



Sound Cyclists News

8 Pages

Vol. 18 • No

October 1993

\$15 per year

CLIMBING TO THE SUN

This Side of the White Line

By Jeff Munk

It was about a year and a half ago when I wrote about the exciting possibilities of cycling in *Hawai'i*. For those of you who might have miss that article, it basically touched on the different types of challenges one could find there while biking throughout the islands. I also touched on the many similarities in the way local bike clubs conduct their rides and events. I also wrote about the geophysical and historic aspect of the islands, as well as the obvious scenic beauty.

The physical geography of *Hawai'i* changes from island to island as you travel from *Kaua'i*, in the northwest portion of the chain down to the Big Island in the southeast. This is an important consideration when planning any bike tour. I have met people who have planned the 300 mile scenic circuit around the Big Island only to have last minute, major detours added because of something as simple as a lava flow. After all, there's nothing like an erupting volcano to spoil a good bike ride. This is something a *kama'aina* (old-timer) wouldn't take for granted, just as one would have to consider that on *Kaua'i* it must be raining somewhere because the island happens to be the wettest spot on the face of the earth, where the clouds over Mount Waialeale dump between 400 and 600 inches of rain a year.

The seas are not the only thing that separate these jewels of the Pacific from one another. Millions of years apart in age explain the differences in the flora, fauna and geothermal activity.

Cycling on the quieter, less visited islands like *Moloka'i* or *Lana'i* could be an experience of a lifetime because you would bring back memories that most people traveling to *Hawai'i* wouldn't. Quite the opposite is the case on *O'ahu* where you would face pretty much the same sort of thing you face here in our area — traffic.

The second half of that article was devoted to a unique bike tour on *Mau'i* where cyclists are picked up at their hotels before sunrise and brought to the top of *Haleakala*, a 10,000 foot-high dormant volcano which last erupted in 1790. From the summit at sunrise, riders descend the slope at an average speed of 17 miles per hour down the world's longest, steepest paved road for the thirty-eight mile ride through seven different climate zones and finally down to the sea.

For the devout cyclist on vacation, *Hawai'i* offers diverse opportunities, especially for the recreational rider but for the competitive cyclists there is something very special for you that will challenge your wildest dreams.

"Cycle to the Sun" is an event that occurs in September on

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SCBC ANNUAL PICNIC

About 100 cyclists enjoyed themselves at the 17th Annual Picnic. A pleasant day, four new rides, lots of food and plenty to drink made for a great afternoon. Sherwood island State Park was nice but a swimming pool at someones house would be much better!

I would like to thank Nelson Beers for putting up the tent (by himself). Also, the sixteen club members who made the salads. I did my part and made sure we had plenty of shrimp for everyone.

A great job well done by all of those who volunteered. To those who wanted to volunteer but did not, next year is right around the corner. To all the people who made my job easier, Thank you, Thank you, Thank you. SCBC-PC.

-Brian Gessler

THE SCOOP!

After 3 years of service Tom Ebersold has retired from his positions as editor and publisher SCBC Newsletter. The new editor and publisher, along with the club, would like to thank Tom for his efforts. As the Newsletter's new editor and publisher, we are enthusiastic to begin our work utilizing ideas from ourselves and our members.

After the change in positions was announced, many members approached me, Helena, to offer their congratulations along with questions, comments, ideas and yes, complaints. Because this is a truly volunteer organization with a healthy membership, we assume every individual has something to say about the club, or more specifically, the newsletter. Vent your ideas and drop us a line, we are always open for suggestions.

In conclusion, we cannot stress enough the importance of our submission deadlines. Please prepare accordingly so the newsletter can be completed in a timely manner. Thank you! 

*Helena M. Hollauer-Editor
Alexandra V. Hollauer-Publisher*

CANDIDATES SOUGHT

As required by club by-laws, a nominating committee must be formed to select candidates for club offices for 1994. Anyone interested in serving on the committee should contact either Jeff Ross at (914) 533-2711 or Clyde Gourley at (203) 929-4001.

Offices include president, first vice president, second vice president, treasurer and secretary. As of this publication, interest has been expressed for all positions except that of the treasurer. Elections will be held 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 Tom Ebersold in writing at 223 N. Benson Road, Fairfield, CT 06430. Nominating letters must be postmarked no later than Oct. 15, 1993.

