into parking lot. Scenic route through Darien travels along Long Island Sound then turns north heading to New Canaan for lunch. 20 mile route is the arrowed Wednesday 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

Wednesday Night Ride, All Levels, Self-paced, F/R, 20 miles, 6:00/6:15 p.m.

RL: Drew Berescik, 572-2401 or drewster333@aol.com; Mike Tamborrino, 570-9207 or tambo40@hotmail.com

(Continued on page 6)

Meet at Hindley School in Darien. From I-95 Exit 10, go south on Noroton Avenue to end. Right on US Route 1 and then first left onto Nearwater Lane and the school parking lot. 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

Ridgefield Wednesday Ride, B/B-/C+, 22 miles, F/R, EAP 16.0-18.0 mph, 6:00/6:15 p.m.

RL: Rich Liontonia, 312-4596, or rlion2@hotmail.com Meet at CVS/Steve's Bagels Shopping center in Ridgefield Rt35/Main Street, center of town. Join us for this nice ride through Ridgefield, Wilton, New Canaan, into Vista NY and back to Ridgefield. The route has a little of everything but is still as flat as it gets for this area of Connecticut. This is a new route for the club; it takes us through the quiet back roads of Silver Spring to Rt 33 to Deforest into New Canaan then back on Rt 123 for a short distance and then side roads back to Ridgefield. Has a little of everything but is mostly flat to rolling hills except for one short climb. We are on the busier streets, Rt 33 and Rt 123, for a short time before we are back on side roads. No one will be dropped; we will regroup as necessary. When practical we will break up into two groups. Cue sheets will be available and also posted on the SCBC site. Rain cancels. SR

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 at Merritt Pkwy Exit 46 CPL. Extremely challenging ride through Fairfield and Easton as you climb and descend hills and end up with the 1k sprint at the end. Regrouping at the top of the hills. SR

Up and Down Greenwich, B-, R/H, 22 miles, EAP 16.5-17.5 mph, 5:45/6:00 p.m.

There is no formal Ride Leader, please contact one of the following ride coordinator for the ride information. Will Schwartz, 912-7539, or wjsaia@optonline.net, Gary Bebell, 858-4964 or GaryBebell@att.net, Rick Bailer 856-0273 or rbailer@siriuscom.com Meet at Dave's Cycle on Valley Road in Cos Cob. Please do not park in Dave's lot, park across the street at the deli or on the side street. 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+, F/R, 23 miles, EAP 14.5 - 15.0 mph, 6:00/6:15 p.m.

RL: Brian Voytek, 374-0921, or bmvoytek@yahoo.com Meet at Coleytown Middle School, 255 North Avenue, Westport. From Merritt Pkwy Exit 42, go north on Rte. 57. Turn right at first light onto Lyons Plain. Bear right in 150 yards onto Coleytown Road. Go 0.5 miles and turn right onto North Avenue. School is the first driveway on right. Scenic ride through Longshore, Compo Beach and Southport. Rain Cancels SR

Every Friday Evening

TGIF Unwinder, All Levels, Self-paced, F/R, 17/21 miles, 6:00/6:15 p.m. D/E riders arrive at 5:45/6:00 pm

RL: John Dugdale, 655-4277, or jdugdale@peoplepc.com Meet at the Darien RR station in the large parking lot on the New York-bound side. The start will be staggered with the C+ and B riders heading out at 6:10 pm 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 10.0 mph pace in order to finish by dark. No Food stop. NR

Every Saturday Morning

Back to Bethel, A, 40 miles, 8:45/9:00 a.m.

RL: Mark Covello, 852-9947, or markjcovello@yahoo.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

Saturday Morning Early Bird Special. B-/C+/C. R/H. 21 miles 7:15/7:30 a.m.

RL: Justin Karbel, 537-8787, or jkarbel@optonline.net. 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

FRIDAY JULY 4

Show N Go, B, R/H, 40 miles, EAP, 18.0 mph, 8:15/8:30

a.m. No designated ride leader or route. Meet at Merritt Pkwy. Exit 42 CPL in Westport. "Show N Go" means that direction and distance will be determined by the group or a take-charge individual. From Exit 42, there are plenty of familiar roads towards Fairfield, Easton and Monroe to create a 40 mile route. It's a holiday and many food stores will be closed. Bring enough liquids for a full 2+ hour ride. Expect to finish around 11:00, leaving the rest of the day for family activities.

