

SOUND CYCLISTS

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

November, 2003

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

The Annual Lunch/Party Is Here!!! Saturday, December 6

By Emil Albanese
SCBC President

This year the annual meeting luncheon will be at the Stamford Yacht club on December 6th. It once again it is an amazing value considering the menu you have available, the price and the location. We will once again have the Bloomin' Metric tee shirt vote to determine the shirt that over 2000 riders will have available to them.

ALSO, as many of you remember, at last year's annual meeting, all attendees received a pair of the the ever popular SCBC cycling socks; which word has it, cyclists have been spotted in Arizona wearing the SCBC socks!. When you sign in at the Stamford Yacht Club you will be asked to fill out an address card so we can send you FREE OF CHARGE, a great surprise cycling gift. I want to say it right now, you have to show up, sign in and pay for your lunch in order to receive the surprise. It will be mailed to you in plenty of time for the 2004 riding season. It's a small way we can say thank you, at the Holiday Season. No this isn't an election year ploy. LOL.

We will have music, almost NO BUSINESS, great food, more than a few laughs and lots of fun. So, if you have not sent in your reservation form, send it to Celeste Burton, 268 Millbank Avenue, Greenwich, CT 06830 by the Dec. 3rd reservation deadline. It's \$25 made payable to SCBC. Details, menu and directions at www.soundcyclists.com/Events and in newsletter. See you there.

It's T-Shirt Time, Artists' !

By Jim McConnon,
Director Bloomin' Metric 2004.

It's that time again, artists and designers! Our next Bloomin' will be celebrated with a special T-shirt, and we're looking for designs. Your design can be in traditional or electronic media. Whatever the media, you must provide a version to fit an 8 1/2" x 11" page so we can display it at the Annual Dinner in December. SCBC members will vote for the winning piece at that time. As winner you get 12 free shirts for family and friends.

Your design must conform to these guidelines:

1) These words and/or phrases must be incorporated in the art... "Bloomin' Metric 2004" (or '04), "Sound Cyclists Bicycle Club" "Bicycle Tour" (optional), "May 23, 2004".

(Continued on page 3)

SCBC Annual Meeting & Lunch

By Kathleen Kellett

Our Annual Meeting and Luncheon will be Saturday, December 6, 2003, at the Stamford Yacht Club, from 12 noon to 3:30 p.m. The SCBC election of 2004 club officers and directors will take place at the meeting.

The meeting and luncheon is open to all SCBC members. It's a wonderful opportunity to meet friends during the off season, in a beautiful country club setting on the Long Island Sound.

There is a cocktail hour from 12 noon-1:00pm, with a cash bar and hors d'oeuvres. Then a short meeting is held during the meal; followed by music and dancing, or just chatting with friends.

The menu this year has three choices: (1) Poached salmon in oven roasted tomato sauce, (2) Sauteed Breast of Chicken with Seared Spinach & Chive Buerre Blanc, and (3) Past Primavera; all accompanied by a medley of vegetables, and saffron rice pilaf. The cost has remained at the 2002 price of \$25.00 per person, with the club defraying the increase. The price includes: hors d'oeuvres, salad, entrée, and dessert.

It's a very pleasurable way to spend an afternoon - enjoying drinks and lunch with friends you've ridden with during the season, or with new ones you've just met. Don't delay to respond. The deadline is December 3rd!!! The reservation form, along with your meal selection, and absentee ballot is in this newsletter on page 4.

(Continued on page 3)

SCBC @CHAT

@Chat

Sound Cyclists Bicycle Club E-mail Discussion Group

It is an open forum for Sound Cyclists Bicycle Club members to communicate online with other members on a variety of bicycling-related topics.

Click on the @Chat button on the SCBC home page and you can learn how this service works.

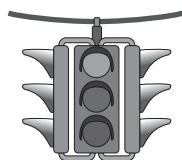
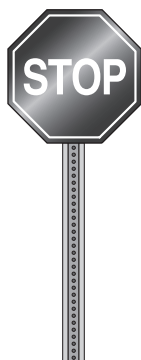
Check @Chat out at:

www.soundcyclists.com

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Volume 27 • Number 10 • 14 Pages

Always Obey Traffic Signs When Biking



SOUND CYCLISTS

BICYCLE CLUB NEWS

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:

Officers

President	Emil Albanese	853-7499	emilalb@aol.com
Vice President	Bruce Felper	323-3177	bfelper@yahoo.com
Treasurer	Jim McConnon	451-3610	jrm@optonline.net
Secretary	Roni Krisavage	876-8966	Roni.Krisavage@wwecorp.com

Directors and Committees

Rides Director	Brian Voytek	374-0921	bvoytek@optonline.net
A Rides	Andy Kalter	858-8048	andrewkalter@hotmail.com
B Rides	Don Rosaforte	849-8159	(no e-mail address)
C+ Rides	Suzan Maxey	374-1606	smaxey@connix.com
C Rides	John Dugdale	655-4277	jdugda@peoplepc.com
D Rides	Rod Stavert	762-8128	rodneystavert@hotmail.com
E Rides	Nancy Rosett	857-4847	n_rosett@yahoo.com
Mountain/Off Road	Dave Cleveland	226-7355	dcleve9692@aol.com
Communications Director	Chris Klimek	561-0809	cklimek@cablevision.com
Publicity	Ginger Katz	866-5282	gkathlete@aol.com
Email	Marlene Cohen	852-0186	marlene001@worldnet.att.net
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Web Administration	Jeff Munk	261-5545	info@moonlightingproductions.com
Membership Director	John Sohikian	762-8827	jsohikian@aol.com
Member Liaison	Janet Flandreau	662-9553	famouslylily@aol.com
Bloomin' Metric Director	Jim McConnon	451-3610	jrm@optonline.net
Program Director	Mary Karnis	847-7547	karnism@optonline.net
Picnics	Mary Karnis	847-7547	karnism@optonline.net
Picnic Co-chair	Cindy & Jim Clark	847-4133	cclarkct@aol.com
Safety	Clyde Gourley	929-4001	(no e-mail address)
Club Weekends	Open		
Incentives	Lip Lai	637-8707	lip_l@hotmail.com (LIP_L)
SCBC Giving Council Chair	Open		
SCBC News Editorial Board			
Editor/Publisher	Kathleen Kellett	372-9948	kkellski@aol.com
Printer	Exact Printing	377-6571	

Printed on Recycled Paper

Electronic or Mail Membership/Change of Address Information:

For membership information, call (203) 840-1757. If you wish to join, send a *signed* copy of the membership application at the back of the newsletter with \$15 check for electronic membership, to obtain your newsletter on www.soundcyclists.com or \$25 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form.

