

SOUND CYCLISTS

B · I · C · Y · C · L · E · C · L · U · B · N · E · W · S

June, 1995

\$15.00 Per Year

Bicycle Touring

HINTS FOR SUCCESS

JOHN DUGDALE

As the summer riding season approaches, many of our members have expressed an interest in bicycle touring. The following is a list of tips for *BICYCLING MAGAZINE* that members may find useful.

Planning. To receive free maps for a tour, as well as excellent brochures on accommodations, attractions, climate and history, contact the tourism office of the state you'll be visiting and the chambers of commerce in the towns you'll be riding through. American Youth Hostel (AYH) is a national non-profit organization that provides its members with inexpensive accommodations (often \$4 to \$12 per night). At last count, there were 275 AYH facilities in 42 states. For information, contact: AYH National Office, Box 37613, Washington, D.C. 20013-7613.

What to Pack. Always carry a rivet extractor for repairing the chain. It is almost impossible to improvise when you don't have one, and it's small, light and inexpensive. You don't need a complete wardrobe, even on an extended tour. Make the most of what you're wearing when you start, and carry a change of underwear, socks and a shirt. Choose clothes that you can wash and dry quickly.

How to Pack. For optimum bike handling with loads of 20 pounds or more, put approximately 60 percent of the cargo in the rear panniers, 35 percent in the front panniers, and 5 percent in a handlebar bag. Put heavy items in the bottom of panniers, and balance the load from side to side to ensure stable ride at all speeds. Never start a tour with full bags. If you've squeezed all your gear into the panniers and strained the zipper shut, what happens the first time you stop to buy something. Although panniers are made of waterproof material, don't take chances. Put everything you pack into sturdy plastic bags with tight closures.

Bike Handling. The trick to mounting, dismounting, and walking a loaded touring bike is to keep it vertical so its weight stays centered over the wheels. Otherwise, it'll take lots of strength to keep it from tumbling over.

Pacing. Pacing may be the most important key to successful touring. Depending on mileage and terrain, divide the overall trip and each particular day into segments. Balance the long rides with the short, the hills with the flats. Pacing is also riding style. Maintain good form and choose gears that permit a cadence of 75-90 revolutions per minute no matter what the terrain. Spinning a lower gear conserves energy and prevents muscle and joint injury when riding day after day.

Training. Weekly training for touring should consist of 2 or 3 long rides for endurance, and 1 or 2 short, high-intensity workout for strength and skill. One weekend day should be reserved for an extra long ride. Ride a fully loaded bike on 1 long training ride each week.

The Sound Cyclists Bicycle Club
now has a telephone
'Ride Line' up and running.

Anyone looking for a ride to go
on can call 203-761-1111 (Wilton)
for a menu-driven voice response
listing of up-coming rides and events.

The line is hosted and sponsored by
Peter Lerman of Field Technology,
a computer shop on Rte 7 in Wilton.
It is updated, weekly, mid-week and
the voice you hear is that of your host.

The service is new and in its
formative stage. Please give it a try
and if you have any suggestions
please give Peter a call at his shop:
761-9363 (days).

The number for all other purposes such
as membership info remains
203-331-0121.

761-1111 Ride Line

Executive Board Notes at a Glance

Plans are being finalized for the Bloomin' Metric May 21st. As of May 11th we have 800 preregistered riders. Routes will be marked the week of May 15th, food is being purchased and volunteer assignments are being finalized.

A discussion was held concerning the ongoing problem of ride busting on "C" level rides. "C" ride leaders must maintain an average speed of 12-14 MPH. This situation will be monitored on an ongoing basis by the rides committee.

A new member welcoming packet is being developed.

Club picnics are being planned for June 25th and July 23rd. A picnic for Bloomin' Metric volunteers is being planned for July 9th.

The next Board meeting is scheduled for Monday June 12th from 7-9:00pm at the Westport Library. All are welcome.

General Meeting will start again in September.

Welcome New Members

Welcome to SCBC!

*If you have any questions,
concerns or would like to volunteer,
you may contact anyone listed.
We look forward to meeting you
in the coming year*

Myra Adler, Trumbull
Dorothy Bagon, Hastings on Hudson, NY
Livia Barder & David Delzell, Stamford
Bill Borofsky, Easton
Moirra Ann Buckley, Trumbull
Joe & Becky Carey, Old Greenwich
Alan Carpenter, Norwalk
John Cocca Jr, Trumbull
Candace Crouch, Darien
Jeffrey Davis, Hartsdale, NY
Julie DiRaimondo, Larchmont, NY
Brian & Jeeran Fengel, Stamford
Esteban Fernandez, Greenwich
S. Leigh Ferst, New York, NY
Elaine Friel, Old Greenwich
Tereuce Frimmet, Norwalk
Julie Fruend, Stratford
Haden Gerrish, Greenwich
Arnold Greenhut, Westport
Art Groschel, Norwalk
Harry Hartley, East Norwalk
Tina Hatch & Mitch Brodsky, Rowayton
David Kenigsberg, Fairfield
Michael Lashendock, Darien
Linda Lederman, Stamford
Jennifer Lindsay, Darien
Jacqui Lunchick & Stephen Rice, New Haven
Drew Mayer, Stamford
Mark Ortmann & Jenifer Willems, Stamford
Suzana Pillar, Stamford
Barbara Quincy, Wilton
Marquerite & Paul Rossi, New York, NY
Coleen Sabella, Stamford
Jill Schwabl, Stamford
Sharon Scott, Stamford
Lewis Shapiro, Briarcliff Manor, NY
Barbara Sheiffer, Stamford
Janice Sterling, Weston
Michael Svirsky, Scarsdale, NY
Lois Taylor, Old Greenwich
Sharyn Taymor, Norwalk
George Toper, Greenwich
Donald Tragianese, Stratford
Richard Tymon, New Haven
Kathy Vellekamp, Harrison, NY
Martin Viall, Mt. Kisco, NY
Dawn Villa, Norwalk
Stephen & Alison Visokay, Bridgeport
Laura Weiner, Shelton
Wendy & Jim White, Stamford
Donna Wuchiski, Norwalk
Kathryn Yarrington & William Horn, Fairfield
William Zieman & Elizabeth Stewart, New Canaan