Rural Ramble, B-, R/H, 40 miles, EAP 17.0 mph,

9:00/9:15 a.m. RL: John Onofrio, 520-8550 or john.onofrio@alliancebernstein.com Meet at Merritt Pkwy Exit 44 CPL. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. The first half of the course is predominately rolling terrain. The back half includes a pair of testy climbs (Brushy Hill and Sport Hill) with 5-7% grades and then a long flat run down Rte. 58 to return to the parking lot. Food stop may be closed so bring enough fluids and snacks. SR

Firecracker 50, C+, R/H, 50 miles, EAP 16.0 mph,

8:45/9:00 a.m. RL: Justin Karbel 537-8787 or jkarbel@optonline.net. Meet at Merritt Pkwy Exit 44 CPL. Join us for this annual Independence Day ride to Bethel. SR

Back to the Beach Boys, C, F/R, 39 miles, EAP 13.5

mph, 9:00/9:15 a.m. RL: Drew Berescik, 572-2401, or drewster333@aol.com Meet Marvin School East Norwalk Exit 16 I-95. A socially paced ride past eight beaches from Norwalk to Fairfield and back. SR

Friday Night Ride in Reverse, D, F/R, 20 miles, EAP 12.0 mph, 9:00/9:15 a.m.

RL: John Beauchamp, 219-4456 or john.beauchamp@ge.com. Meet at Darien RR CPL off I-95, Exit 11 in Darien. Holiday morning version of the traditional Friday night ride only in reverse. No Snack Stop. SR.

SATURDAY JULY 5

Holiday Jaunt, B, R, 46 miles, EAP 18.0 mph,

8:15/8:30 a.m. RL: Jon Swallen, 254-0164, or j1swallen@optonline.net Meet at Westport RR station in the large parking lot on the New Haven-bound side, just off Rt 136. (Our usual parking lot next to Luciano Park is closed today) From exit 17 on I-95, turn south onto Rt 136. Cross under the RR overpass and then make an immediate left. The first 20 parking spaces on the left is our gathering point. A

normal-paced ride over easy terrain through Norwalk, Darien, New Canaan and Wilton. Less than 2,200 feet of climbing which makes this one of the flattest routes for the distance you'll ever encounter. RL's emphasis today is on steady tempo rather than a frenetic pace and to prepare for tomorrow's climbing workout. Food Stop. SR

The Whippoorwill GAG, B-, R/H, 37 miles, EAP 17.5

mph, 8:45/9:00a.m. RL: Will Schwartz, 912-7539 or wjsaia@optonline.net Meet at parking lot behind Glenville firehouse in western Greenwich. Exit 27S from southbound Merritt Parkway, right off the ramp, right onto King Street (south), left at third light onto Glenville Street, right at next light, bear right through the next light past the firehouse, next right onto Pemberwick Road. Parking lot is on right, behind the firehouse. It's 1.1 miles from the Merritt exit. Also known as GAG+, This ride heads north into Armonk and adds a loop or two to the base GAG route with a food stop in Armonk for bagels after climbing and descending Whippoorwill. Has a nice finish down Round Hill and Pecksland. SR

Tricki Ricki Road Ride, C+, R/H, 40 miles, EAP 15.0-15.5

mph, 8:45/9:00 a.m. RL: Drew Berescik, 572-2401 or drewster333@aol.com Meet at Merritt Pkwy Exit 44 CPL. South to north, then north to south. While at the same time, east to west. After lunch, second verse, reverse the first. Only two significant hills. 2,477 feet of climbing gain. As a percentage of the linear ride distance (40 miles), that's 1.14% which is a below-average ratio for area rides. Food stop. SR