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.

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 (kkellski@aol.com). You can copy and paste your article directly into your e-mail message. Articles may also be sent on a 3.5 inch floppy disk (Macintosh or IBM formats) saved as a text only document in either Microsoft Word or Word Perfect. Discs will be returned. 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.

Sound Cyclists Advertising Rates

Eighth Page	\$20.00
Quarter Page	\$40.00
Half Page	\$75.00
Full Page	\$125.00

Rates Are Per Issue

Bike shops please note that an ad in the SCBC News targets more than 1,000 avid cyclists. The club mailing list can be purchased for \$150 by businesses or \$100 for non-profit organizations.

Club Information Line

For membership and other information about Sound Cyclists Bicycle Club, including problems receiving the newsletter, please contact our voice mail system at this phone number.

Call (203) 840-1757



Calendar of SCBC Special Events

The following are special events. Detailed information on these events is in the newsletter.

■ December 6, 2003
SCBC Annual Meeting & Lunch

■ Saturday, December 6, 2003
Winter Rides Schedule Starts

■ February, 2004
Ride Leader Appreciation Party

■ May 23, 2004
Bloomin' Metric, Calf Pasture Beach
Norwalk

■ September 19, 2004
Harvest Rides

It's T-Shirt Time, Artists' !

(Continued from page 1)

2) Limit your design to 5 colors, including black. Your work will be printed on a White shirt. If you want to print on a colored shirt, contact me to see if it is possible.

3) Flat colors only. Shading or blending colors can be tricky and more expensive to produce.

4) Your name or signature should be part of the design. (Tastefully proportioned, thank you very much.)

5) As winner, you must provide me with original copy that we can send to the printer. If traditional paint media, the actual artwork.

If electronic, a disc version ready to download. I need entries in my hands by December 1. If you have questions, contact me at 203- 451-3610 or jrm@optonline.net

Members Marketplace

For Sale: New Grey Alleycat Shadow 2, Child's Trainer Bike (3rd wheels). Asking \$150. Please call 203 972 8734.

For Sale: Bicycle Trailer: Rhode Gear bicycle trailer (2 seater). The safest way to enjoy cycling with young children. Used but in excellent condition. Price \$150. Contact Deborah or Lance at 203 840 1566 or bredesongroup@earthlink.net.

**Go online to check @Chat for updates
and last minute changes to Rides Schedule
@Chat - Sound Cyclists Bicycle Club
E-mail Discussion Group**

It is an open forum for Sound Cyclists Bicycle Club members to communicate online with other members on a variety of bicycling-related topics. Click on the @Chat button on the SCBC home page and you can learn how this service works. Check @Chat out at:
www.soundcyclists.com. Please continue to use mailbox@soundcyclists.com for individual inquiries.

Annual Meeting & Luncheon, Dec 6th

(Continued from page 1)

Annual Luncheon Highlights

Location: Stamford Yacht Club, Stamford

Date: December 6, 2003, 12 noon to 3:30

Cost: \$25.00 per person. Checks payable to SCBC.

Reservation Deadline: Must be postmarked December 3rd.

Mail Checks and Meal Selection (please see page 4) ONLY

To: Celeste Burton, 268 Millbank Avenue, Greenwich, CT 06830 Any questions, call Celeste at 203 618 0389

Absentee Ballot: Mail to Roni Krisavage, Secretary, SCBC, P.O. Box 3323, Westport, CT 06880 :

Directions: For detailed directions to the Stamford Yacht Club, please see page 12 or visit the Special Events section of Sound Cyclist Bicycle Club website www.soundcyclists.com.

If you are coming south on the I-95, take Exit 8. At the bottom of the ramp, turn left at the traffic light onto Elm Street. At the second traffic light (just pass the church on your left), bear right onto Shippin Avenue. Turn left at the traffic light by the Getty Gas Station, continuing on Shippin Avenue. Ocean Drive West is the eighth street on your right.

If you are coming north on the I-95, take Exit 8. As you get off, continue straight to third traffic light. Turn right onto Elm Street. At the second traffic light (just pass the church on your left), bear right onto Shippin Avenue. Turn left at the traffic light by the Getty Gas Station, continuing on Shippin Avenue. Ocean Drive West is the eighth street on your right.

Bloomin' Metric 2004 Sponsorship Committee

By Jim McConnon, Director Bloomin' Metric 2004

We're starting our annual search for Funds and Friends.

Every year, club volunteers contact people and businesses to become partners in staging our event. We've had some real success in the last few years: check out the back of the shirts!

We ask potential sponsors for help in one of three ways;

- a) To donate goods or services that can be given to our participants (usually coupons or other promotional materials).
- b) To donate goods or services to be used as special prizes.
- c) To donate goods or services that we would normally have to pay for (like bread).

Are you or your company interested in taking part? Of course there are a few particulars, and we would love to discuss arrangements for donations of goods and services.

Better yet, join the group. The Sponsorship Committee is people just like you.... one or two meetings, sharing a few laughs over pizza.

