



Sound Cyclists News

EIGHT PAGES

Volume 16, Number 9, October 1992

\$15 per year

Weather dampens Harvest attendance

The fourth annual Harvest Hundred went off with the usual threatening weather, which, of course, turned into beautiful weather on Saturday Sept. 19.

It featured 25, 50, 62.5, 75, and 100 mile routes. Plentiful food was available at five food stops. Unfortunately, only 30 riders partook of the well-planned and well-marked route due to the threatening weather in the morning.

Nelson marked the routes and did prep. work, including buying all the food the night before. He did his usual high-speed roller job and used more paint in paint out old arrows that he did on new ones. It was noted the insides of the outhouses at Putnam Park were quite clean and that the new paint color on their walls bore a marked resemblance to that of the arrows on the road.

Although he was handicapped by a lack of volunteers, due to the late notice of the ride, he gives special thanks to those who volunteered. Steve and Christa Panny, Linda Deane, and Gail Beers, who was assisted by Nelson III and Warren, manned the food stops, and directed traffic.

Everybody had a good time, and enjoyed Fig Newtons, granola bars, boxes of raisins, Pepperidge Farm cookies, oranges, bananas, Gatorade and the fabulous PB and J bar, which featured umpteen choices of sophisticated bread. Overstuffed riders did have a bit of trouble making the hills after the food stops, but that's a hazard of the Harvest Hundred.

In October, Nelson is planning a roller derby to paint out the Harvest Hundred arrows. Care to join him?

Club candidates under consideration

The nominating committee is in the process of selecting candidates for club offices for 1992. Elective offices open include president, vice president, treasurer, secretary, and first-year member. Elections will take place at the club's annual meeting in December.

In addition to the Nominating Committee's slate, other candidates may be proposed by any club member in good standing. This can be done by contacting club secretary Warren Shapiro in writing at 23 Fawn Ridge Lane, Wilton, Conn. 06897. Nominating letters must be postmarked no later than Oct. 15, 1992.

The slate of candidates will be listed in the November newsletter. Also, information on the December meeting and lunch will also be published.

Does fear of sweeping keep you from helping?

By Jeff Munk

This Side of the White Line

"Would anybody like to sweep?" the ride leader asked, just before starting his ride. Never before has five little words, forming a simple question stirred the imagination of so many.

Reactions to such a request run the gamut from a sudden fascination with the clouds above to an acute loss of hearing. At this uncomfortable moment in time it's sometimes best not to press the issue, but a second attempt and some eye contact might get you a positive, albeit, reluctant response.

In a perfect world all ride leaders buddy up with someone in advance and have a pre-arranged sweep. But, this not being a perfect world, we do the best we can. Nothing provides more security on our more social rides or rides that attract newcomers, than having that very special person bringing up the rear.

In essence, they are our unsung heroes. Much credit is given to the ride leaders but never forget the sweep. And the sweep who takes the job seriously goes beyond being just a mere hero.

Here's a case in point. Suppose you've been having a tough ride, a bit more hilly than you expected, eh? Even though you have a good ride leader who has been stopping to regroup along the way, you're dropping further and further back. Thoughts go through your mind, negative thoughts. I'm not having a good time. I'm not good enough for this club. This is going to be my last ride.

It's about then you notice that about two meters off your rear tire is a person following you. Out of some warped sense of guilt, you lie and tell this person that you're all right and to go on without you.

"No, that's all right, I'll just stay with you," the sweep responds. Wow! Who is this person, you ask yourself as you slowly begin to remember that this was the person who held up their hand at the beginning of the ride, when the ride leader asked something, but you can quite remember what it was.

"Why don't you get off your bike and take a short break. They're not that far ahead," the sweep offers with an encouraging tone.

"I'll wait. Drink some water, you'll feel better," he adds. This is great, you think to yourself and then you decide to give this whole cycling thing another chance. Later on, you catch up with a few stragglers, who also have been having problems with the hills and so you join them. Once in a while you turn around. Yep, there's that sweep, still behind you. Hope he's around next week.

Another time, another place: "Damn, my chain came off," she shouted. But unfortunately not loud enough for the last person in the peloton to hear. Off they went, stranding her forever, never to be seen again.