North County Trailway, C, F/R, 35 miles, EAP 14.0

mph, 10:00/10:15 a.m. RL Tom Ebersold, 874-7839 or bikehikekayak123@sbcglobal.net 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. Meet at West Orchard School, 25 Granite Rd., Chappaqua, NY. Take I-287 West to Exit 3 (Sprain Brook Pkwy.), which becomes the Taconic State Pkwy. Drive about 10 miles. Take the exit for Rt. 100/133 (Briarcliff Manor/ Millwood). Left at end of ramp. Right on Rt. 100/133. Next right on Rt. 133/Station Place by Mobil. Right Rt. 120/Rt. 133. Left on Granite Rd. to the school. Maps at www.westchestergov.com/Parks/brochures/Trailways/NorthCountyTrailway.htm and www.putnamcountyny.com/planning/files/Putnam%20Bike%20path%20brochure%20&%20map.pdf

Bloomin' Metric -- 'The Shortened Version,' C,

F/R, 36 miles, EAP 13.0 mph, 9:15/9:30 a.m. RL Susan and Barry Goldberg 914-997-7656 or susangoldberg@optonline.net Meet at the Marvin

School in East Norwalk. Take 1-95, Exit 16. Go south on East Avenue for about 0.5 miles. Jog left, then right at cemetery/ rotary onto Gregory Blvd. Follow for 0.5 miles to 2nd rotary and jog left, then right onto Calf Pasture Road. School entrance is 400 yards on the left. Ride through Saugatuck and Westport to the Easton Little League field. Only two hills of note: up Bronson Road around mile 13, and a short hill around mile 16. Bring snacks, although market open at mile 12. Rest stop at mile 20. SR

Fairfield Coastal Cruise, D, F/R, 23 miles, EAP 12.0 mph, 9:00/9:15 a.m. RL: At the time the newsletter went to print, a ride leader had not been identified. If this persists the ride will be a show and go. Please download the cue sheet from the club web site before setting out for the ride. Meet at Fairfield Town Hall, corner of Old Post Road and Beach Road. Fairfield off I-95 Exit 22. Almost totally flat tour of coastal Fairfield and Black Rock. Bail out option at 13 miles. Second loop has a brief snack stop at Captain's Cove. SR

SUNDAY JULY 6

Ridges to Bridges, B, H, 48 miles, EAP 17.5-18.0 mph, 8:15/8:30 a.m. RL: Dave Larson, 256-8967, or larsondc44@hotmail.com. Meet at Joel Barlow H.S. in Redding Ridge. From Merritt Pkwy Exit 44 go north on Rt. 58 for 8.5 miles. School driveway is on the right. A magnificently scenic slice of Newtown, Bridgewater, Roxbury and Southbury. State forests, high ridges, low bridges and lots of water views as compensation for the 4,040 feet of climbing gain (equal to 1.61% average grade). Food stop. SR

Stamford Reservoirs Tour, B-/C+ combo, R/H, 28/34 miles, EAP 16.5-17.0 mph (B-) 15.0-15.5 mph (C+), 8:45/9:00 a.m. RL: (B-) Geoff Preu, 216-1802 or gpreu2@optonline.net (C+) Lucia Chapman, 914-393-9216 or trigirl58@aol.com Meet at Talmadge Hill RR station parking lot off Merritt Pkwy Exit 36. Wonderful ride through Stamford's reservoirs into New Canaan and Scotts Corners. Optional 8 mile extension loop through Darien. Food stop at Scotts Corner's Market. SR

Extended Early Bird, C, EAP, F/R, 32 miles, 13.0 mph, 9:00/9:15 a.m. RL Ruth Suhr 852-0282 or birutabikes@yahoo.com Meet at Westport RR station in the large parking lot on the New Haven-bound side, just off Rt 136. (Our usual parking lot next to Luciano Park is closed today) From exit 17 on I-95, turn south onto Rt 136. Cross under the RR overpass and then make an immediate left. The first 20 parking spaces on the left is our gathering poin. Bring snacks.

Shippan Point or Bust, D+, F/R, 28 miles, EAP 13.0 mph, 10:00/10:15 a.m.

4th Annual Picnic Ride at Herb Wexler's. RL: Herb Wexler, 854-9398 or herbwex@optonline.net. Ride starts from Herb's house at 16 Oak Hill Avenue in Norwalk, CT and heads out to Shippan Point and back. With over 100 turns, this may be the club's most turn intensive ride. The picnic follows the ride at Herb's at approximately 12:30. Your can drop off your favorite dish before the ride or bring \$5. SR.