SOUND CYCLISTS

B-I-C-Y-C-L-E • C-L-U-B • N-E-W-S

This is the official publication of Sound Cyclists Bicycle Club, published eleven times a year. If you wish to volunteer your time to help with a project organized by the club, you can contact any of the people listed below for more information:

Officers

President	John Dugdale	655-4277
First Vice President	Tom Ebersold	396-0166
Second Vice President	Ed O'Neill	334-2763
Treasurer	Larry Stevens	775-8655
Secretary	Kathleen Kellett	372-9948

Committee Chairpersons

Rides Committee	Nancy Rosett	847-5541
A Rides		656-2747
B,C Rides	Tom Syrtad	353-8516
D,E Rides	I. Rogers/L. Reichbach	322-7711
Mountain	Clyde Gourley	929-4001
Meetings	Vivian Werner	363-0709
Membership	Jeff Davis	331-0121
Bloomin' Metric	Kathleen Kellett	372-9948
Incentives	Wayne Young	740-0169
Picnics	Brian Gossler	380-2646
Safety	Clyde Gourley	929-4001
Club Weekends	Kathy & Bruce Miller	544-8917
Publicity	Open	

SCNews Editorial Board

Editor	Diane Montana	348-1363
Printer	Bader Printing	333-3343

Membership/Newsletter Info

Membership: Contact Jeff Davis at 331-0121 or send him a signed copy of the membership application at the back of the newsletter with a \$15.00 check made payable to Sound Cyclists Bicycle Club to the address indicated on the form.

Change of Address: Send a signed copy of the membership application form, checking the change of address box and mail it to the address indicated on the form.

Article Submission Guidelines: The deadline for article submission is the 10th of the month preceding the following issue. For best consideration, send articles as early as possible. It would be greatly appreciated if you submit articles on 3.5 inch floppy disk in some standard word processing program like Microsoft Word or Word Perfect. Either Macintosh or IBM PC formats are accepted. Send articles to: Diane Montana, 251 Seaside Avenue, Stamford Connecticut 06902. Opinions expressed in articles are those of the authors and do not necessarily reflect the official position of the Sound Cyclists Bicycle Club executive board.

Display Advertising: Advertising should preferably be bicycling-related. Advertising rates are stated in the box below. Send ads and check by the 10th of the month to Diane Montana at the address above.

Classified Advertising: Bicycling-related classified ads are free to the membership. Send ads to Diane Montana at the address above.

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

Sound Cyclists Advertising Rates

Eighth Page	\$20.00
Quarter Page	\$40.00
Half Page	\$75.00

Rates Are Per Issue

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

Cycling and Other Events

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

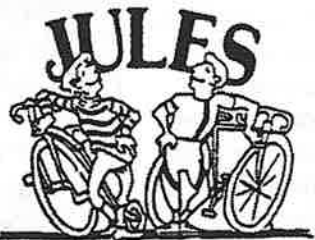
Calendar of Events

- June 16-19** GEAR Amherst, MA
contact LAB at 1-800-288-BIKE.
Join 15,000 fellow enthusiasts for a 4 day
celebration of bicycling in and around
Amherst, MA
- July 15-16** Southern Connecticut Bicycle Club/
AMC Weekend at Tanglewood
call Shelia Carmine for details 322-9534.
- July 19** Bloomin' Metric Volunteer Party
- July 22** Bike Shelter Island and Hamptons
contact Sheila Carmine
- July 23** Picnic in Ridgefield
- July 23** Summer Get Together
Gary and Marcia Jones.
Contact Brian Gossler 380-2646.
You MUST RSVP with Brian in order to attend.
- Aug 19** Hubs, Hayden and Hors D'oeuvres
Meet at Housatonic Regional Valley School for
bicycle ride and then carpool to Tanglewood.
Contact Tom Ebersold/Clyde Gourley for details.
- Sept 22-24** Cape Cod Weekend. Falmouth, MA
contact Larry Stevens at 775-8655.

Would anyone like to organize a Block Island Trip?

Gayle L. Douyard
Mark R. Douyard

Since 1946



BICYCLE SHOPPE OF DARIEN, INC.

Goodwives Shopping Plaza
25-54 Old Kings Highway North • Darien, Connecticut
203-655-2300

SCBC Jerseys for sale
call *crazy* Ed O'Neill at 334-2763
only \$45.00 • while supplies last

Falmouth Weekend

LARRY STEVENS



Mark your calendars for the September 22nd weekend. SCBC has rented a house that sleeps 24 people, located five minutes from the Falmouth Heights Beach and Martha's Vineyard ferry. Several bike routes are available on Cape Cod, Martha's Vineyard and Chappy. A ferry to Nantucket can also be taken by the adventurous.

The house has full kitchen facilities for those that wish to cook. There are two gas grills in the spacious backyard, along with picnic tables. A garage is available to safely store your bikes.

One unique feature of the house is an outdoor shower.

The cost for the weekend is \$75 per person.