"Suddenly," she said as she recounted her story at the end of the ride, "A handsome white knight in shining armor came riding

(Continued on page 3)

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

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

Officers:

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

Committee Chairpersons:

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

SCNews Editorial Board:

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

Affiliated with the League of American Wheelmen

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

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

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

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

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

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

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

BICYCLE STORE DISCOUNT PROGRAM

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

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

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

Bethel Cycle, 120 Greenwood Ave., Bethel.

Bicycle Route, 108 Broad St., Milford.

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

Buzz's Cycle Shop, Post Road (across from Caldor), Old Greenwich.

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

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

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

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

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

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

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

Pedal & Pump, 51 Tokeneke Rd., Darien.

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

Ridgefield Cycle Centre, 56 Danbury Rd., Ridgefield.

Ski Market, 490 Westport Ave., Norwalk.

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

Stratford Cyclery, 3571 Main St., Stratford: 5 % off bikes.

Westport Bicycles, 1252 Post Road East, Westport.

Energy Sports, 1-800-245-9099. 10 percent off Energy

Backrider, a backpack for bicycle commuters.

Chiropractor Barbara Rauso is offering a 10 percent discount for office visits. Call 255-5589.

Ride information!

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

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

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

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

Call 254-8787

24 hours per day, 7 days per week.

— Save this number! —

Sweeping phobia—

(Continued from page 1)

through the dark forest on his beautiful white steed and came to my rescue."

Basically, the truth of the matter was that she was talking about the sweep and he was only riding a plain, ordinary 18-speed Cannondale and it wasn't even white. He wasn't that handsome by any stretch of the imagination and this so called armor he was wearing was a standard Bell helmet and Pearlizumi gel gloves.

By the way, we're not talking Sherwood Forest here, it was probably Long Lots Road or something like that. She's blown this whole thing way out of proportion but you'll probably never convince her of that. One thing is for certain, she was eternally grateful to this hero and rode off happily ever after.

The point of all this is that, as a club, we have to emphasize the importance of the sweep. We need a system whereby we encourage more people to become involved and not only want to lead rides, but sweep them as well. If you're familiar with a particular route that someone else is leading, why not call up and offer to sweep.

If you feel you're not totally capable of fixing mechanical problems that might occur, why not team up with someone who is and co-sweep a ride. Sweeping doesn't mean that you'll never be part of the group. Point of fact— you become the glue that holds the group together and with a coordinated effort between leader and sweep, you become as important as the ride leader.

For those of you who have ridden on a ride where you have either seen a sweep at his best or was personally assisted by one, be grateful that someone was there bringing up the rear.

What's in a name?

By TOM EBERSOLD

At the September meeting of the Executive Board, a question came up as to the supposed redundancy of the club name, i.e., aren't we repeating ourselves when we say Sound Cyclists *Bicycle Club*. Should we not say Sound Cyclists or Sound Cyclists Club?

I took this question to Carl Anderson, who founded the club and coined the name.

He explained why the part about bicycling is essential. If we were called Sound Cyclists Club, the name could be taken to include motorcyclists and tricyclists (and unicyclists) since they all ride wheeled machines known as cycles.

Of course, when you say cyclists, most of us immediately think of bicycles, but the clarification makes life less confusing. The club part is also necessary because Sound Cyclists is too vague—without club it could mean we are an association, a corporation, or a motorcycle gang which rides along the water.

And speaking of Sound, Carl explained there is more to this word than simply riding along the Long Island Sound. He coined the name with two other meanings in mind.

When we say Sound Cyclists, we also mean we ride Soundly or using our heads to ride in a safe manner.

Also, it can mean that as concerned cyclists, we may make noise or Sound to voice interest in our sport.

Keep this in mind the next time someone proposes amending or shortening the club name.

Ride and Repair Clinic

Westport Library

Downtown Westport

Exit 17 I-95 or Exit 42 Merritt Pkwy.

Saturday, October 3, 1:30 p.m.

FREE!

Join Clyde Gourley and Mark Souchard for a clinic entitled "Bike Repairs and Adjustments While On the Road," on Saturday, Oct. 3 at the Westport Library.

The clinic will be preceeded by a 25-mile D ride leaving from the parking lot of the Westport Library. Meet at 9 and leave at 9:15.

The ride will end in time for club members to eat lunch in Westport before attending the clinic. You need not participate in the ride to attend the clinic, nor does ride attendance obligate you to participate in the clinic. For more information, call Clyde at 929-4001 or Mark at 374-3287.