Harlem Valley Road Trail, D, F/R, 28 miles, EAP 12.0 mph, 10:00/10:15 a.m.

RL: Mike Ceruzzi, 261-5369 or mceruzzi@snet.net. Paved Rail-Trail. Meet at Wassaic Railroad Station in Amenia, NY. Free Parking on Weekends. Take I-84 west to Brewster, NY. Then take Route 22 north for 29.5 miles. RR station will be on the right. Bring Lunch. Lunch stop is at Rudd Pond State Park – possible swim stop if weather is warm. For New York City and Westchester members; take the Harlem Line train #9611 from Grand Central at 7:48. Note no public restrooms at RR station. SR

SATURDAY JULY 12

Gambol Greenwich, B, R/H, 52 miles, EAP 18.0-19.0 mph, 8:15/8:30 a.m. RL: Iain Bruce, 952-7750 or ibruce@ambac.com. Meet at Old Greenwich RR station, New York-bound side. From I-95 Exit 5, turn right onto US Route 1. Right at first light onto Sound Beach Avenue. RR station entrance is ¾ mile on left. An end-to-end tour of Greenwich. 3,620 feet of climbing as you work your way up and down the ridges, progressing from west to east. First seven miles of the course goes across lower Greenwich at a low-traffic time of day. The remainder of the ride stays well north of U.S. Route 1. One extended climbing section along Riversville Road. Short hills sprinkled throughout. Food stop. SR

The Carmel Ball, B-, H, 45 miles, EAP 17+ mph, 8:45/9:00 a.m. RL: Rich Liontonia , 312-4596 or rlion2@hotmail.com Meet at Ridgefield High School parking lot on Route 116. Time for some serious hill work. This is a scenic loop through upper Westchester, Putnam and Fairfield counties that goes past Lake Carmel and Ball Pond. Lots of smooth pavement and some challenging climbs, three of which exceed 5% grades. We'll ride these at a steady tempo as the emphasis today is on conditioning, not climbing speed or KOM points. Total elevation gain of 4,145 feet. Food Stop. SR

Bethel to Beaches, B-, R/H, 49 miles, EAP 17.5 mph, 8:15/8:30 a.m. RL: Iain Bruce, 952-7750 or IBruce@ambac.com Meet at Merritt Parkway exit 42 CPL. We go north to Bethel and back to the shore along familiar roads. More rollers than hills with the toughest climb being RT 58 at Steck's Hill (0.8 miles at 5.1% grade). Total elevation gain of 3,335 feet which is below average for rides of this length. Food Stop. SR

Round Hill Romp, C+, R/H, 45 miles, EAP 15.5-16.0 mph, 8:45/9:00 a.m.

RL: David Rosoff, 914-588-0432, or drosoff49@aol.com. Meet at Old Greenwich RR Station, New York-bound side. From I-95 Exit 5, turn right onto US Route 1. Right at first light onto Sound Beach Avenue. RR station entrance is ¾ mile on left. This ride heads up Round Hill Road on the way to Bedford. Two major climbs, each 1 mile long. 3,615 feet of climbing gain which is equivalent to 1.54% of the linear ride distance. Food stop. SR

Jan's Sunday Afternoon Spin, C+, R/H, 25 miles, EAP 15.0 mph, 3:00/3:15 p.m. RL: Jan Hansen, 662-9553 or c: 912-0100, famouslylily@aol.com and Bob Boothroyd 952-3414. Meet at Noroton Heights R.R. Sta. Southbound. Tour through Darien, beaches and New Canaan. This will be a coaching ride where focus will include cadence, pedaling technique, in/out of pedals, bike handling skills, climbing and maybe some drafting techniques if the group is able to cover basics well. After, gather at Jan's. Bring your favorite drink or appetizer. A chance to go over aspects of coaching as well as to socialize with old friends or perhaps meet some new ones SR

West Redding Challenge, C, R/H, 32 miles, EAP 13.0 mph, 9:00/9:15 a.m. RL: Steve Wolfe, 321-1042, or stevebikes100@yahoo.com Meet at Merritt Pkwy Exit 41 CPL. Scenic ride through Georgetown, Redding & Weston. Food stop at the Muffin Shop in Branchville. FR