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:	Warren Shapiro	762-9910
Treasurer:	Nelson Beers	929-0843
Secretary:	Tom Ebersold	255-6416

Committee Chairpersons:

Rides— A, B, C:	Jerry Weinstein	327-3530
D, E:	Ilene Rogers	322-7711
Mountain Bike:	Clyde Gourley	929-4001

Meetings:	Your name here	
Newsletter:	Helena Hollauer	846-2383
Membership:	Claire Falkner	975-9607
Bloomin' Metric:	Doug Engel	849-8972
	Enid Walker	854-1693

Incentives:	Wayne Young	740-0169
Picnics:	Brian Gossler	380-2646

Safety:	Your name here	
Club Weekends:	Sheila Carmine	322-9534
Community Relations:	Your name here	

SCNews Editorial Board:

Editor:	Helena Hollauer	846-2383
Publisher:	Alexandra Hollauer	846-2383
Typist:	Lori Tulipani	852-9412
Printer:	Bader Printing	333-3343
Sound Cyclists' information hotline:		254-8787

Affiliated with the League of American Wheelmen
Printed on recycled paper

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

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

Submission Guidelines: The deadline for article submission is the 10th of the month preceding 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 Helena Hollauer, 5 Lori Lane, Norwalk, CT 06851. 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 \$125 for a full-page ad. Send ads to Helena Hollauer at the above address.

Classified advertising: Bicycling-related classified ads are free for members. Send ads to Helena Hollauer 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 Helena Hollauer at 846-2383.

Action Sports, 324 W. Main St., Branford.
Bethel Cycle, 120 Greenwood Ave., Bethel.
Bicycle Route, 108 Broad St., Milford.
Buzz's Cycle Shop, Post Road (across from Caldor), Old Greenwich.
Cycle Dynamics, 971 Post Rd. East, Westport.
Cycle Fitness, 494 Main St., Monroe.
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.
Wilton Center Bicycle Shops, 78 Old Ridgefield Rd.
Bikemobile mobile bike repairs, 10% off labor and accessories, 834-1150 (office at Outdoor Sports Center., Wilton)
Energie Sports, 1-800-245-9099. 10 percent off Energie Backrider, a backpack for bicycle commuters.
Chiropractor Barbara Rauso is offering a 10 percent discount for office visits. Call 255-5589.



Quality Service For Over 31 Years
1964 POST ROAD, FAIRFIELD
255-4079

MEMBER MARKETPLACE

•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 Helena Hollauer, 5 Lori Lane, Norwalk, CT 06851.
No calls for ads, please.

FUJI SAGRES 55 cm frame, slate gray, 12-speed sport touring bike with Cannondale handlebar bag, Blackburn rear rack, mini-pump. Dependable, good condition. Color: slate blue. Call Randy Brophy at work at 975-6419 or other times at 637-7646.

TREK 1500 road bike, 54 cm, Easton aluminum frame. Shimano 600 Ultegra components, \$550. Call Gary at 438-5204.

MOUNTAIN BIKE: Top of the line Raleigh Technium with Deore XT components. 15 inch frame. Two sets of tires, mountain rack and water bottle cage, Excellent condition. Call Ken at 438-8084.

MARINONI 56 cm Columbus SL tubing, Campi components. White with green fade. Never raced. \$500. Call Bob at 323-7907.

CANNONDALE Hybrid H600. 20 inches. 1991 model. Bought 1992. Avocet tires. Bar ends, Cannondale rear rack. Many extras. Excellent condition. \$550. Call Joe at 329-9500.

GORGEOUS Virtually new Trek hybrid for tall person. A \$400 bike for \$250. Call Bob at 221-0589.

BIKE STORAGE RACKS. Natural oak unit stores two bikes. Unit fully assembled and adjustable. Retail over \$175, asking \$125. Also, custom storage racks made to order. Call Julie Montanaro at 459-0586.

RIDE PARTNER wanted for daytime weekday rides once a week in October. D or E pace. Tamar Mays 968-9104.