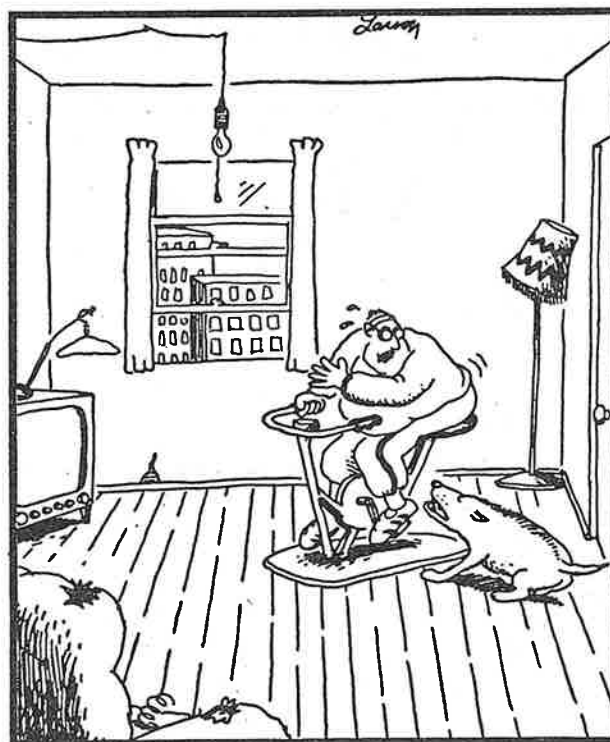
Member marketplace

NEW LOTUS 14-SPEED 56 CM road bike. Ridden twice. Suntour Blaze components. Vetta gel saddle and other extras. Original price \$400. Will sell for \$225. Also selling Profile Aero II bar. Used once. \$25. Call 357-1094.

WIND TRAINER fan resistance type. Good for those cold, wet days of autumn and winter. \$50. Call Tom at 335-9864.

FOR SALE: C-record crankset with 170 mm offset and 53/42 chainrings in somewhat new condition. Also, a pair of clipped C-record pedals. Cheap. Call Bob at 846-4754.

Classified ads for bicycling-related merchandise are free for members of Sound Cyclists. Ads will run on a space-available basis. Send your ad by the 10th of the month to Tom Ebersold, 89 Mayfair Rd., Fairfield, Conn. 06430. No calls for ads, please.



Seacoast Century offers flat terrain and wind

By TOM EBERSOLD

The second Sunday in September of every year, a number of club riders make the journey to Tiverton, R.I. for the annual Flattest Century in the East.

The title is actually a bit of a misnomer because an even flatter century takes place the third weekend in September—the Tri-State Seacoast Century run by the Granite State Wheelmen, starting out of Hampton Beach, N.H.

I joined a group led by Carl Anderson and five Sound Cyclist wanna-be's from GE Capital as we tackled the task of completing this century. We drove up Friday afternoon in plenty of time to carbo load at The Pasta Factory before turning in for the evening. Our motel was a scant half-mile from the starting point and allowed us to avoid the \$3 parking charge at Hampton Beach State Park.

We planned to leave at 7 a.m., but were delayed until 8:30 a.m. by a passing thunderstorm. The day turned out to be beautiful with pleasant temperatures and skies that ranged from partly to mostly cloudy. If the weather did not improve, we were not concerned because the Tri-State Century is a two-day event and we always had Sunday as an option.

The ride offers several interesting characteristics.

- Preregistration is not required and the fee for participating ranges from zero to \$7, depending upon the level of service you seek. If you pay nothing, they will give you a cue sheet and allow you to follow the route. Water is available in the restrooms at the start and at the food stop at 38 miles.

- If you wish to be fed and have the security of their sag service, a mere \$4 charge applies. At the start, bananas, nectarines and grapes were available.

- Whether or not you buy the food and sag service, the official League of American Wheelman patch is available for \$3.

The ride hugs the scenic coastline of New Hampshire and travels north into Maine for 38 miles, mostly on Rts. 1A and 1B, which are

lightly travel. At the food stop, located in a small park on the coast near a lighthouse, bananas, cookies and grapes were served.

Then the ride turns around and heads back to the start on most of the same roads as the first part, but with a few detours. I would have preferred a route that did not double back on itself, but the coastline is scenic enough that it is worth seeing twice.

Until you reach Maine, there's nary a hill to be seen. Even in Maine, the terrain is almost entirely flat, except for a few rollers, no worse than you would encounter in Darien.