Four Beaches, D/E, F/R, 20 miles, EAP D: 12.0 mph E:10.0 mph, 8:30/8:45 a.m. RL: Nancy Rosett and Bobbie Kinn, 846-4847 or n_rosett@yahoo.com. Meet at Noroton Heights RR CPL off I-95 Exit 10 in Darien. Noroton Heights RR CPL off I-95 Exit 10, New York bound side. This is as flat as a ride can be in Fairfield County. Scenic tour of the Cove, Darien and Rowayton with views of the sound throughout. Snack stop at Rowayton Market. FR

SATURDAY JULY 19

B.O.W. - Bethany, Orange, and Woodbridge, B, H, 47 miles, EAP 17.5-18.0 mph, 8:15/8:30 a.m. RL: Doug Hunter, 415-6263 or dahunter@snet.net. Meet at Wilbur Cross Pkwy Exit 58 CPL. From the off-ramp, you'll be

on Rt. 34 East. Go to the first traffic light and the CPL is on your right. 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 trees, 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. Food stop. SR

WWW Ride, B-, R/H 40 miles, EAP 17.5 mph, 9:15/9:30 a.m. RL: Will Schwartz, 912-7539 or wjsaia@optonline.net. Meet at Westport RR station parking lot, adjacent to Luciano Park, off of I-95 Exit 17. A flatland warm up along the shoreline and then we head inland for more varied terrain, passing through the Cranbury section of Norwalk, slices of Wilton and Weston, and a chunk of Fairfield. The uphill sections are concentrated in the middle third of the ride and most of these qualify as "rolling" rather than "hilly" given their shallow gradients. The diversity makes this a good training ride with something for everyone. No scheduled food stop so bring snacks. SR

Darien-Bedford Dash, C+, R/H, 46 miles, EAP 15.0-15.5 mph, 8:45/9:00 a.m. RL: Jack Mail, 856-4325, or mail1@optonline.net. Meet at Hindley School in Darien. From I-95 Exit 10, go south on Noroton Avenue to end. Right on US Route 1 and then first left onto Nearwater Lane and the school parking lot. This course follows the easiest terrain possible between Darien and Bedford and makes for a delightful spin. Just 2,800 feet of climbing gain, for an average gradient of 1.14%. Food stop. SR

Darien New Canaan Tour, C, R/H, 34 miles, EAP 13.0 mph, 9:00/9:15 a.m. RL: Ed Ryan, 246-0039, or edmund@optonline.net Meet at Hindley School in Darien. From I-95 Exit 10, go south on Noroton Avenue to end. Right on US Route 1 and then first left onto Nearwater Lane and the school parking lot. The route is rolling to moderately hilly with no difficult hills, but plenty of climbing. Food stop in Scotts Corners. SR

Stamford Reservoir Tour, D, R/H, 28 miles, EAP 12.0 mph, 9:15/9:30 a.m. RL: Don Stillman, 550-3850 or dons351@juno.com. Meet at Talmadge Hill RR CPL off Merritt Parkway Exit 36 in New Canaan. Cycle around the reservoirs of North Stamford and New Canaan. Snack stop in Scotts Corners. SR

Corners - Coached training session consisting of separate back-to-back sessions for D, C and B level riders. 9:30 a.m. - D, 10:00 a.m. - C, 10:30 a.m. - B. RL: Bob Boothroyd, USCF Licensed Coach, 952-3414 or hboothroyd@aol.com. Meets at Middlesex Middle School, Darien, on Hollow Tree Hill Road between West Avenue and Middlesex Road. Ride the Early

Bird and then come on down - just off of exit 10 on I-95. **Please arrive at least 15 minutes before your level.** Will involve cornering techniques and actual practice on a short closed circuit (no traffic) in the school bus parking lot at Middlesex Middle School in Darien. Individual cornering, group cornering and dealing with sand and other objects in corners will be covered. This is race training customized to recreational level, but this will be as fast, fun and physically demanding as you choose to make it. Hot shot B and A riders welcome - we'll use you for demos and you can sharpen your Crit skills! **RSVP**, especially B and A riders.