The group can use someone like you. Come to the meeting at Norwalk Town Hall. (take I-95 to exit 16. Follow East Ave about 1 mile North to light and turn right.)

Monday, November 17, 7:00 pm.

Or contact Committee Chair John Dugdale or myself.
John Dugdale 203-655-4277 jdugda@peoplepc.com Jim McConnon 203-451-3610 jrm@optonline.net

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Absentee Ballot

Office:

Candidate:

Write in:

Quantity:

□ Poached Salmon, in Tomato Sauce

☐ Sauteed Chicken Breast, Spinach & Chive

☐ Pasta Primavera

Name: _____

Name: _____

**Send by 12/3 with a \$25.00 check payable to
Sound Cyclists Bicycle Club**

if attending the Annual Meeting to:

**Celeste Burton, 268 Millbank Ave,
Greenwich, CT 06830**

President

Emil Albanese

Vice President

Bruce Felner

Treasurer/Finance

John Sohikian

Secretary

Chris Klimeck

Rides Director

Brian Voytek

Communications Dir. Chris Klimeck

Membership Dir.

Mike Tamborino

Bloomin' Metric Dir

Jim McConnon

Program Director

Mary Karnis

Your Name:

Send in this ballot only if you are NOT attending the Annual Meeting to:

**Roni Krisavage, Secretary, SCBC,
P.O. Box 3323, Westport, CT 06880 :**

We're proud to be on board.

Virgin Atlantic Airways is proud and excited to sponsor
The Harvest Ride 2003 benefiting the *Make-A-Wish* foundation® of Connecticut.

1-800-862-8631
www.national.com

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BK 0 : BROWNSBORO DODSON NEW HEBN LIDH MORGAN WSC INSTEIN DC JULIUS BELANDER MAM 148 WT69C DAN BRANCHCOO LOS ANGELES

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. 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 drop to 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. All riders should bring one or two water bottles filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will improve your riding performance.



The 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.

Road Bike Rides

Pace	Terrain
A Very Fast 18+ MPH Riders are expected to be self-sufficient.	F Flat May have a few rolling sections.
B Fast 16-18 MPH A Sweep probably will not be appointed.	F/R Flat/Rolling May have a couple of short hills.
C+ Fast/Intermediate 14-16 MPH A Sweep may be appointed.	R Rolling May have some small hills.
C Intermediate 12-14 MPH A Sweep is usually appointed.	R/H Rolling/Hilly May have some steep hills.
D Slow/Intermediate 11-13 MPH A Sweep is always appointed.	H Hilly May have a few rolling sections.
E Slow Less than 10 MPH Ride paced to slowest rider. A Sweep is always appointed.	

Mountain Bike and 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 overgrown sections.
T Technical Conditions vary with overgrowth, exposed roots and rocks.

- 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.
- If you are bringing a child younger than age 18 on the ride, you must obtain a parent/guardian waiver form from the ride leader in advance.
- If the weather is questionable, call the Ride Leader ahead of time.

Abbreviation Key:

- MB = Mountain Bike Ride
- FR = Frequent Regrouping
- NR = No Regrouping
- OR = Off Road Ride
- SR = Some Regrouping
- CPL = Commuter Parking Lot

The Ride 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 (RL) with any questions or concerns. Generally, a "D" or "E" ride 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, water bottle(s), money and health insurance card on each ride.

The Rides

WEBSITE UPDATE

IMPORTANT NOTE:

We are constantly updating information on the web site. Information that might have been inadvertently left out of the newsletter or printed in error will be corrected on the News Update page at:

www.soundcyclists.com/News.htm

Be sure to check for any updated ride info as well.



STANDING EVENING RIDES

Please note: all official Sound Cyclists Bicycle Club standing evening rides are discontinued until Spring 2004 .

Attention: Ride Leaders

If weather is questionable, please show up at ride with cue sheets in case anyone wants to ride. Riders please call ride leader to confirm that the ride will be on in the case of questionable weather.

EVERY SATURDAY

Mountain Bike Madness, A/B+, R/H, Mtn. Bike, 20 miles, 9:00/9:15, RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com. Meet at Cranbury Park for a mix of all types of off road terrain and a little road riding too. We make one loop with hill climbs, stream crossings, mud bogs, log hops, technical descending, road sprints, and frozen pond crossings. RSVP is absolutely required as weather, distance, and pace can vary depending on trail conditions.

EVERY SUNDAY

Sunday Morning Spin rides will be Show and Go 'till next Spring.

Sunday Morning Spin, a.k.a. SMS (3 versions), C, C+/B-, & B/B+, R/H, 27 to 42 miles, 8:30/ 8:45. Meet at Southbound side of Westport train station (I-95 exit 17), near Luciano Park. A fast but friendly ride for experienced cyclists. No nonsense. We leave on time. B & C+ rides have one quick stop at the top of the Sport Hill climb at the Easton Market, very limited regrouping. These rides are appropriate for self-sufficient, experienced riders focusing on a morning workout. Look for the cue sheet later this month on the SCBC web site under Rider & Leader info.

EVERY SUNDAY

Mountain Bike Potluck; RL: Andrew Kalter, 858-8048, andrewkalter@hotmail.com. This will be our day to explore new places at a fast (B) but more relaxed pace. Location, start time, and distance options will be decided at the conclusion of the Saturday training ride. Great weather may turn this into a road ride. RSVP required.

SATURDAY, NOVEMBER 1

See Standing Saturday Rides on page 5

Two Challenge Faux Double Nickel, B, R/H, 52 miles, 9:15/9:30. RL: Brian Wood, 249-8798. Meet at Exit 41 CPL Merritt Pkwy. A seamless blend of three popular club rides. SR

Killer Hills- Extended, C+, H, 32 miles, 9:45/10:00.
RL: Greg Ziebell, 881-2519 or gregz@preferredprinting.com.
Meet at Exit 46 CPL off the Merritt Parkway. SR

Hattertown Road Loop, C+, R/H, 18-40 miles, 10:15/10:30.
RL: Larry Haddad, 982-7588 or larryhaddad@hotmail.com.
Meet at Blockbuster Video/Brooks Pharmacy parking lot at the junction of Route 25 and 59 in Monroe. Depending on weather, we will either do the Hattertown Road Loop (18 miles) or extend it to cover up to 40 miles. No Food Stop, (bring snacks) FR, no cue sheet.