Community dinners can be arranged if the group desires. For less than \$10 per person, a grilled swordfish dinner can be prepared.

Since this is a home and not a traditional hotel, people need to bring their own sheets and towels. Pillows and blankets are provided.

Late September is an excellent time to visit the Cape. The summer crowds have left, but the weather is still mild.

If there are any questions, call Larry Stevens at 775-8655 or send an e-mail message at mpn49a@prodigy.com.

A \$25 deposit is required to reserve your spot. Send the deposit to: Larry Stevens, 19 Falmouth Court, Brookfield, CT 06804.

Looking for a great New England Getaway — join the American Lung Association at the sunrise Resort in Moodus on Friday, September 15th for the RIDE AND ROCK Classic Bike Trek. This three day ride through the Connecticut River Valley provides beautiful scenery, full road support, all meals and accommodations and rock 'n roll entertainment in the evenings! Call for information at 1-800-LUNG USA!

The Vacation on Wheels
RIDE&ROCK
 Classic Bike Trek '95

Beautiful bike ride through Connecticut River valleys, along the shoreline and into historic towns with resort accommodations, great food and rock'n roll entertainment! Plan now for September 15-17

One, two or three days — plus Flat Friday!

(203) 289-5401 or toll free in CT 800-992-2263

AMERICAN LUNG ASSOCIATION
 of Connecticut

Warwick Country Roads Bicycle Tour

"The Cadillac of Bicycle Tours" brought to you by the Orange County Bicycle Club Sunday, July 16, 1995.

Warwick Country Roads offers five different courses: 9, 25, 38, 52 and 64 miles through beautiful Vermont-like countryside. Ride through the flat onion fields of Pine Island, along cow-dotted rolling hills, up and down some challenging hills offering magnificent views of the valley and surrounding mountains. Water/snack stops every 10 miles, replete with home-baked goodies, lots of fresh

fruit (grapes, watermelon, plums, etc.. in addition to bananas and oranges), peanut butter and jelly on cinnamon raisin bread, bagels, Power Bars, even Godiva chocolates — expect to gain weight on this tour. Courses well-marked with road arrows; cue sheets/maps also available. Mechanic and sag support. Pre Registration fee (by July 7): \$17, thereafter, including day of event: \$20. Includes T-shirt (for first 500 registrants) and gourmet pasta lunch for all participant. Rides start (and Finish) at Warwick Town Park, Union Corners Road, Warwick, NY at 8 a.m. for 100K and 52 mile rides; 9a.m. for 25 and 38 mile routes; and 10:30 for 9 miles. For further information and directions call 914-968-2659.

Hat City Cycle Fest

The 3rd Annual Hat City CycleFest Bicycle Tour is on Sunday June 11, rain or shine. Routes: 10/25/50/80 and 105-mile rides across northern Fairfield, CT and surrounding areas. The 10- and 25-mile routes will be rolling terrain, the others will be hilly. Starting times: 105/80-mile: 7:00 to 8:30 AM 50/25-mile: 8:00 to 9:30 AM 10 mile: 9:00 to 11:30 AM. Plan to finish by 5 PM. Location: Rogers Park Middle School in Danbury. Cost: \$8 with preregistration by June 2. \$10 the day of the ride. Children 12 and under — \$5 the day of the ride. Provisions: Water bottles to first 100 preregistered entrants. Maps with cue sheets and well-marked routes patrolled by sag wagons. Plenty of food and water at rest stops. For further information: Call 203-790-9352

Gold Coast Tour

The 1995 Gold Coast Tour will be held Sunday July 16, 1995. The event will be bigger and better than ever! We will offer 100/65/54/40/25 mile routes starting 7-9 am at Hazeltine Corporation, Pulaski Road, Greenlawn, Long Island. Cycle through the scenic Gold Coast and enjoy up to eight of the most magnificent harbor views the north shore of Long Island has to offer. Lots to eat and drink, cue sheets, marked roads, technical support, free massage, raffles, give-aways and more! For registration send SASE to Huntington Bicycle Club, P.O. Box 322, Huntington Station, NY 11746 or call (516) 939-2984.

Summer Solstice Century

The only Connecticut Spring Century is on Saturday, June 10, with a choice of three rewarding rides (100 mi, 100k, 25mi) through south-central Connecticut at one of the prettiest times of the year. Your scenic tour takes in forested country roads and shoreline vistas. All rides start at Lyman Hall School in Wallingford. Registration starts at 6:30 am. All riders must finish by 6:00 pm. Registration fee includes maps, cue sheets, arrowed roads sag support, great fruit, tasty water and extraordinary PB&J sandwiches. For information write SCCC, PO Box 51, New Haven, CT 06501, or call (203) 272-4363.

Bike Mobile Inc.

**Spring Tune Up
Special \$35.00**

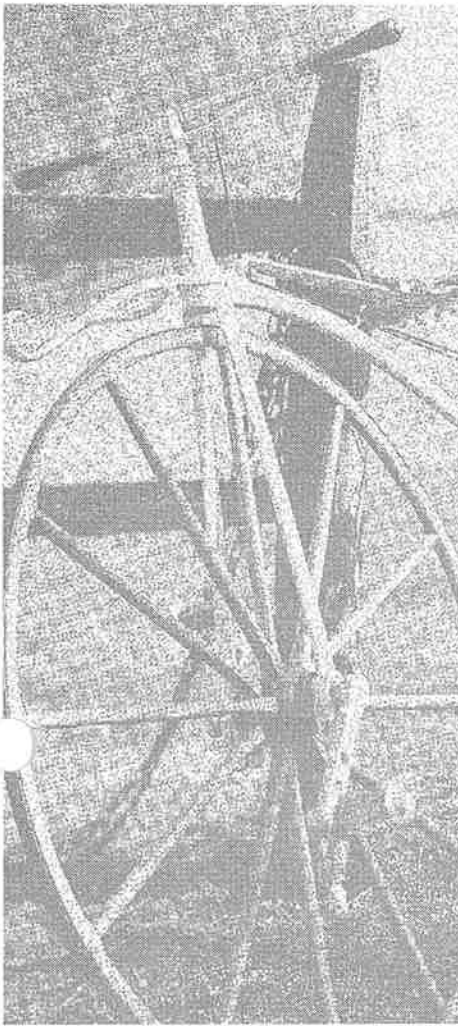
(parts not included)