SUNDAY JULY 20

Beyond Bethel To Brookfield, A/B combo, R/H, 61 miles, EAP 20+ mph (A) and 18.0 mph (B), 8:15/8:30 a.m. RLs: (A) Gregg Giddes, 913-3018, or gfgct@yahoo.com; and (B) Jon Swallen, 254-0164, or jswallen@optonline.net. Meet at Merritt Pkwy Exit 41 CPL. The first 20 and last 20 miles of this route duplicate the familiar "Back to Bethel" ride. But it's the 21 miles in the middle - a loop from Bethel to Brookfield and back - which define this course. The "A" ride will be conducted at a swift, steady race pace with limited regrouping and stops. The "B" ride will be a more traditional affair - a few mph slower, a few more regroupings and a few more minutes spent at the rest stops. Both groups are following the same cue sheet. It's a paceline-friendly course with multi-mile stretches along Routes 53, 302 and 58. Just 4,200 feet of elevation gain. Food stop(s).

Madhattertown, B-, R/H, 60 miles, EAP 17.5 mph, 8:00/8:15 a.m. RL: Angela Fogel, 310-720-9998 or angelafofel@yahoo.com. Meet at Westport RR station parking lot, adjacent to Luciano Park, off of I-95 Exit 17. This new route will have a lot of familiar roads traveling north up to Dodgingtown then back down to Westport. Lots of long stretches without turns which will lend itself to group riding with regrouping after the longer segments and hills. Food stop. SR

Rural Ramble, C+, R/H, 40 miles, EAP 15.5 mph, 9:00/9:15 a.m. RL: Dave Weinberg, 803-0353 or dbw-ct@worldnet.att.net. Meet at Merritt Pkwy Exit 44 CPL. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. The first half of the course is predominately rolling terrain. The back half includes a pair of testy climbs (Brushy Hill and Sport Hill) with 5-7% grades and then a long flat run down Rt. 58 to return to the parking lot. Food stop. SR

Westport/Georgetown Extended Loop, C, R/H, 32 miles, EAP 13.0 mph, 8:45/9:00 a.m. RL: John Watt, 273-

9770, or john_watt_2001@yahoo.com. Meet at Merritt Pkwy Exit 41 CPL. 5 minute stop only in Georgetown. SR

South Greenwich Mianus Ride, D, F/R, 19 miles, EAP 12.0 mph, 10:30/10:45 a.m. RL: Chris Deak, 873-9394 or yonosabe@aol.com. Meet at the Horseneck Lane RR CPL off I-95 Exit 3 in Greenwich. Enjoy this ride through the various sections of Greenwich. Snack stop on Arcadia Road. SR

SATURDAY JULY 26

President's New Member Ride, B-/C+/C/D/E, F/R, 22 miles, 10:00/10:15 a.m. RL: B- John Sohikian, 668-0194 or john.sohikian@omnicomgroup.com C+ Jacob Hanocka, 505-3665 or jacob_hanocka@hotmail.com, C Brian Voytek 374-0921 bmvoytek@yahoo.com, D John Beauchamp, 219-4456 or john.beauchamp@ge.com. Meet at Westport RR station parking lot adjacent to Luciano Park, I-95 Exit 17. Come join the President of SCBC and meet new members and some not-so-new members. The D/E route will be shorter and head towards Norwalk. Social hour with coffee and food on the club at Doc's coffee shop immediately after the ride. FR

Easy Rider - Coached ride for new riders. E, F, approx 10 miles, EAP 10.0 mph. 8:30/8:45 a.m. RL: Bob Boothroyd, USCF Licensed Coach, 952-3414 or rhboothroyd@aol.com. Meets at Luciano Park in Westport, off of I-95 exit 17. Join us for this short, highly instructional ride and then have coffee at Docs with the group before participating in the President's New Member Ride at 10 AM (also leaving from Luciano Park). This ride will cover basics of bike fit, rider positioning, safety, starting/stopping, group riding, and pedaling techniques. FR