Rural Ramble, C, R/H, 40 miles, 9:15/9:30. RL: Jeff Lundberg, 438-3177 or jefflund@mindspring.com. Meet at Exit 44 CPL off Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown at a slower pace. Food stop at the Donut Shop in Newtown. SR

Saturday's Wednesday Night Ride, D+, R/H, 27/20 miles, 10:45/11:00. RL: Don Stillman, 531-7057 or dons351@juno.com. Take Exit 10 off I-95 and go south on Noroton Avenue to the end. Right onto Post Rd (US 1). Immediate left onto Nearwater Lane. Immediate left into Hindley School parking lot. Wed, night route through Darien with an extra 7-mile loop into New Canaan. The 20-mile route is the Wed night arrowed route. SR

SUNDAY, NOVEMBER 2

See Standing Sunday Rides on page 5

Kisco Kid, B, R/H, 40-50 miles (depending on weather) 9:45/10:00. RL: John Swallen, 254-0164 or jswallen@att.net. Meet at Northeast Elementary School in Stamford. Take Merritt Parkway to Exit 35. Go North on Route 137 for 0.7 miles. Left T light onto Schofield Rd. (By Stamford Museum). School is 0.2 miles on the left. A scenic ramble thru North Greenwich, Armonk, Mt. Kisco, and Bedford. Food Stop. SR

White Hills of Shelton, C+, R/H, 48 miles, 10:00/10:15. RL: Joe Nivert, 262-6476 or jnivert@charter.net. Meet at Exit 44 CPL Merritt Parkway. Secluded ponds, working farms, old cemeteries and scenic side roads highlight this tour thru the White Hills of Shelton. Food Stop. SR.

Destination: Mamanasco Lake, C, R/H, 38 miles, 9:15/9:30. RL: Dennis Lyall, 846-8000 or LyallArt@aol.com. Meet at Exit 38 CPL off Merritt Pkwy. Scenic loop up to Mamanasco Lake and back to Norwalk through Silvermine. Bail out option in Ridgefield. Food stop in Ridgefield. SR

Almost Thirty Something, D+, F/R, 29 miles, 10:00/10:15. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. Food Stop. Shorter bail out is possible. FR

SATURDAY, NOVEMBER 8

See Standing Saturday Rides on page 5

Weir's Wilton, B-, R/H, 30 miles, 9:45/10:00. RL: Larry Waskom, 762-8206. Starting at the Park'n Ride just off route 33, north of route 35- from south on route 33 left to King Lane behind the ref brick Methodist Church in Ridgefield. This ride will take us through some beautiful rolling and hilly sections of Wilton, Ridgefield, New Canaan and Vista, NY; some roads not yet discovered by our club standard fare. Historic houses dot this area. Many short hill climbs, steady inclines, rollers and some fast down hills. Try something new, as a change of pace. SR

Poverty Hollow Backwards Ride, C+, R/H, 45 miles, 10:00/10:15. RL Suzan Maxey, 374-1606 smaxey@connix.com. Meet at Coleytown Middle School, 255 North Ave. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one-half mile. Right onto North Ave. Right into first driveway. A new ride touring through the pretty countryside in the Poverty Hollow area.

Lordship Lobster Roll, C+, R/H, 43 miles, 10:15/10:30. RL: Larry Haddad, 982-7588 or larryhaddad@hotmail.com. Meet at Marnick's Diner in Lordship (Stratford, CT). From I-95 North take Exit 30. Follow signs to airport. Pass airport on left, marshes on the right. At second stop sign, turn right down Washington Pkwy. Diner is at end of road. Parking in the street. From I-95 South, take Exit 31. Left at end of ramp. Turn right at T on to Main Street. Pass airport on right, marshes on left. At second stop sign, turn left down Washington Pkwy, as above. Explore some new and scenic terrain in Stratford, Shelton, Monroe, Newtown, and Trumbull. No Food Stop, bring snacks. Optional lunch after the ride. SR

John's Bethel Run, C, R/H, 45 miles, 9:45/10:00. RL: John Niesyn, 333-3508 or johnniesyn@optonline.net. Meet at Fairfield train station, NYbound side. A nice ride to Bethel and back. Food Stop, bring snack. SR

Silvermine-Rowayton Tour, C, F/R, 28 miles, 9:45/10:00, RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.net Meet at Exit 38 CPL, Merritt Pkwy. Join us for a tour of scenic areas in Silvermine and Rowayton. SR

Milford and West Haven Shores, C, F, 20/32 miles, 11:00/11:15. RL Tom Ebersold, 874-7839 or tebersold@att.net. I-95 North to Exit 37. Right onto High Street to Milford Green. Left onto Broad St. at light. Straight across stone bridge. Make a right turn at light by the Milford Library. Drive around the back of the library and past the tennis courts to the parking lot behind the tennis courts and next to the baseball field. This ride is about as flat as you can find in Connecticut. Cycle for 20 miles and return to the start for lunch at Milford Harbor, followed by an (optional) additional 12 miles to Milford Point area and return. The later start time will allow us to maximize use of daylight and warmth. SR

SUNDAY, NOVEMBER 9

See Standing Sunday Rides on page 5

Roller Coaster Road Ride Addition, B-, R/H, 41 miles, 10:15/10:30. RL: Brian Gossler, 380-2646. Meet at Exit 42 CPL off Merritt Parkway. Ride on lightly traveled roads thru Wilton and Westport. Great down hills. Food Stop. SR