**Pick up
and delivery
service
available at
additional
charge**



838-5540

The Geezer Says



The use of the word "CLEAR" by some of our well meaning bicyclists to those following, is meant to indicate that the road is "CLEAR" of automobiles. This gives the wrong message according the Effective Cycling page in "Bicycle USA", the magazine put out by our League of American Bicyclists.

First, saying "CLEAR" implies that the following bicyclists don't have to stop, and don't have to check the road for traffic. We are all supposed to obey all traffic laws as a legal road vehicle.

Second, the message may get beyond the bikers immediately behind the leader. It would ruin everyone's day if the third or fourth biker gets smacked by a car because of the license granted by the leader to ignore normal caution and legal traffic practice.

As long as I am in the roll of OLD SCOLD, I should report that the club's Executive Committee is once again in the froth worrying about our getting into trouble with the Fairfield and Easton police, as we did last year. It is illegal to ride more than double, and considering the heavy population and traffic in the some areas, it would be prudent to ride single file. We also need to be more careful about bunching at intersections.

Sincerely, *Clyde*

BUZZ BITS FOR BICYCLE BETTERMENT

Do your friends ask why there's a mouse caught in your chain? Have you noticed him squeaking in there yourself? Don't continue to torture the little guy! **LET HIM OUT!**

Lube the chain! It's easy! First take an old rag, and wipe off any excess grit and old oil. Next, make a mark on the chain with a crayon (yellow works well). Then take your drip-lube bottle (light weight cycle lube), and put a drop on each link, working around until you get back your crayon mark. Spin your cranks backwards a few rotations to work the oil in. Now take a clean rag, and wipe off the excess oil by running the chain backward through the rag.

No muss, no fuss, no squeaking critters! Do this every 200 miles, or so, or any time you're caught in the rain. You and your friends will ride much more pleasurable.

Factoid for people who love or hate hills...
The ridges in Wilton—Chestnut Hill, Bald Hill, Belden Hill
are the highest land (600 FT) within 10 miles
of the coast on the Eastern Seaboard.

The Rules

Road Rides: 1.) All participants in the club must wear a helmet throughout the duration of the ride. Any rider without an ANSI and/or SNELL approved helmet will NOT be permitted to ride. 2.) All traffic laws and regulations must be observed. This includes observing all stop signs and lights. All riders are expected to know how to properly make a left hand turn in heavy traffic. Ask your ride leader if you do not understand this maneuver. 3.) Bikers are expected to ride single file unless there is no traffic. Under no circumstances should riders ride more than two abreast. The call "CAR BACK" is a signal to all riders to immediately resume single file riding. **Off Road Rides:** 1.) When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. 2.) When encountering equestrians from the front, stop, get off the bike and move well off the trail until they pass. When approaching from the rear, ask permission to pass and ask for advice as to the best way to pass. 3.) Don't skid. Take turns and climb hills slowly enough to avoid trail marks. 4.) Be friendly to land managers, hikers and equestrians. 5.) Only ride on trails open to bikers. 6.) Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach. It is strongly recommended that all riders bring one or two water bottles filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will greatly aid in your riding performance.



Pace and Terrain

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



Fast ■ 16 MPH and Over

Riders are expected to be self-sufficient.



Fast/Intermediate ■ 14-16 MPH

A Sweep may or may not be appointed.



Intermediate ■ 12-14 MPH

A Sweep is usually appointed.



Slow/Intermediate ■ 10-12 MPH

A Sweep is always appointed.



Slow ■ Less than 10 MPH

Ride is usually paced to slowest rider. Frequent regrouping, short distances and relatively flat terrain. A Sweep is available.



Flat



Flat and Rolling



Rolling



Rolling and Hilly



Hilly

CPL = Commuter Parking Lot

FR = Frequent Regrouping

MB = Mountain Bike

NR = No Regrouping

OR = Occasional Regrouping

■ 10:00/10:15 = Ride meets at 10:00 am and leaves at 10:15 am

■ All telephone numbers are 203 area code unless noted otherwise.

■ All road rides include a lunch stop where lunch can be purchased unless otherwise stated. Lunches must be brought on mountain bike rides.

Ride Tips

Select a ride that is within your ability based on the ride distance, pace, frequency of regrouping and terrain rating. Call the Ride Leader (RL) with any questions or concerns. Generally, a "D" or "E" ride is recommended for new members in order to introduce them to the ride classifications and to get acquainted with other riders in a more leisurely trip situation. Riders should carry a pump, tire irons, spare tube, patch kit, water bottle(s), money and insurance card with them on each ride.

If the weather seems questionable – call the Ride Leader.

Ride Hotline

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

Call 254-8787

**24 hours a day/7 days a week
Save This Number**

The Rides

WEDNESDAY, MAY 31

Jerry's Wednesday Night Spin, D+, R, 20 miles, 6:15/6:30.