JERSEY'S! ORDER YOURS NOW

We are almost ready to place an order for more club jerseys. Warren Shapiro has deposits for 15 jerseys and needs to have 35 more deposits before he orders the jerseys. If you want to have one of our an eye-catching jerseys, place your order now.

HOW?- send a \$25 check (made payable to Sound Cyclists) as a deposit to Warren Shapiro, 23 Fawn Ridge Lane, Wilton, CT 06897. Indicate the size and style you would like to purchase.

SIZES -extra small (No. 2), small (No. 3), medium (No. 4), large (No. 5) and extra large (No. 6). Jerseys are available in either long or short sleeves and with either a long or a short zipper.

STYLES-Short-sleeved jerseys with short zippers cost \$49. Short-sleeved jerseys with long zippers cost \$52.

Long-sleeved jerseys with short zippers cost \$55. Long-sleeved jerseys with long zippers cost \$58.

(If you have ride leader points left over from 1992, you can cash them in at a rate of 50¢ per point. Warren can tell you the number of points you have. Call him at 762-9910.)

WINTER SKI TRIP

Ski Sun Valley Idaho March 6 to 13, 1994. Round trip air, transfers, lodging at Sun Valley Inn, admittance to Ski Club week parties/races, admittance to Mike Murphy show, sleigh ride and dinner at Trail Creek Cabin, 5 of 6 day Sun Valley lift pass. \$1,059 double occupancy. \$100 deposit by Sept. 10 to Bruce Miller at 544-8917.

★EVENTS★

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

The Second Annual **Holy Redeemer Fall Fun Bike-A-Thon** will take place Sunday, Oct. 3 beginning at 9 a.m. at the Kindle Autoplaça in Cape May Courthouse, New Jersey. Routes at 20, 40 and 100 miles. Registration is \$25 in advance or \$35 on-site. Pledges are encouraged, but not required, to benefit the Holy Redeemer Visiting Nurse Agency Hospice. Riders receive a long-sleeved T-shirt, map, rest station, and admission to the post ride cookout. For registration forms, call 1-800-745-4693.

Pedal for Power, which is sponsored by the League of American Wheelmen, is taking place from Sept. 24 to Oct. 16. This ride starts in Maine and ends in Florida. Riders must raise either \$2,250 (if they are a LAW member) or \$3,000. Proceeds benefit LAW's Bicyclists' Educational and Legal Foundation and the charity of your choice. Call (800) 762-BIKE for more info.

The "**Tour de Dutchess II**" will be held Saturday, October 9, 1993 with distances of 10-100 miles through the rural countryside of Dutchess County New York. All sag supported rides start and finish at the Town Hall, Rt. 44, Pleasant Valley, N.Y. (4 miles west of Taconic Pkwy). Start time between 7 a.m. and 3 p.m. with completion time by 7 p.m. Cost is \$8 before October 5th or \$10 day of tour. For more information contact Fred Schaeffer at 914-454-1110 ext. 227. Rain date is October 10th.

The Connecticut Chapter of the Cystic Fibrosis Foundation is sponsoring the 6th Annual **Tony Fenton Bike Tour** on October 10, 1993 at Sherwood Island State Park in Westport, CT. Bike route distances from one to sixty-five miles offer coastal and inland sights of Fairfield County. A thirty dollar registration fee provides T-shirts, refreshments, support services and festivities. Prizes will be awarded to top donation collectors. For more information and registration form contact the CFF at 630 Oakwood Avenue, Suite 317, West Hartford, CT 06110-1536 or call 203-953-0048.

Empire Garden Sunday, October 10. Meet 9:30. Flat, rolling 46 miles. Pace 12-13 mph. Carl Andersen, ride leader, 357-3344/762-9294. Bike ride starts @ Grant's Tomb, Riverside Dr @ 122d St. Park on the northbound side of Riverside Drive by the monument. Auto convoy meeting point: 8:30am: CPL, Exit 35, Merritt Pkwy, Stamford. Ride includes lunch stop (bring your own) at Liberty State Park in New Jersey; across the Bayonne Bridge to Staten Island; & across New York Harbor on the Staten Island Ferry (bicycle fee, 50¢). Acrophobes: Skip this ride. Regrouping ride: Leader will stop & wait at many points during the ride.