B.O.W. - Bethany, Orange, and Woodbridge, C+, R/H, 47 miles, 9:45/10:00. RL: Mark Kiley, 799-2640 or mkiley431@aol.com. Meet at Exit 58, Wilbur Cross Pkwy. Take a trip to new territory over in New Haven County. Food stop in Hamden. SR

The Sunday Standing Ride, C, R/H, 25 to 35 miles, 9:45/10:00. John Watt, 655-1277 or john_watt_2001@yahoo.com. Meet at the Westport Train Station, Luciano Park Exit 17 off I-95. Sunday morning spin from 25 to 35 miles depending on weather conditions. No Food Stop. SR

Fairfield-Westport Great Circle Tour, D+, F/R, 27 miles, 10:00/10:15. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet at Exit 44 CPL, Merritt Pkwy. Cycle popular roads through Fairfield, Southport and Westport from a different perspective. SR

SATURDAY, NOVEMBER 15

See Standing Saturday Rides on page 5

New Danbury Challenge, B, R/H, 41 miles, 9:45/10:00. RL: Jon Swallen, 254-0164 or jswallen@att.net. Meet at Exit 41 CPL off the Merritt Parkway. Enjoy some extended mileage to the West Redding Challenge with some pretty roads further North. Food Stop. SR

Hattertown Road Loop, C+, R/H, 18-40 miles, 10:15/10:30. RL: Larry Haddad, 982-7588 or larryhaddad@hotmail.com. Meet at Blockbuster Video/Brooks Pharmacy parking lot at the junction of Rte 25 and 59 in Monroe. Depending on weather, we will either do the Hattertown Road Loop (18 miles) or extend it to cover up to 40 miles. No Food Stop, (bring snacks) FR, no cue sheet.

Westport-Georgetown-Bethel Loop, C+, R/H, 39 miles, 9:15/9:30. RL: Norton Lazarus, 698-3032 or nwl@oemcapital-corp.com. Meet at Exit 41 CPL, Merritt Pkwy. Extremely scenic ride up to Bethel (and back, of course) with some climbing to make it interesting. Food Stop. SR

Almost Thirty Something, C, F/R, 29 miles, 10:00/10:15. RL: Lisa Brown, 227-1318 or downtown913@aol.com. Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. Food Stop. Shorter bail out is possible. FR

SUNDAY, NOVEMBER 16

See Standing Sunday Rides on page 5

S.O.S.-S.O.S., B-, F/R, 25-35 miles (Depending on the weather) 10:15/10:30. RL: Brian Gossler, 380-2646. Meet at Exit 44 CPL off the Merritt Parkway. Same old streets, surprisingly odd sequence in Fairfield and Westport. Food Stop. SR

Weir's Wilton, C+, R/H, 40 miles, 10:00/10:15. RL: John Sohikian, 762-8827 jsohikian@aol.com. Starting at the Park'n Ride just off route 33, north of route 35- from south on route 33 left to King Lane behind the ref brick Methodist Church in Ridgefield. This ride will take us through some beautiful rolling and hilly sections of Wilton, Ridgefield, New Canaan and Vista, NY; some roads not yet discovered by our club standard fare. Historic houses dot this area. Quick stop at Weir Farm, CT's only National Park. Optional lunch after ride at Station House, Roma, or Piccolo's Pizza. Many short hill climbs, steady inclines, rollers and some fast down hills. Try something new, as a change of pace. Rain cancels ride. SR

The Every Sunday Standing Ride, C, R/H, 25 to 35 miles, 9:45/10:00. John Watt, 655-1277 or john_watt_2001@yahoo.com. Meet at the Westport Train Station, Luciano Park Exit 17 off I-95. Sunday morning spin from 25 to 35 miles depending on weather conditions. No Food Stop. SR

Figure Eight, D+, F/R, 13/26 miles, 10:00/10:15. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet at Exit 42 CPL, Merritt Pkwy. First loop is flat, second loop has some hills. Riders can do one or both loops. Note: snack stop comes late in second loop, so riders planning on doing both loops are advised to bring plenty of water and a snack. FR

Norwalk, Darien, Rowayton Tour, D, F/R, 25 miles, 9:15/9:30. RL: Pavel Gurvich, 853 3481, pavelgur@cs.com. Meet at Exit 38 CPL, Merritt Pkwy. Take lovely spin through West Norwalk before joining familiar Friday Night Ride route.

SATURDAY, NOVEMBER 22

See Standing Saturday Rides on page 5

B.O.W. – Bethany, Orange, and Woodbridge, B, H, 43 miles,

9:45/10:00. RL: Don Rosaforte, 849-8159. Meet at Exit 58 CPL off Wilbur Cross Parkway. Take a trip to New territory over in New Haven County. Food Stop in Hamden. SR

Mitch's Bethel Run, C+, R/H, 40 miles, 10:00/10:15.

RL: Mitch Fuchs, 212-889-4406 or mfuchs86@aol.com. Meet at Exit 44 CPL off Merritt Parkway. Another run to Bethel and back. Food stop in Bethel or bring snacks. SR

Lordship Lobster Roll, C+, R/H, 43 miles, 10:15/10:30.

RL: Larry Haddad, 982-7588 or larryhaddad@hotmail.com. Meet at Marnick's Diner in Lordship (Stratford, CT). From I-95 North take Exit 30. Follow signs to airport. Pass airport on left, marshes on the right. At second stop sign, turn right down Washington Pkwy. Diner is at end of road. Parking in the street. From I-95 South, take Exit 31. Left at end of ramp. Turn right at T on to Main Street. Pass airport on right, marshes on left. At second stop sign, turn left down Washington Pkwy, as above. Explore some new and scenic terrain in Stratford, Shelton, Monroe, Newtown, and Trumbull. No Food Stop, bring snacks. Optional lunch after the ride. SR

Turf to Surf and Back, C, R, 24 miles, 9:45/10:00. RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.net. Meet at Exit 42 CPL, Merritt Pkwy. Ride through the foothills in Weston and down to the shore in Southport on this ride. Lunch can be purchased. FR

SUNDAY, NOVEMBER 23

See Standing Sunday Rides on page 5

Show and Go, B, R/H, ?? miles, 9:45/10:00. Meet at Exit 18 CPL off I-95.