RL Jerry Hunt 348-1616. Meet at Hindley Elementary School parking lot on the corner of Nearwater Lane and Post Road in Noroton. No regrouping, self paced, no sweep, cue sheets will be provided. Bike through coastal Darien and scenic New Canaan.

JERRY IS PLANNING TO RUN THIS RIDE EVERY WEDNESDAY MAY 31 THROUGH LABOR DAY.

THURSDAY, JUNE 1

Return of the Killer Hills, B/C, b, 23 miles, 6:00/6:15.

Show and Go. Meet in the dirt lot next to the Mobil station at Exit 46 of the Merritt Parkway. Hilly and strenuous route. Cue sheets will be provided. No leader. EVERY THURSDAY IN JUNE.

FRIDAY, JUNE 2

TGIF Unwinder, B, C and D, F/R, 16/19 miles, 6:00/6:15.

RL Jeff Ross, Warren Shapiro, Tom Ebersold, 914-533-2711, 227-5057, 396-0166. Meet at the Darien RR Station (westbound side) Exit 11 of I-95. Traditional shoreline ride to Rowayton and back. Join us for dinner after the ride. EVERY FRIDAY UNTIL SEPTEMBER.

SATURDAY, JUNE 3

New Canaan-Bedford-Purdy's-Ridgefield-Wilton, B, R/H, 54 miles, 10:15/10:30.

RL Pete Williams 834-1423. Meet at Exit 38 CPL off Merritt Parkway. Lunch stop included. OR

Greenwich Backcountry Boogie, C, R/H, 30 miles, 3:00/3:15.

RL John Dugdale. Meet at Greenwich High School Parking Lot. Tour the mansions of Greenwich - extremely scenic, somewhat hilly. This is a non-competitive ride. Food can be purchased. OR

Cross The Sound Cyclist, C, R/H, 30 miles, 8:45.

RL Randy Brophy 975-6419. Meet at Port Jefferson Ferry Dock, Bridgeport, CT. I-95 to Exit 27, follow signs. Parking at nearby bank is free! Offbeat tour for those who want something a little different. We board the 9:00 a.m. ferry to Port Jefferson, LI where our ride spans the spectrum of beautiful scenery. See the dunes, beaches and wonderful homes of Bel Terre and Stony Brook and have a clam roll at a local outdoor hangout before heading back on the 3:00 p.m. boat. One unsavory hill! Bring approximately \$18 for ferry and \$ for food. Maps and cookies provided. OR

Hummdinger (Hilly Huntington Monroe Metric), D, F/R, 50 K (about 31 miles), 9:15/9:30.

RL Mike Ceruzzi 261-5369. Meet at the Trumbull Senior Center. Take Exit 51 off Merritt Parkway. Go north for 1/4 mile. Turn left onto Priscilla Place. Lunch can be purchased. FR

Hartford Parks Tour, D, F/R, 25 miles, 7:15/8:00

RL Clyde Gourley 929-4001. Meet at Bushnell Park at 7:15 a.m. to register and pay \$15 fee. Ride at 8:00 a.m. Optional tour of the Connecticut Historical Society's exhibit: "Col. Albert A. Pope and the Columbia Bicycle" is included in the fee.

SUNDAY, JUNE 4

Sunday In June, B/C, R/H, 35 miles, 9:30/9:45.

RL Tom Syrstad 353-8516. Meet at Exit 42 CPL off Merritt Parkway. Lunch stop included. OR

Social Scenic Survey of Sleepy Side Streets, D, R/H, 29 miles, 11:00/11:15.

RL Brian Gossler 380-2646. Meet at Exit 17 off I-95. Bike on 17 horse-shoe shaped streets you seldom ride. Food can be purchased. OR

"Mostly Downhill", E, F/R, 15 miles, 9:30/9:45.

RL Bobbie Kinn 847-5541. Meet at Norwalk Community Technical College on Richards Avenue, Exit 13 off I-95. Ride mostly downhill to Rowayton and Darien with a gentle climb back. Food stop. FR

TUESDAY, JUNE 6

Tuesday Night Spin, A/B/C, F/R, 14-24 miles, 6:00/6:15.

Ride coordinators: Jerry Cahill 268-9902 and Fred Mauer 372-9096. Meet at Exit 44/45 CPL off Merritt Parkway. Emphasis is on spinning and safe group riding. Riders will be organized into smaller groups according to riding pace. No sweep.

WEDNESDAY, JUNE 7

Jerry's Wednesday Night Spin (refer to May 31)

Commuter Special, D, R/H, 10-12 miles, 6:45/7:00.

RL Mary Karnis 847-7547. Meet at Silvermine Elementary School on Perry Avenue. A scenic ride through the Silvermine Area. FR

SATURDAY, JUNE 10

Bedford Bogie, B-, R/H, 10:00/10:15.

RL Jeff Ross, (914) 533-2711. Meet at Talmadge Hill Parking Lot off Exit 36 of the Merritt. OR

Into the Woods Warbler, C, R/H, 29 miles, 9:45/10:00.

RL Tom Ebersold, 396-0166. Meet at Merritt Parkway CPL at Exit 44/45. Scenic tour of Easton on lightly traveled roads...so you have to climb a few hills! OR

Pre-Repair Clinic Ride, D/E, F/R, 25/17 miles, 9:00/9:15

RLs Mark Sochard 371-2217, Clyde Gourley 929-4001. Meet at the Westport Library lower parking lot for a scenic ride in the Westport/Fairfield area. Both rides go the Southport. The D loop continues up the hills of Fairfield. The E loop returns to Westport. Time will be allocated for lunch in Westport prior to the program start at 1:30. FR

SUNDAY, JUNE 11

Rural Ramble, B, R/H, 10:30/10:45.