If you decide to do the 100-mile route, you will find yourself back at the start after 75 miles, where you can use the restrooms, and refuel yourself. Then the ride heads south along the coast within the shadow of the scenic Seabrook nuclear power plant, and then into Massachusetts, where it picks up some heavy traffic through one town, and then comes back the way it started.

The ride did offer one challenge seldom seen on Sound Cyclist's rides: wind and plenty of it. As we rode along the coastline, the wind was mostly a cross-breeze, but as we followed the twists and turns of the terrain, it changed suddenly from side to front to back.

We found ourselves pedaling at 15 m.p.h. one minute, 11 m.p.h. the next and 19 m.p.h. a minute later, all while expending the same amount of effort!

Sunday we slept a bit late and enjoyed a relaxing drive back to Connecticut as we left in plenty of time to beat the weekend traffic returning home.

Events of Note

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

Litchfield Early Autumn Foliage Ride

Farrell Treatment Center and the Central Connecticut Cycle Club will present the Fourth Annual Litchfield Early Autumn Foliage Ride on Sunday, Oct. 4. The ride starts at 8 a.m. from People's State Forest in Barkhamsted. Routes are 25, 62 and 100 miles and range from rolling to moderately hilly. The cost is \$30 and is by pre-registration only and it includes map, sag, route markings, food stops after-ride food, and a T-shirt for the first 250 pre-registrants. Helmets are required. Century Month patches will be offered. For info, send a SASE to Farrell Treatment Center/CCCC, 586 Main St., New Britain, Conn. 06051.

Cross Sound Bike Trek

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

Tony Fenton Bicycle Tour

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

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HELMET POLICY

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

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

RIDE PACE RATINGS

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

TERRAIN RATINGS

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

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

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

TO ALL BICYCLISTS:

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

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

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

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

SATURDAY, OCTOBER 3

• *Winery Ride*, B-, R/H, 49 miles, 11:15/11:30.
RL Jeff Ross 914 533-2711. Meet CPL Exit 38, Merritt Pkwy. Travel this fast-paced route to the winery in North Salem. Enjoy a tour of the winery and a wine tasting.

• *Lake Quannysang to Sachem's Head Country Ride*, C, R/H, 38 miles, 10:15/10:30. RL Andy Berescik 261-5521 (before 10:00 pm). Meet Platter's Restaurant on Route 80 North Branford, 2 miles east of Route 139. Joint ride with AMC and SCCC through North Guilford, Lake Quannysang, down to Sachem's Head and return on country roads. Lunch at Guilford Green (buy or bring).

• *Newtown/Brookfield Wanderer*, C, R/H, 30 miles, 10:00/10:15. RL Wayne Young 740-0169. Meet parking lot in back of Newtown Town Hall on Rt. 25 (200 yards north of flagpole). Join Wayne on this scenic ride through Newtown and Brookfield. Some dirt roads.

• *Bloomin' Metric 25*, D, 25 miles, R/H, 10/10:15.
RL Dick Gross 964-8112. Meet at the Westport Train Station westbound side. Enjoy the 25 mile route of the Bloomin Metric which travels through Westport and Fairfield. Bring snacks.

• *Ride Clinic and Ride*, D, R/H, 25 miles, 9/9:15.
RLs Clyde Gourley 929-4001 and Mark Souchard 374-3287. Meet in the parking lot of the Westport Library. Join Clyde and Mark on a ride through Westport, followed by a 1 p.m. clinic on "Bike Repairs and Adjustments While on the Road."

• *Stamford/Darien Shoreline*, E, F, 16 miles, 10/10:15.
RL Terry Wong 353-1573. Meet Darien YMCA on Rt. 1. Two loops along the Stamford shoreline, through New Canaan and Darien. Join Terry on this new ride for E riders. Bring snacks.

SUNDAY, OCTOBER 4

• *Pine Tree Road Ride*, B, H, 35 miles, 9:45/10:00.
RL Brian Gossler 333-0193. Meet CPL Exit 44/45 Merritt Pkwy. New ride through backroads of Easton and Weston that Granny Grunt will surely enjoy.

• *Nancy's Fall Frolic*, D, R/H, 48 miles, 9:30/9:45.
RL Nancy Rosett 847-5541. Meet CPL Exit 36 Merritt Pkwy. Enjoy the early Autumn while cycling up to Titicus Reservoir.