Rural Ramble, C+, R/H, 40 miles, 9:15/9:30. RL: Dennis Lyall, 846-8000 or LyallArt@aol.com. Meet at Exit 44 CPL off Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown at a slower pace. Food stop at the Donut Shop in Newtown. SR

The Every Sunday Standing Ride, C, R/H, 25 to 35 miles, 9:45/10:00. John Watt, 655-1277 or john_watt_2001@yahoo.com. Meet at the Westport Train Station, Luciano Park Exit 17 off I-95. Sunday morning spin from 25 to 35 miles depending on weather conditions. No Food Stop. SR

Georgetown Loop, D+, R/H, 18 miles, 10:00/10:15.

RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet at Exit 41 CPL, Merritt Pkwy. Join us on this ever popular ride up to Georgetown and back to Westport. FR

THURSDAY, NOVEMBER 27

THANKSGIVING

The Early Bird Special, C+, R/H, 21 miles, 8:15/8:30.

RL: Emil Albanese, 853-7499 or emilalb@aol.com. Meet at Luciano Park at the Westport RR station parking lot off Exit 17, I-95. Early morning ride past Compo Beach to Southport. West Redding Challenge, C+, R/H, 32 miles, 10:00/10:15. RL: Suzan Maxey, 374-1606 smaxey@connix.com. Meet at Exit 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston. No Food Stop, bring snacks. SR

Show and Go, (Coleytown Cruiser), C/D, F/R, 20 miles, 9:30/9:45. Meet Coleytown Middle School, 255 North Ave., Westport. From Merritt Parkway Exit 42, head north on Rt. 57. Right at the light onto Lyons Plains Rd. Bear right onto Coleytown Road. Drive one-half mile. Right onto North Ave. Right into first driveway. Route is rolling to moderately hilly. Suitable for riders of all abilities.

FRIDAY, NOVEMBER 28

Rural Ramble, C+, R/H, 40 miles, 10:15/10:30. RL: Mitch Fuchs, 212-889-4406 or mfuchs86@aol.com. Meet at Exit 44 CPL off Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown at a slower pace. Food stop at the Donut Shop in Newtown. SR

Show and Go, C, F/R, 20 miles, 9:45/10:00. Meet at Exit 18 off I-95.

Fairfield-Southport Short Ride, D+, F/R, 20 miles, 10:00/10:15. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net. Meet at Exit 44 CPL, Merritt Pkwy. After a short climb up Route 58 and heading through some mild hills, enjoy miles of gradual downhill leading to the shore. No food stop, bring snacks. FR

SATURDAY, NOVEMBER 29

See Standing Saturday Rides on page 5

Hattertown-Hammertown Hoedown, B, R/H, 44 miles, 9:45/10:00. RL: Don Rosaforte, 849-8159. Meet at CPL Exit 50, Merritt Pkwy. Note: There is no Exit 50 from the south, so take Exit 51, left at the light, left to get back onto the Merritt Pkwy. (South bound) and get off at Exit 50. Join us on this challenging ride from Trumbull up to Newtown. Enjoy scenic vistas from the ridges. SR

After the Feast, C+/C, R/H, approx. 29 miles, 10:15/10:30. RL: Peter Serratore, 259-3381 or peters@luminaria.biz. Meet Fairfield RR station, off I-95 Exit 21, N.Y. bound side. This is really the same old dam ride, dressed up with a new hairdo and a little makeup. Mileage will be adjusted to suit the weather. No food stop but there is an optional stop for coffee at Devores near the end of the ride. SR

Show and Go, C/D, R/H, ??miles, 9:45/10:00. Meet at Exit 42 CPL off Merritt Parkway.

SUNDAY, NOVEMBER 30

See Standing Sunday Rides on page 5

Show and Go, B, R/H, ??miles, 9:45/10:00. Meet at Exit 18 CPL off I-95.

Easton Express, C+, R/H, 30 miles, 10:15/10:30. RL: Mitch Fuchs, 212-889-4406 or mfuchs86@aol.com. Meet at Exit 42 CPL, Merritt Pkwy. Join Mitch on this extremely scenic ride on roads most club members have ridden before. Food Stop. SR

Show and Go, C/D, R/H, ??miles, 9:45/10:00. Meet at Exit 18 CPL off I-95.

EVERY SATURDAY

DECEMBER STANDING WINTER RIDES

(Starting the First Weekend in December)

Saturday Morning 10:00/10:15

Figure Eight, All levels, F/R, 13/26 miles (Show and Go). Meet at Exit 42 CPL, Merritt Pkwy. First loop is flat, second loop has some hills. Riders can do one or both loops. Note: snack stop comes late in second loop, riders planning on doing both loops are advised to bring water and a snack.

EVERY SUNDAY

DECEMBER STANDING WINTER RIDES

(Starting the First Weekend in December)

Sunday Morning 10:00/10:15

Almost Thirty Something, All Levels, F/R, 29 miles (Show and Go), Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. Ride can be shortened depending on weather since it loops past the parking lot before continuing on to Calf Pasture Beach.

Re-Energize Your Off-Season Training:

Join the SCBC Team for SPIN ODYSSEY 2004!

By Chris Klimek

Don't let cold weather put your fitness program into hibernation - take your training indoors with Spinning! An indoor group cycling workout that replicates the physical demands of outdoor riding, Spinning is performed to music on special stationary bikes. Certified Spinning coaches help motivate riders to work toward various fitness goals during this self-paced workout.