Benefit Bike-a-thon for the Laurel House of Stamford will be held October 17. Routes of 10 or 20 miles are offered along with a 4-mile loop for those who want to run, walk, or rollerblade for the cause. Registration begins 7:00am @ Pear Tree Point Beach in Darien and requires \$15 fee and a minimum of \$100 in pledges. The event will benefit the House which helps people with a history of psychiatric problems. Call 203-853-4966 for more information.

HELMET POLICY

All participants in a club ride must wear a helmet throughout its duration and 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 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 TERRAIN RATINGS

AA Expert/Racers	20+ MPH	F Flat
A Expert/Fast	16-19 MPH	F/R Flat/Rolling
B Fast Intermed	14-16 MPH	R/H Rolling/Hilly
C Intermediate	12-14 MPH	H Hilly
D Slow Intermed	10-12 MPH	M Mountainous
E Novice	< 10 MPH	

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 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.

RIDER TIPS

On the basis of the advertised ride distance, pace and terrain rating be conservative when select rides within your ability! Call the Ride Leader (RL) with questions or concerns. Generally, a D ride of approximately 20 miles is recommended for new members to introduce them to the club's ride classifications. Riders should carry a pump, tire irons, spare tube(s), patch kit, water bottle(s), money and insurance card with them on each ride.

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 delayed.

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!

SATURDAY, OCTOBER 2

• *Ralf's Loop*, B, H, 65 miles, 9:45/10:00

RL Ralf Ireland, 866-4742. Meet CPL Exit 38 Merritt Pkwy. Join Ralf & Co. on this longer training ride. No cue sheet, no sweep.

• *Mystery C Ride*, C, R/H, 50 miles, 9:45/10:00

RL Tom West, 853-9954. Meet CPL Exit 42 Merritt Pkwy. Join Tom on this half century to an undisclosed location.

SUNDAY, OCTOBER 3

• *Greenwich Web*, B, R, 43 miles, 8:15/8:30 sharp

RL Carl Andersen, 357-3344/762-9294. Meet Exit 35 CPL, Merritt Pkwy. A pace of 15 - 17 mph will be maintained. Riders are expected to follow map/cue sheet or maintain leader's pace

SATURDAY, OCTOBER 2

• *Shoreline Ride*, D/E, F/R, 24 miles,

RL Dick Gross, 964-8112/Terry Wong, 353-1573. Joint ride with SCCC. Meet Exit 63 CPL off I-95. This is one of the most scenic rides Terry and Dick have done with the SCCC. Carpool out of Exit 18 CPL off I-95 at 8:30 a.m. After the ride, a short drive to Hammonasset State Park for lunch (food can be purchased), play beach ball and make a day of it!

SUNDAY, OCTOBER 3

• *Greenwich Web*, B, R, 43 miles, 8:15/8:30 sharp

RL Carl Andersen, 357-3344/762-9294. Meet Exit 35 CPL, Merritt Pkwy. A pace of 15 - 17 mph will be maintained. Riders are expected to follow map/cue sheet or maintain leader's pace.

• *Guilford-Madison Backroads*, D+/C-, R/H, 26 miles, 10:15/10:30

RL Andy Beresick, 261-5521. Meet Exit 58 CPL off I-95 (Route 77). Enjoy this joint ride with AMC and SCCC over rolling quiet backroads. Rain cancels.

WEDNESDAY, OCTOBER 6

• *Wednesday Evening Ride*, A-/B+, R/H, 20 miles, less as days get shorter, 5:15/5:30 RL Jerry Cahill, 268-9902. Meet CPL Exit 42 Merritt Pkwy.

Lights and/or vests recommended. Ride through Westport, Weston and Easton. No Lunch Stop.

SATURDAY, OCTOBER 9

• *Bedford-Banksville Ride*, B-, R/H, 39 miles, 9:30/9:45

RL Regis Domka, 322-9363. Meet CPL Exit 35 Merritt Pkwy. Join this ride through Banksville, Ward Pound Ridge Reservation to Bedford NY and return.