RL Claire Falkner, 698-2692. Meet at Merritt Parkway Exit 44/45 CPL. Enjoy the challenging hills of Easton, Monroe and Newtown at a faster pace. OR

Roller Coaster Additionalized, B, R/H, 40 miles, 9:45/10:00.

RL Brian Gossler, 380-2646. Meet at Merritt Parkway Exit 42 CPL. Bike on lightly traveled roads through Wilton and Westport. Great downhills. OR

Run to Ridgefield, C, R/H, 35 miles, 10:15/10:30.

RL John Dugdale, 655-4277. Meet at the Darien Railroad Station, Westbound Side. Scenic ride through New Canaan to Ridgefield. Downhill return via Wilton. OR

Almost 30 Something, D+, F/R, 28.4 miles, 10:00/10:15

RL Larry Stevens 775-8655. Meet at Exit 18 CPL off I-95. Ride along Long Island Sound into Westport, Fairfield and Norwalk. Food can be purchased at lunch stop. FR

Huntington State Park, MB, 10 miles, 9:30/9:45.

RL Steve Price 261-4675. Meet at Sunset Hill Entrance (Off Rt. 58).

TUESDAY, JUNE 13

Tuesday Night Spin (refer to June 6)

WEDNESDAY, JUNE 14

Jerry's Wednesday Night Spin (refer to May 31)

Sunday, June 25

PIZZA PICNIC PARTY

Paul & Lynn DuVivier have kindly opened their home for a Club picnic between the hours of 2:00/6:00 p.m. on Sunday, June 25. All Club members wishing to attend must R.S.V.P. to Brian at 380-2646.

All those wishing to make salads will be reimbursed.

After attending the morning rides drive to Exit 41 CPL off Merritt Parkway. **RIDE YOUR BIKE TO 43 HERMIT LANE.**

Directions: Right onto Wilton Road. Go under Merritt Parkway and take first right which is Red Coat Road. At first stop sign go straight onto Hermit Road. No. 43 is on the left. There will be a \$5 charge per person.

MARK YOUR CALENDAR!

SATURDAY, JUNE 17

Silvermine/Mamonasgo Tour, B, R/H, 40 miles, 9:45/10:00.

RL Enrique Garcia, 438-8691.

The details of this ride were not available at press time. Call Enrique for info.

MS Biketour '82, C, R/H, 50 miles, 9:30/9:45.

RL Tom Syrtad, 353-8516. Meet at I-95 Exit 18 CPL. OR

BIKE AND HIKE - WITH A LITTLE SPIKE!!!!, D, F/R with a few good hills, 26 miles, 10:00/10:15.

RL Denise Balassi 914-533-6438. Meet at the Pantry Restaurant in Washington Depot. Ride along beautiful Lake Waramaug stopping at the Hopkins Winery for a tour and tasting. Continue to Mt. Tom State Park for a short hike to the pinnacle (bring your sneaks and a bike lock) then stop at Mt. Tom Lake for lunch (BYO or buy at concession stand). Vistas galore! F/R

The Easton Easy, D, F/R, 25 miles, 9:15/9:30.

RL Mike Ceruzzi 261-5369. Meet at Exit 46 CPL off Merritt Parkway. Mostly easy terrain with one major hill. Lunch can be purchased. FR

SUNDAY, JUNE 18

Tricky Ricki Road, B, R/H, 40 miles, 9:45/10:00.

RL Biran Gossler, 380-2646. Meet at Merritt Parkway CPL Exit 44/45. South to North, then North to South while going East to West after lunch, second verse reverse the first. OR

The No Name Ride, C, R/H, 38 miles, 9:30/10:00.

RL Steve Wolfe, 595-0713. Meet at Talmadge Hill Parking Lot off Exit 36 of the Merritt. Fairly easy ride through backroads of Wilton with 2 hills in the first 15 miles. Food stop at Steve's bagels in Ridgefield. OR

Beach Ramble + New Member Orientation, D, F/R, 21 miles, 10:00/10:15.

RL Howard Weiss 846-8318. Meet at the Darien RR Station, Westbound side. A non-competitive scenic "D" ride open to all but especially for new and recent members. Beautiful scenery with water views and friendly people. New and recent members may come at 9:30 for orientation. Lunch stop during ride where food can be purchased. FR

Easy Rider, E, F/R, 17 miles, 10:00/10:15.

RL Jeff Munk 261-5545. Meet at Exit 18 CPL off I-95. This ride is exclusively for you riders who have not yet found that perfect opportunity to ride on a club ride. Although ride regulars are welcomed, they are to do so only with the sole intention of making you new riders feel welcome and comfortable. We will be riding at your pace and answering any questions you may have about the club. Snacks can be purchased along the route but we will be sitting down for lunch to talk about the great time you had. FR

TUESDAY, JUNE 20

Tuesday Night Spin (refer to June 6)

WEDNESDAY, JUNE 21

Jerry's Wednesday Night Spin (refer to May 31)

Commuter Special, D, R/H, 10-12 miles, 6:45/7:00.

RL Mary Karnis 847-7547. Meet at Silvermine Elementary School on Perry Avenue. A scenic ride through the Silvermine Area. FR

SATURDAY, JUNE 24

Purdys to Ridgefield Ride, B, R/H, 55 miles, 10:00/10:15.

RL Ralph Ireland, 866-4742. Meet at CPL Merritt Parkway Exit 38. Longer ride from New Canaan up to Ridgefield. OR

Lordship-Trumbull Loop, C, R/H, 30 miles, 9:30/9:45.