• *Beautiful Variety*, D, R/H, R/H, 9:15/9:30.
RL Gail Schwartz 637-9662. Meet Old Greenwich Train Station Southbound Side. I-95 to Exit 5, right at the first light, right at the light onto Sound Beach Ave., follow past park before town. RR station on left. Food Stop at end. Bring lunch to Gail's house and enjoy her brownies for dessert.

• *Hidden Valley*, Washington Depot, MB, 20 miles, 9:30/9:45.
RL Clyde Gourley 929-4001. Meet at Pantry Restaurant.

SATURDAY, OCTOBER 10

• *Greenwich Estate Country Tour*, C, R/H, 39 miles, 10/10:15.
RL Tom Ebersold 335-9864. Meet West Hills H.S. in Stamford. Take the Merritt Pkwy. to Exit 34. Head south one mile on Long Ridge Rd. (Rt. 104). Make a sharp right at light onto Roxbury Rd. Right into school parking lot at light after one-third of a mile. Superb tour of the mansions of Greenwich with a brief visit to Banksville to bring us back to reality. Quite possibly the most scenic route in Fairfield County.

• *Stamford Reservoir Ride*, C, R/H, 25 miles, 10/10:15.
RL Jerry Hunt 348-1616. Meet Merritt Pkwy. Exit 36 CPL. Ride through the reservoir area in Stamford and up to Scott's Corners.

• *Ridgefield Run*, D, R.H, 30 miles, 9:45/10.
RL Nancy Rosett 847-5541. Meet Exit 38 CPL Merritt Pkwy. Scenic ride through New Canaan to Ridgefield. Downhill return via Wilton. Some dirt roads (which can be avoided).

• *Milford Shore Neighborhoods*, E, F, 15 miles, 10:00/10:15.
RL Clyde Gourley 929-4001. Meet Exit 35 CPL of I-95 (Bic Road). Option for lunch and additional 16 miles of shore line neighborhoods from Milford to West Haven.

SUNDAY, OCTOBER 11

• *An Alluring Alliterative A Adventure*, A, H, 30 miles, 9:45/10.
RL Bart Narter 853-2971. Meet Merritt Pkwy. Exit 36 CPL. Join Bart for another adventure angling inclines and passing ponds through New Canaan, Wilton and Ridgefield. No lunch stop.

• *New Preston/Washington Ride*, C, H, 30-35 miles, 10/10:15.
RL Doug Divesta 355-9839. Take Rt. 7 to Rts. 67/202. Go over metal bridge. Take first left into parking lot by the tennis courts. Join Doug for an extremely scenic, but hilly ride in Northwestern Connecticut. Lunch in New Milford.

• *Fairly Flat Long Ride*, C, R/H, 34 miles, 9:45/10.
RL Brian Gossler 227-4212. Meet Merritt Pkwy. Exit 42 CPL. Join Brian on this ride that travels through Westport, Weston, Fairfield and Southport.

• *Saugatuck/Weston Twister*, D+, R/H, 38 miles, 10/10:15.
RL Larry Szczepaniak 775-8655. Meet Exit 41 CPL Merritt Pkwy. Join Larry on this glorious ride down by the shores of Saugatuck and up through Weston. Shorter options available.

• *Westport Wanderer*, D, R/H, 20 miles, 9/9:15.
RL Howard Silver. Meet Merritt Pkwy. Exit 42 CPL. Rolling hills from Westport to Southport. Bring snacks, no lunch stop.

• *Steep Rock Reservation*, Washington Depot, MB 18 miles.
RL Beth Stafford 268-4568. Meet 9:30/9:45 at Pantry Restaurant parking lot.

SATURDAY, OCT. 17 and SUNDAY, OCT. 18

• *Weekend trip to Southampton*, RL Lynn Schulte 838-9622. Take the ferry from New London to Orient Point. Lynn will carry your luggage in her car. Overnight accommodations at the Bayberry Inn in Southampton. Call for details.

SATURDAY, OCTOBER 17

• *Banksville-Bedford Ride*, B-, R/H, 39 miles, 10/10:15.
RL Jeff Ross (914) 533-2711. Meet Merritt Pkwy. Exit 35 CPL. Join this fast-paced (but not A-paced) ride through Banksville, Ward Pound Ridge Reservation to Bedford, N.Y. and return.

• *Tops Mead, Bantam Lake & Peaches and Cream*, C, H, 27 miles, 10:45/11. RL Wayne Young 740-0169. Meet Rt. 8 Exit 42 CPL in Litchfield (not Westport!!!) Join Wayne for this scenic tour to Tops Mead State Park, Bantam Lake and Litchfield. Ice cream after.