• *Windsor Locks and New Gate Prison*, C, R/H, 35 miles, 9:30/9:45

RL Clyde Gourley, 929-4001. Meet at CPL Exit 42 of I-91. Scenic ride with optional trip to the New England Air Museum afterwards. Bring lunch. Fees at museum.

• *Newtown/Brookfield Wanderer*, C, R/H, 32 miles, 10:00/10:15

RL Wayne Young, 740-0169. Meet Newtown Town Hall on Route 25 (200 yards north of flagpole in center of town, park in rear). Join Wayne as he leads this scenic ride through Newtown and up to Brookfield.

• *Rural Ramble*, C, R/H, 40 miles, 10:15/10:30

RL Claire Faulkner, 327-2592. Meet CPL Exit 44/45 Merritt Pkwy. Enjoy the challenging hills of Easton, Monroe, and Newtown on this popular ride. One killer hill.

• *Pear Tree Point Ride*, D, F/R, 15.5 miles, 10:15/10:30

RL Joe Favono, 637-3221. Meet Darien RR Station westbound side. Enjoy beautiful scenery of Long Island Sound and elegant homes. No food stop.

• *Road to Bethel*, D, R/H, 35 miles, 9:45/10:00

RL Jeff Munk, 261-5545. Meet CPL in Trumbull at intersection of Routes 25 and 111. Great scenic backroads lead us through Trumbull, Monroe, Easton, Newtown, Redding and Bethel. Lunch choices abound in Bethel and time will be allowed for those tempted to duck into the bike shop.

SUNDAY, OCTOBER 10

• *New Canaan, Purdys, Ridgefield and Return*, B, R/H, 54 miles, 9:30/9:45
RL Enrique Garcia, 778-4058. Meet CPL Exit 36 Merritt Pkwy. Join Enrique on this faster paced/hilly ride from New Canaan to Ridgefield and back.

• *Great Circle Tour*, C, R, 28 miles, 10:00/10:15

RL Tom Ebersold, 255-6416. Meet at narrow parking lot on west side of Black Rock Turnpike at Exit 44/45 Merritt Pkwy. Scenic autumn ride through Fairfield, Southport and Westport.

• *Empire Garden*. Meet 9:30. Flat, rolling 46 miles. Pace 12-13 mph. Carl Andersen, ride leader: 357-3344/762-9294. Bike ride starts at Grant's tomb. Riverside Drive at 122nd Street. Park on the northbound side of Riverside Drive by the monument. Auto convoy meeting point: 8:30 a.m. CPL Exit 35, Merritt Pkwy. Ride includes lunch stop (bring or buy your own) at Liberty State Park in New Jersey and three water crossings: Across the George Washington Bridge to New Jersey, across the Bayonne Bridge to Staten Island, and across New York Harbor on the Staten Island Ferry (bicycle fee: 50 cents)

Acrophobes: Skip this ride. Regrouping ride: Leader will stop and wait at many points during this ride.

• *Deep River Ride*, C/D, F/R, 36 miles, 9:00 to 12:00. \$10 Registration Fee. RL Dick Gross, 964-8112. Meet to carpool at CPL Exit 18 off I-95 at 8:30 to leave at 8:45. Take I-95 to Exit 55 in Branford. Go north on Route 139 to 80E in Deep River. Take left onto Main at light in Deep River. On the right is the New England Savings Bank, which is the starting point with plenty of parking. Food stops with apples and cider. Sag wagon. Ride through Essex and Old Saybrook along river and Long Island Sound.

• *The Fairfielder*, E, F/R, 20 miles, 10:00/10:15

RL Jeff Munk, 261-5545. Meet at Fairfield Town Hall on Old Post Road. Relax and Enjoy this purely social ride as we make our way out of Town to the borders of Fairfield. We're kicking back and taking it easy so we can enjoy this leisurely ride and all have lunch together at the end. If you haven't ridden with us before - this is a good ride to try.

• *Mt. Riga and Bash Bish Falls*, MB, 38 miles, 9:00/9:15

RL Beth Stafford, 268-4584. Meet at the mountain in Salisbury. Bring lunch, extra water and shoes suitable to hike to the summit of Bear Mountain. We expect to finish at around four o'clock. About 1/4 route is on road.