RL Greg Lethbridge, 877-8727. Meet at I-95 Exit 30. Join Greg on his Lordship to Trumbull loop. OR

Not Necessarily the Friday Night Ride, D/E, 16-22 miles, 10:00/10:15.

RL Nancy Rosett/Bobbie Kinn 847-5541. Meet at the Darien RR Station - Westbound side. Ride through Darien to Pear Tree Point and Rowayton with a snack stop in Rowayton where food can be purchased. 16 miles with 6 additional miles optional. Ride will have two groups - one at "D" pace and one at "E" pace. FR

Hidden Valley Preserve, MB, 16 miles, 10:00/10:15.

RL Clyde Gourley 929-4001. Meet at Pantry Restaurant in Washington Depot.

SUNDAY, JUNE 25

Westport-Georgetown-Bethel Loop, B/C, R/H, 40 miles, 9:45/10:00.

RL Gary Bebell, 544-8137; Tom Ebersold, 396-0166. Meet at CPL Merritt Parkway Exit 41. See what life over the horizon is like when you get past the Georgetown Saloon...Great downhill! OR

Take Me Home Country Roads, D, H, 30 miles, 9:30/9:45.

RL John Denver 261-5369. Meet at supermarket parking lot on the corner of Rte. 25 and Rte. 59 in Monroe. Lunch can be purchased. Very rural ride, no traffic. Ride should end in time to attend club picnic. FR

Sound Cyclist Classic Ride, D, R/H, 27 miles, 10:00/10:15.

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

Pequonnock Valley State Park, MB, 12 miles, 9:30/9:45.

RL Steve Price 261-4675. Meet at Park Street CPL at intersection of Daniels Farm Road and Rt. #25.

TUESDAY, JUNE 27

Tuesday Night Spin (refer to June 6)

WEDNESDAY, JUNE 28

Jerry's Wednesday Night Spin (refer to May 31)

SATURDAY, JULY 1

Millbrook Loop, B, R/H, 50 miles, 9:30/10:00.

RL Pete Snyder, 259-8287. Call Pete for directions to the starting point. Ride through rolling Putnam County horse and farm country over lightly traveled roads. Also passes a winery (Millbrook Vineyards) and three interesting lakes. OR

Westport to Putnam Park, C, R/H, 42 miles, 9:30/9:45.

RL David Rosenfeld, 847-5652. Meet at Merritt Parkway Exit 42 CPL. OR

Southport/Westport, D, R, 20 miles, 10:00/10:15.

RL Paul Kempner 325-4514. Meet at Exit 42 CPL off Merritt Parkway. Ride down to the shore and back for twenty miles with additional 13 mile option. Bring your own snack for between loops. FR

Steep Rock Preserve, Washington Depot, MB, 15 miles, 10:00/10:15.

RL Clyde Gourley 929-4001. Meet at Pantry Restaurant.

SUNDAY, JULY 2

Hills of Wilton & New Canaan, B, R/H, 31 or 50 miles, 9:30/9:45.

RL Pete Williamson, 834-1423. Meet at Talmadge Hill Parking Lot at Merritt Parkway Exit 36. Join Pete for this ride through the hills of Wilton and New Canaan. You have the option of riding either 31 or 50 miles. OR

Aspetuck-Saugatuck, C+, R/H, 35 miles, 10:15/10:30.

RL Barb Tiffany, 966-4856. Meet at CPL at Merritt Parkway Exit 42 for this faster paced C ride. Scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a three mile descent on Newtown Turnpike. OR

West Redding Challenge, D, H, 32 miles, 9:30/9:45.

RL Lisa Reichbach, 454-2938. Meet at Merritt Parkway, Exit 41 CPL. This D ride has challenging terrain but will be slow and leisurely. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. FR Milford Shore Neighborhoods, E, F, 14/32 miles, 10:00/10:15.

RL Clyde Gourley 929-4001. Optional lunch and additional 17 miles from Milford to West Haven and back. FR

MONDAY, JULY 3

Show and Go, B/C, 9:30/9:45.

Enjoying a four day weekend? Bring your favorite cue sheet to I-95 Exit 14 CPL and join other SCBCers for this ride.

TUESDAY, JULY 4

Run to Ridgefield, C, R/H, 38 miles, 9:00/9:15.

RL Nancy Rosett, 847-5541. Meet at Merritt Parkway Exit 38 for this ride UP to Ridgefield and around Lake Mamanasko. Ride includes a mile of dirt road which can be avoided. Lunch stop in Ridgefield.

SATURDAY, JULY 15

Gillette Castle and the 120th Annual Muster of the Ancient Fife and Drum Corps in Deep River, D, R/H, 28 miles, 10:00/10:15.