Whether you're a seasoned Spinning participant or brand-new, the Sound Cyclists Bicycle Club wants YOU to join our team for Spin Odyssey 2004, an indoor cycling fundraiser to benefit American Cancer Society Breast Cancer Research. Taking place Sunday, February 8th, at the Tennis & Fitness Club of Norwalk at 490 Westport Avenue, Spin Odyssey 2004 offers up to six hours of Spinning led by the area's top instructors as well as lots of food, prizes and fun.

As an added incentive to participate in Spin Odyssey 2004, Sound Cyclists have the opportunity to participate in one of three "team trainings" at the Westport/Weston YMCA. Conducted by Patty Kondub, Y Spinning Program Coordinator and co-chair of "Spin Odyssey 2004," these complimentary Spinning sessions will be offered exclusively to Sound Cyclists who call to reserve a bike on a first-come, first-served basis. A heart rate training session for SCBC members is also in the works.

For dates and times on the Westport/Weston YMCA Spinning and heart rate training sessions, call or e-mail Patty at (203) 256-8767 or nortonpk@aol.com.

To be part of the SCBC team, riders must pre-register at http://www.active.com/event_detail.cfm?event_id=1090797. Registration costs \$40 for up to three hours of Spinning, and \$60 for up to six hours of Spinning. In addition, participants are strongly urged to collect pledges from friends, family and colleagues for the American Cancer Society (\$50 of pledges per hour of Spinning is suggested). Riders who turn in the largest amount of pledges the day of the event are eligible for a number of great incentive prizes, in addition to helping their SCBC team win one of the "team awards" being offered.

Please note that bike availability is limited (last year's Spin Odyssey sold out two weeks in advance of the event!) ... to guarantee your place with the Sound Cyclists team, we urge you to register no later than January 2, 2004. So...if you are seeking a way to maintain the fitness gains you made during the summer cycling season, join us in training for the Odyssey!



(l. to r.) SCBC Communications Director Chris Klimek; Debbie Horne, Development Coordinator for the Make-A-Wish Foundation of CT; Stamford State Representative (and Harvest Rider) Christel Truglia; and SCBC President Emil Albanese hold up proclamations from the Connecticut General Assembly and Governor John Rowland designating September 14, 2003 "Harvest Rides Day" in the State of Connecticut.



CT Attorney General Richard Blumenthal (l.) stopped by Harvest Rides to offer Emil, and all volunteers and riders, his best wishes for a successful event.

Winter Hikes in Devil's Den

The Den is located at the end of Pent Road in Weston. Pent Road is approximately 1/2 mile from the intersection of Godfrey Road and Georgetown Road (Route 57).

In addition to the hikes there are also special programs such as Hawk> Watches, Night Hikes, Nature Photography Workshops and so on. The hikes and programs are administered by the New Canaan Nature Center. Their web site is:

<http://www.newcanaannature.org/Reservations> for hikes are suggested. The phone number is 203-966-9577 or eMail at DDprograms@newcanaannature.org. You can try show-and-go but risk the hike being full. The current schedule includes:

- 11/16, 1-4 PM, 4 mile moderate hike.
- 11/22, 1-4 PM, 5 mile cross-den hike.
- 11/29, 9-Noon, 4.5 mile hike east side of preserve.
- 12/7, 1-3 PM, 4 mile "leaders choice" hike.
- 12/13, 1-3 PM, If snow, ski or snowshoe, or hike.



Tinkerbell and Elmo (representing Sound Solutions Entertainment of Norwalk) try unsuccessfully to impress a slumbering Harvest Rides participant...



Firing up the grill at Harvest Rides 2003 for the afternoon barbecue provided by Wild Oats Natural Marketplace of Westport.

Give the Gift of Cycling

By Bruce Felper
Wondering what to get your friends this holiday season? How about a SCBC membership. It's a great gift, reasonably priced that will give lots of enjoyment.



Jim Clerkin, President of Allied Domecq Spirits and Wines USA, reads the CT General Assembly proclamation with Debbie Horne of Make-A-Wish Foundation of CT. Allied Domecq, a corporate sponsor of Harvest Rides 2003, also fielded the largest team at the event. (above)



B.B. Bluefish (of the Bridgeport Bluefish Baseball Team) greets Jacob Trepner.