WEDNESDAY, OCTOBER 13

• *Wednesday Evening Ride*, A-/B+, R/H, 20 miles, less as days get shorter, 5:15/5:30

RL Jerry Cahill, 268-9902. Meet CPL Exit 42 Merritt Pkwy. Lights and/or vests recommended. Ride through Westport, Weston and Easton. No Lunch Stop.

SATURDAY, OCTOBER 16

• *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 briskly-paced route to the winery in North Salem. Enjoy a tour of the winery and a wine tasting.

• *Westport/Georgetown Expanded Loop*, C, R/H, 30 miles, 10:00/10:15
RL Dick Gross, 964-8112. Meet CPL Exit 41 Merritt Pkwy. Join Dick as he leads this expanded version of the popular Georgetown Ride.

• *Fairfield-Southport Short Ride*, D, F/R, 19 miles, 1:00/1:15
RL Wayne Young, 740-0169. Meet Exit 44/45 Merritt Pkwy. Scenic backroads and Shore. Optional pizza after ride.

• *Reservoir Tour*, D, R/H, 24 miles, 10:00/10:15
RL Sheila Carmine, 322-9534. Meet off Exit 36 of the Merritt Pkwy at the Talmadge Hill RR station. Lunch in Scotts Corner. Apple picking from Sheila's trees after the ride.

• *Milford Shoreline Neighborhoods*, E, F, 15 miles 9:15/9:30

RL Clyde Gourley, 929-4001. Meet at Exit 35 off I-95 (Bic Road). Optional lunch and additional 17 miles of shore communities from Milford to West Haven.

SUNDAY, OCTOBER 17

• *Three County Tour*, C, F/R, 71 miles, 9:30/9:45

RL Fred Mauer, 221-1334. Meet Macedonia Brook State Park. Go north on Route 7, turn left on Route 341 in Kent, then right onto Macedonia Brook Road into the state park. Extremely scenic longer ride in north-western Connecticut. Only two or three hills. Carpool from Darien RR Station at 8:00 a.m.

• *Ride to Ridgefield and Back*, C, R/H, 30 miles, 10:00/10:15

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).

• *Show and Go*, D, 10:15/10:30

Meet at CPL Exit 18 off I-95. We don't have a ride leader, so bring your favorite cue sheet and a ride leader will be selected.

• *Deep River Ride*, C/D, F/R, 36 miles, 9:00 to 12:00. \$10 Registration Fee. RL Dick Gross, 964-8112. Meet to carpool at CPL Exit 18 off I-95 at 8:30 to leave at 8:45. Take I-95 to Exit 55 in Branford. Go north on Route 139 to 80E in Deep River. Take left onto Main at light in Deep River. On the right is the New England Savings Bank, which is the starting point with plenty of parking. Food stops with apples and cider. Sag wagon. Ride through Essex and Old Saybrook along river and Long Island Sound.

• *Steep Rock Reservation*, MB, 15 miles, 9:30/9:45

RL Julie Montanaro, 261-8673. Meet at the Pantry Restaurant parking lot in Washington Depot.

WEDNESDAY, OCTOBER 20

• *Wednesday Evening Ride*, A-/B+, R/H, 20 miles, less as days get shorter, 5:15/5:30 RL Jerry Cahill, 268-9902. Meet CPL Exit 42 Merritt Pkwy. Lights and/or vests recommended. Ride through Westport, Weston and Easton. No Lunch Stop.

SATURDAY, OCTOBER 23

• *Weston/Easton Scenic Ride*, B-, R/H, 40 miles, 9:45/10:00

RL John Dugdale, 655-4277. Meet CPL Exit 18 off I-95. Join John as he explores a very scenic route through Westport, Weston, Easton and Fairfield.

• *Ruth's Scotts Corner Express*, C, R/H, 30 miles, 10:00/10:15

RL Ruth Suhr, 852-0282. Meet Darien Train Station, westbound side, lower lot. Tour with Ruth up to Scotts Corner and return. One killer hill.

• *Backwoods to Shoreline Spin*, D, F/R, 32 miles, 10:00/10:15

RL Jeff Munk, 261-5545. Meet CPL Exit 42 of Merritt Pkwy. Join us on one of the club's more popular rides as we wind our way through the woods of Weston and Easton. We'll pass through the gentle hills of Westport and Fairfield, down to the shore at Southport, where lunch can be purchased and eaten at harborside.