RL Clyde Gourley 929-4001. Meet at CPL at Exit 6 off Rt. 9 in Chester. Lunch available at Gillette Castle. \$2.50 entrance fee. Optional attendance at Muster. FR

Ride Map And Cue Sheet Archives

It is important that the Sound Cyclists archives are kept complete and up to date. Please send copies of any complete cue sheet and maps with ride name, mileage, starting point and terrain description to: **Tom Syrstad, 71 Strawberry Hill Avenue, Stamford, Connecticut 06902**

Bicycle Store Discount Program

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

Action Sports – 324 W. Main Street, Branford
Bethel Cycle – 120 Greenwood Avenue, Bethel
Bicycle Route – 108 Broad Street, Milford
Buzz's Cycle Shop – Post Road, Old Greenwich (across from Caldor)
Cycle Dynamics – 971 Post Road East, Westport
Cycle Dynamics – 12 Riversville Rd., Greenwich (Glenville Section)
Cycle Fitness – 494 Main Street, Monroe
Cycles on the Green – 3571 Main Street, Stratford. 5% off bikes
D'Aniello's Amity Bicycles – 14 Selden Street, Woodbridge
Dave's Cycle & Fitness – 78 Valley Rd., Cos Cob. 5% off accessories and clothing
Don's Cycle Shop – 1964 Post Road, Fairfield. Special pricing on bicycles
Evolution Bicycles – 59 High Ridge Road, Stamford. 10% off accessories & 5% off bikes
Greenwich Bicycles – 40 West Putnam Avenue, Greenwich
Jules Bicycle Shoppe of Darien – 25-54 Old Kings Highway North, Darien (Goodwives Shopping Plaza)
New Caanan Cyclery – 5 East Ave., New Canaan. 10% off clothing and accessories
Pedal and Pump – 51 Tokeneke Road, Darien
Port Chester Cycles, Inc. – 146 North Main Street, Port Chester, NY
Ski Market – 490 Westport Avenue, Norwalk
Smart Cycle – 325 Westport Ave., Norwalk. 10% discount accessories, special pricing many bikes.
Stamford Cycle Centre – 1492 High Ridge Road, Stamford
Westport Bicycles – 1252 Post Road East, Westport
Wilton Center Bicycle Shop – 78 Old Ridgefield Road, Wilton
Bikemobile – Mobile bike repairs, 10% off labor/accessories, 838-5540 (offices at Outdoor Sports Center, Wilton)
Energe Sports – 800-245-9099. 10% off Energe Backrider, a backpack for bicycle commuters.
Chiropractor, Barbara Rauso – is offering a 10% discount for office visits. Call 255-5589

The above stores are participants in the discount program. Contact store for specific details. Exceptions and additions are noted above. A current SCBC newsletter with a mailing label will be accepted as proof of membership. If your favorite bicycle store is not listed and you would like them to participate call Diane Montana at 348-1363.

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Member Marketplace

Classified ads for bicycle-related merchandise are free for all members of Sound Cyclists. Ads will be run on a space-available basis. Send your ad in by the 10th of the month to Diane Montana, 251 Seaside Avenue, Stamford, Connecticut 06902. No calls for ads please.

For Sale: Bridgestone MB-5 Excellent condition, 56cm Tange cromoly frame (hunter green). Shimano Exage - 400 LX components, Avocet cross tires, Vetta gel seat, Bar ends, Toe Clips, Trip computer. \$575. Call Alex at 203-325-3504.

For Sale: 54 cm Peugeot Road Bike, Shimano headset, Modolo brakes, strong-light cranks, campy pedals, mavic wheels, michelin super comp HD tires ACT computer, excellent condition. \$275. Call Nick at 734-3806

Wanted: Bicycles (3 speed and up) for rural school teachers. Now in its third year, a New Haven/León Sister City Project program provides jobs for León, Nicaragua bike mechanics and bicycles for teacher who would otherwise have a two-hour walking commute to their school district. The next shipment is June 24. Call Shelly Altman at 203-562-5661 to arrange pickup.

Moving, Must Sell: Precon 614 Rowing Machine \$60. DP Graphite Racquet Ball Racquet \$10. Marcy Pro Sit up board \$40. Call Jane at 212-995-8494 11 am- 7pm or 655-7079 nights.

For Sale: Bridgestone XO-2, hybrid, 19", Tange chromoly frame, 21 speed, Shimano Exage components, Diacompe brakes, computer, ex.condition. \$400. Call Carla at 373-3146 days.

For Sale: Teal Cannondale H400 Hybrid, 22" frame, Shimano Alivio front, Shimano STX rear. Excellent condition, 6 months old. Includes Avocet Computer, tools, helmet & more. Was \$815 new w/ accessories. Asking \$630 or BO. Call Ed 838-8526 or 914/359-2500.

For Sale: 2 Kyacks for under \$400.00 each. Call Debbie at 847-0222.

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SOUND CYCLISTS
Bicycle Club

SCBC Membership Application

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

SOUND CYCLISTS
Bicycle Club

In consideration of being permitted to participate in any way in Bicycling Activities ("Activity") sponsored by Sound Cyclists Bicycle Club ("Club"), I for myself, my personal representatives, assigns, heirs and next of kin:

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

2. **Fully understand** that (a) Bicycling activities involves risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all the responsibility for losses, costs and damages I incur as a result of my participation in the Activity.

3. **Hereby Release, Discharge**, covenant not to sue, and agree to indemnify and save hold harmless the Club, the League of American Bicyclists, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by negligence of the "Releasees" or otherwise, including negligent rescue operations.

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

Name (Last/First/Middle) _____

Signature _____

If a couple, both must sign

Name (Last/First/Middle) _____

Signature _____

Street Address _____

City _____

State _____

Zip _____

Date _____

SCBC occasionally sells its mailing list. Check box if you don't want your name used ☐

Telephone (_____) _____

Check One: ☐ New ☐ Renewal ☐ Change of Address

Where did you hear about Sound Cyclists? (If bike shop, which one?) _____

Annual dues are \$15.00 per mailing address. Membership runs from May 1 to April 30. Cyclists joining after September 30, 1994, need not renew their membership until April, 1996. Sign this form and with a \$15.00 check made payable to Sound Cyclists Bicycle Club mail it to: Sound Cyclists Bicycle Club, c/o Jeff Davis, 280 Harborview Avenue, Bridgeport, Connecticut 06605.