• *The Road to Bethel*, D, R/H, 32, 10/10:15.
RL Jeff Munk 261-5545. Meet CPL Rt. 25 and 111 in Trumbull. Nice backroads scenery through Trumbull, Monroe, Newtown and Bethel. Ride this new route at a social pace and enjoy the fall foliage.

SUNDAY, OCTOBER 18

• *Bethel and Back*, A, R/H, 40 miles, 9:15/9:30.
RL Mike Holden 322-5790. Meet Merritt Pkwy. Exit 42 CPL (not Rt. 8!). Join Mike as he again leads this fast-paced ride up to Bethel and back (aka The Bethel Boys). No sweep. Riders will have to fix their own flats, etc. No lunch stop.

• *Midtown Power Ride*, C, R, 40 miles, Meet 9 to 9:45 a.m. Leave 10 a.m. RL Mike Stino 623-6971. Meet Pedal Power Bicycle Shop, 412 Main St., Middletown, CT. Take I-95 to Rt. 9. Rt. 9 north to Exit 15. Take left at Columbus Plaza onto Main St. Park behind the bike shop. Coffee, donuts, hot chocolate provided by Pedal Power. Ride features fall foliage, double crossing of the Connecticut River and historical sights. Joint ride with AMC, AYH, SCCC and FHF. (What? No alphabet soup?)

• *North Stamford Greenwich Ride*, C, H, 35 miles, 10/10:15.
RL Jack Alexander 322-6047. Meet Merritt Pkwy. Exit 35 CPL. Ride through North Stamford and Greenwich up to Banksville.

• *Fahnestock Park*, Coldspring, N.Y., MB, 10/10:15.
RL Lisa Ineson (914) 225-3930. Meet I-84 Exit 19 CPL in New York. Call to confirm. Bring lunch.

SATURDAY, OCTOBER 24

• *Aspetuck/Saugatuck Reservoir Ride*, C, R/H, 30 miles, 10/10:15. RL Tom Ebersold 335-9864. Meet Merritt Pkwy. Exit 42 CPL. Scenic tour of the reservoirs in Easton and Weston, hopefully while the trees still have some color. A good climb up Black Rock Tpke. (but it won't hurt too much this late in the season). Enjoy a three-mile descent on Newtown Tpke. (the one you grind up on the Saugatuck Reservoir Ride).

• *The Backwoods to Shoreline Spin*, D, R, 34 miles, 10/10:15.
RL Dick Gross 964-8112. Meet CPL Exit 42 Merritt Pkwy. Tree-covered roads that criss-cross trickling brooks and streams and find their way down to the lapping waves on the shore of the Sound, highlight this popular route that passes through four picturesque towns.

• *Connecticut River Tour*, D/D+, R/H, ?? miles, 9:45/10.
RLs Joan Albert 389-9995 and Susan Shellard 468-2292. Meet in school parking lot behind Deep River Baptist Church. I-95 North to Rt. 153 North (Main St.) At int. with Elm St. (Town Hall), turn right on High St. Church is up several hundred yards. Relatively easy scenic tour along river and shore. Joint with SCCC. Bring lunch.

• *The Fairfielder*, E, F/R, 20 miles, 10/10:15.
RL Jeff Munk 261-5545. Meet at Fairfield Town Hall. (corner of Old Post Rd. and Beach Rd.) Enjoyable novice ride on this newly-revised route.

Important Note: Daylight savings time ends. Be sure to set those clocks BACK one hour before you go to bed on Saturday, Oct. 24. Otherwise you will be awfully early for the Sunday rides.

SUNDAY, OCTOBER 25

• *Another Tour de Foodman*, ??, R/H, 37 miles, 10:15/10:30.
RLs Warren and Dr. Melissa Shapiro 762-9910. Meet Exit 42 Merritt Pkwy. CPL. A ride, B ride; call it what you will. This will be the last Tour de Foodman of the season. This ride will be ridden at 17 to 19 m.p.h. Snack stop.

• *Run to Ridgefield*, C, R/H, 42 miles, 10/10:15.
RL Dick Hollyday 3270-2403. Meet Merritt Pkwy. Exit 38 CPL. Join Dick on his first ride as leader as he travels up to Ridgefield and around Mamanasco Lake.