SUNDAY JULY 27

Guilford 59er, B/B- combo, R, 59 miles, EAP 18.5-19.0 mph (B) and 17.0 mph (B-), 8:15/8:30 a.m. RLs: (B) Lee Stump, 214-6603 (cell) lee.stump@earthlink.net; and (B-) Jon Swallen, 254-0164 or jswallen@optonline.net. Meet at I-95 Exit 59 CPL in Guilford, about 45 miles from Westport. A scenic route through some of the best cycling sections in Branford, Guilford and Madison. Tidal marshland, a wildlife preserve, and the intriguingly named Roast Meat Hill. The uphill in this area tend to be shorter and have shallower grades than the typical Fairfield-Westchester B/B- route. The ratio of climbing gain (3,770 feet) to linear distance (59 miles) is a below-average 1.21% and this should help raise the average speed a bit. The EAP figures take this into account. One food stop at mile 30. SR

Run to Ridgefield, C+, R/H, 38 miles, EAP 15.0-15.5mph, 8:45/9:00 a.m. RL: Ed Jonker, 561-8427 or jonker.ct@gmail.com Meet at the Darien RR Station in the large parking lot on the New York-bound side. Join us on the gradual climb to Ridgefield and coast down the hills on the return. Food stop in Ridgefield. FR

Seaside Park Ride, C, F/R, 35 miles, EAP 14.0 mph, 10:00/10:15 a.m. RL Tom Ebersold, 874-7839 or bikehik ekayak123@sbcglobal.net Meet at Merritt Pkwy. Exit 44 CPL Moderate to easy terrain as you ride along the beaches of Fairfield and Bridgeport, including a tour through Seaside Park.

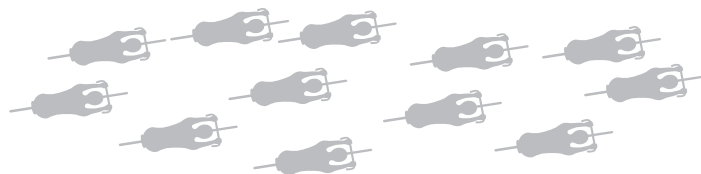
Wednesday Weekday Wanderer, D, F/R, 20/30 miles, EAP 12.0 mph, 9:00/9:15 a.m. RL: Cathy Beckmann, 662-0540 or cbeckmann@mindspring.com Meet at Darien Town Hall / Board of Ed parking lot off I-95, Exit 11. Go south on Rt. 1 (Post Road) for 0.25 mile, turn right onto Renshaw, then turn right into the parking lot. Scenic route through Darien travels along Long Island Sound before turning north towards New Canaan. 20 mile route is the arrowed Wednesday night route. Snack Stop. SR

UPCOMING RIDES - SAVE THE DATE

SUNDAY SEPTEMBER 14

Coastal Century, B/B- combo, R, 100 miles, 8:15/8:30 a.m.

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 reputation continues to grow. It's the 6th annual "Coastal Century", an out-of-area century ride designed exclusively for SCBC. The distinctive, original course maximizes the scenery and minimizes the climbing (just 6,100 feet of elevation gain and only two big hills, both in the first 45 miles) as it winds clockwise through rural farmland, state forests and then the coastline communities from Old Saybrook to Guilford. Full details will appear in the September newsletter. For now, save the date!



Special Ride - Saturday, August 9, 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

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 ☐ XXL

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)

Womens Sleeveless Race Jersey

Quantity: _____

Sizes: ☐ S ☐ M ☐ L

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

Unlined Wind Vest

Quantity: _____

Cut: Unisex Sizes: ☐ S

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

Eurotherm Vest

Quantity: _____

Cut: Unisex Sizes: ☐ S ☐ M ☐ L

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



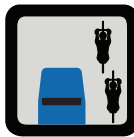
Since cyclists have the same rights and obligations when traveling the roadways, so too are they subject to fines for disobeying **the law**. Traffic summonses may be issued to cyclists for running stop signs and red lights or riding on the wrong side of the road.

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.



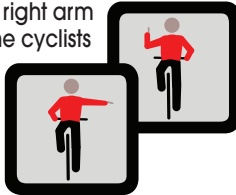
All cyclists **must stop** at all marked intersections. At **all** intersections, with or without stop signs, cyclists should yell **car left** or **car right** to other cyclists if cars are approaching from either of those directions.

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

BICYCLE CLUB

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

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*If you are interested in any open position, please feel free to contact us.

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/BecomeMemberPortal.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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