For 132 years

**Our mission has been to provide
a vital link between the
world and the communities
we serve**

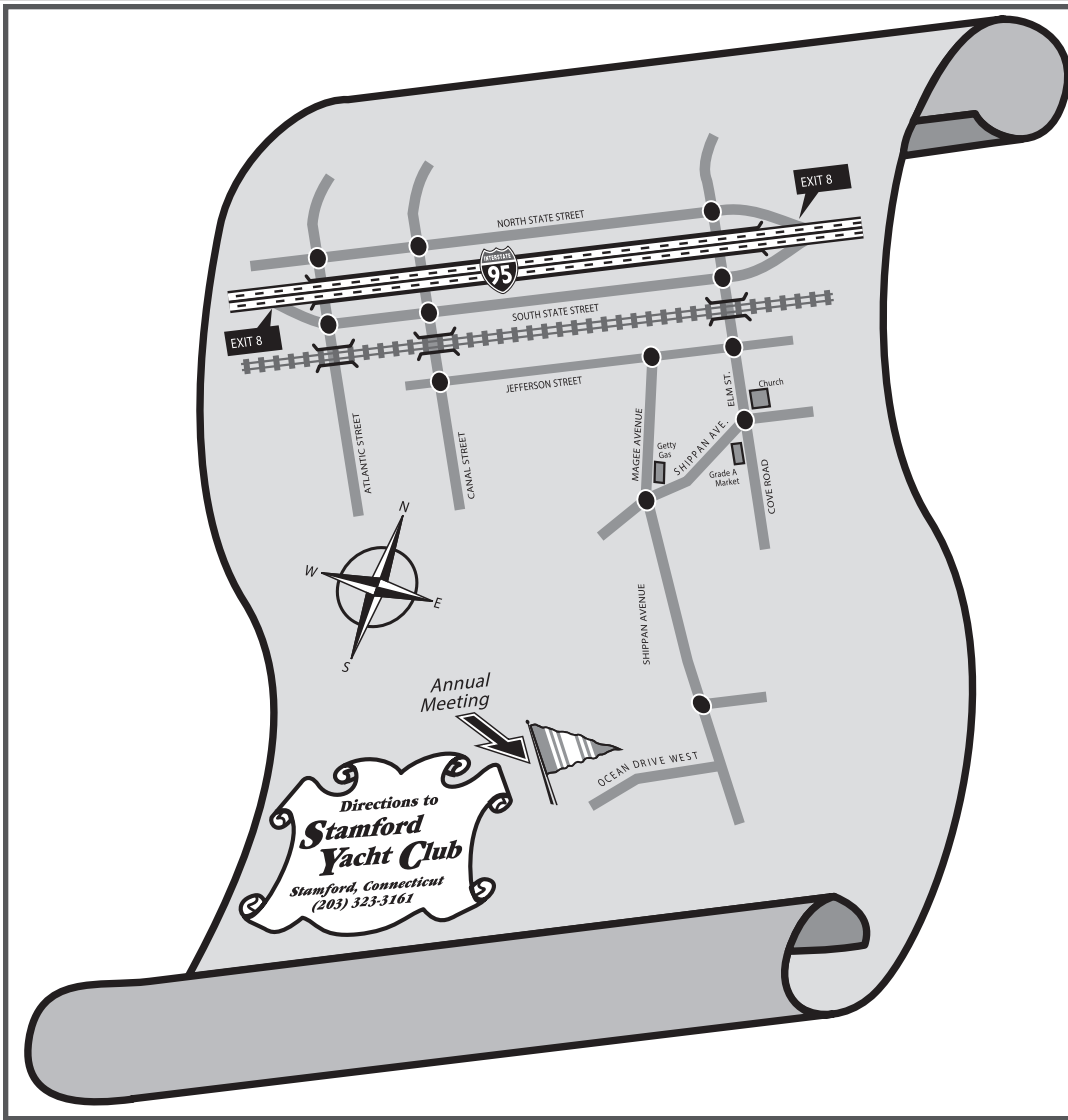
The Hour

**The Only Locally Owned Daily
Newspaper in Fairfield County**

Cue Sheet and Map to Stamford Yacht Club

If you are coming south on the I-95, take Exit 8. At the bottom of the ramp, turn left at the traffic light onto Elm Street. At the second traffic light (just pass the church on your left), bear right onto Shippan Avenue. Turn left at the traffic light by the Getty Gas Station, continuing on Shippan Avenue. Ocean Drive West is the eighth street on your right.

If you are coming north on the I-95, take Exit 8. As you get off, continue straight to third traffic light. Turn right onto Elm Street. At the second traffic light (just pass the church on your left), bear right onto Shippan Avenue. Turn left at the traffic light by the Getty Gas Station, continuing on Shippan Avenue. Ocean Drive West is the eighth street on your right.



As one of the top individual fundraisers for Harvest Rides 2003, Carly Stroich (2nd from l.) was the proud winner of a custom-fitted Mondonico Futura Leggero frame donated by Smart Cycles in Norwalk. The frame and fitting were offered as part of a special September 20th visit to the shop from renowned Italian framemaker Antonio Mondonico (far l.), who fits one-third of all Tour de France competitors for their bicycles. Joining in the celebration of this first of its kind event in the Northeast were Mauro Mondonico (2nd from r.) and Smart Cycles owner Alex Stanek (far r.) (For those interested in reading more about the "Framebuilder of Trust," Sound Cyclist Phil Miano reported on the event for www.dailypelon.com. A direct link to the story can be found at <http://www.dailypelon.com/displayarticle.asp?pk=4868>)

Local News Local Weather Local Traffic

Mornings

Monday - Friday

5:30 - 9 am

Afternoons

Monday - Friday

4 - 6 pm



Local News, Weather & Traffic

wstcwnlk.com

Electronic/Mail Membership Application/Renewal/Address Change Form

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

Bicycle Club

In consideration of being permitted to participate in any way in Sound Cyclists Bicycle Club, Inc. ("Club") sponsored Bicycling Activities ("Activity"), 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, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers 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 responsibility for losses, costs and damages I incur as a result of my participation or that of the minor in the Activity.

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

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

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

Name (Last/First/Middle) _____

Signature _____

If a couple, both must sign

Street Address _____

City _____

State _____

Zip _____

Date _____

SCBC occasionally sells its mailing list. Check box if you don't want your name used ☐ Membership: ☐ 1Yr ☐ 2Yr ☐ 3Yr

Telephone (____) _____

Check One: ☐ New ☐ Renewal ☐ Change of Address

E-mail _____

☐ Electronic \$15 ☐ Mail \$25

IMPORTANT FINE PRINT: Annual dues are \$15 for electronic membership (you must download the newsletter from the website) and \$25 for paper membership (which includes access to the website). Membership runs from Feb. 1 of one year to Jan. 31 of the following year. Sign this form with a check made payable to Sound Cyclists Bicycle Club. Mail to: J. SOHIKIAN, Sound Cyclists Bicycle Club, Membership Chairman, 152 KELLOGG DR, WILTON, CT 06897. Unsigned forms or those without checks will be returned. Allow time for your membership to be processed. Two to three weeks may pass between the time you mail your application until the time you receive your welcome letter, which includes the website user name and password. There is no discount on annual dues if you join for 2 or 3 years. If you join after Oct 1st, your membership will continue past the first January 31 date and expires the following January 31st, giving you a 16 month membership.