• *Great Pumpkin Ride*, D, R/H, 25 miles, 10/10:15.
RL Tom Ebersold 335-9864. Meet in the rear parking lot of the Trumbull Senior Center. Take Merritt Pkwy. to Exit 51. Head north one block. Left onto Priscilla Place, left behind building. Extremely scenic ride on low-traffic roads through Shelton over terrain which is a bit more challenging than the average D ride. Shorter and slightly less hilly version than last year's Great Pumpkin Ride. Snack stop at Jones' Tree Farm for cider and cookies.

• *Monroe Meander*, MB, 25 miles, 9/9:15.
RL Steve Price 261-4675. Meet at Wolfe Park on Cutler's/Cross Hill Rds., Monroe. Ride is about 1/3rd on road and 2/3rds off road.

SATURDAY, OCTOBER 31

• *The Last Ramble*, C, R/H, 40 miles, 10/10:15.
RL Dick Gross 964-8112. Meet Merritt Pkwy. Exit 44/45 CPL. Ride with one of our most experienced ride leaders as he journeys up to Newtown on the last Rural Ramble of the season. One hiller hill.

• *Halloween Tour of Death*, D, R/H, 25 miles, 1:45/2.
RL Tom West 853-9954. Meet Merritt Exit 42 CPL. Halloween ride through local cemeteries. Cider stop. Wear black and orange.

SUNDAY, NOVEMBER 1

• *Scott's Pound Ridge/Bedford Ride*, B, R/H, 40 to 45 miles, 10/10:15. RL Scott Nickel 655-2397. Meet Merritt Pkwy. Exit 36 CPL. Join Scott as he leads his first ride, a new route up to Bedford, N.Y.

• *West Redding Ride*, C, R/H, 32 miles, 10/10:15.
RL Alan Stempel 748-5871. Meet Merritt Pkwy. Exit 41 CPL. Join Alan for this scenic ride to West Redding and down along the Saugatuck Reservoir.

• *Darien Rowayton Ramble*, D, F/R, 23 miles, 10/10:15.
RL Sheila Carmine 322-9534. Meet Exit 36 CPL. Longer version of the popular Friday night ride. Lunch after the ride.

• **Mohunk Preserve, New Paltz, N.Y. MB, 25 miles.**
 RL Larry Szcapaniak 775-8655.
 Meet at 8 a.m. off Exit 1 of I-84 to pool cars. Call to confirm.

SATURDAY, NOVEMBER 7

• **Saugatuck Reservoir Ride, C, R/ H, 27 miles, 10/10:15.** RL Dick Gross 964-8112l. Meet Merritt Pkwy. Exit 42 CPL. Very scenic ride through Westport and Weston and UP around the Saugatuck Reservoir.

SUNDAY, NOVEMBER 8

• **Nelson's Fall Finale, C-, R, 10:15/ 10:30.** RL Nelson Beers 929-0843. Meet Merritt Pkwy. Exit 44/45 CPL. Join Nelson on his final ride of the season as he leads the group around the environs of Easton. Ride will be shortened if the weather is cold.

• **Minnewaska State Park, MB, 30 miles.** RL Steve Price 261-4675. Meet at 8 a.m. off Exit 1 of I-84 to pool cars. Call to confirm. Bring lunch and extra water.



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Sound Cyclists Bicycle Club ("Club") Membership Application/Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

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** 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 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 Wheelmen, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers 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/MI) _____ SIGNATURE _____

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

STREET ADDRESS _____ CITY/STATE/ZIP _____

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

TELEPHONE: (____) _____ ☐ New ☐ Renewal ☐ Change of address

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

Annual Dues are \$15 Per Mailing Address. Memberships run from May 1 to April 30. Cyclists joining after Sept. 30, 1992 need not renew their membership until April, 1994. Mail this signed form with a \$15 check made payable to Sound Cyclists Bicycle Club, c/o, Claire Falkner, 39 Glenbrook Rd. No. 4Y, Stamford, Conn. 06902. For a sample newsletter, call 975-9607 and leave your name and address.

Sound Cyclists Bicycle Club Ride Form

Day of Week _____ Date _____

Name of Ride _____

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

Distance _____ Meeting time _____ Starting time _____

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

Starting location _____

Directions/Description _____

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

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

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

From:
Sound Cyclists Bicycle Club
c/o Claire Falkner
39 Glenbrook Rd. No. 4Y
Stamford, Conn. 06902.

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**The deadline for
the next SCNews
is October 10!**