SUNDAY, OCTOBER 24

• *Aspetuck/Saugatuck Reservoir Ride*, B-, R/H, 30 miles, 9:30/9:45

RL Mark Serlin, 847-5679. Meet CPL Exit 42 Merritt Pkwy. Faster paced, scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a three mile descent on Newtown Turnpike.

• *The Last Ramble*, C, R/H, 40 miles, 10:00/10:15

RL Jerry Weinstein, 327-3530. Meet CPL Exit 44/45 Merritt Pkwy. Join Jerry and enjoy the fall foliage as he leads the last Rural Ramble of the year.

• *Saugatuck Reservoir Ride*, C, R/H, 28 miles, 10:00/10:15

RL Larry Szczepaniak, 775-8655. Meet CPL Exit 42 Merritt Pkwy. Enjoy this scenic ride around the Saugatuck Reservoir.

•Week-ender, D, F/R, 20 miles, 3:30/3:45

RL Terry Wong, 353-1573. Meet Darien YMCA parking lot. (Off I-95, Exit 9, go east on Post Road approximately 1 mile). Leisurely ride to top off weekend. Tour of New Canaan, West Norwalk and Darien. Drinks will be served after the ride.

•Not Necessarily Friday Night Ride, E, F/R, 18 miles, 11:00/11:15

RL Nancy Rosett. Meet westbound side of Darien RR station to ride on this traditional route.

•Minnewaska State Park, MB, 24 miles

RL Julie Montanaro, 261-8673. Meet at exit 1 off I-84 at 8:00 a.m. sharp, to pool cars. Bring lunch and extra water.

SATURDAY, OCTOBER 30

•Banksville, Bedford Boogie, B-, R/H, 35 miles, 10:00/10:15

RL Jeff Ross, 914-533-2711. Meet CPL Exit 36 Merritt Pkwy. Ride on this faster-paced ride to Banksville and back.

•2nd Annual Tour de Death, C, R/H, 40 miles, 9:45/10:00

RL Tom West, 853-9944. Meet CPL Exit 42 Merritt Pkwy. Join Tom on his traditional Halloween ride. Cider stop.

•Scenic Backroads Tour, E, F/R/H, 18.5 miles, 10:00/10:15

RL Jeff Munk, 261-5545. Meet CPL in Trumbull at intersection of Routes 25 and 111. Beautiful scenery and wildlife highlight this ride as we travel through the back country roads of Trumbull, Monroe and Easton. We will be riding at a nice social pace, so use this opportunity to meet new people and old friends. Lunch can be purchased at end of the ride.

•Black Rock Forest, MB 20 miles, 9:00 sharp to pool cars

RL Jim Grau, 438-1350. Meet at I-84 exit #1 CPL.

SUNDAY, OCTOBER 31

•Great Pumpkin Tour, C, R/H, 25 miles, 10:00/10:15

RL Tom Ebersold, 255-6416. Meet in the rear parking lot of the Trumbull Senior Center on Priscilla Place. Take the Merritt Pkwy to Route 108 North (Exit 51 northbound and Exit 52 Southbound) and Priscilla Place is one block north of the Merritt. Annual pre-Halloween ride up to Jones Tree Farm in Shelton where we will stop for cider and cookies.

•Sound Cyclist Classic Ride, D, F/R, 26.5 miles, 10:00/10:15

RL Jeff Munk, 261-5545. Meet CPL Exit 41 Merritt Pkwy. Deep in the club archives was this little gem of a ride that takes us through Westport, Southport Fairfield and Weston. Snack stop in Southport at Deli that has become very fond of SCBC members. One major hill.

•Pacquotneck Valley Area, Trumbull, MB, 15 miles, 9:30/9:45

RL Steve Price, 261-4675. Meet at CPL Daniels Farm Road and Route 25.

SATURDAY, NOVEMBER 6

•Banksville Ride, C-, R/H, 40 miles, 10:00/10:15

RL Jack Alexander, 322-6047. Meet CPL Exit 35 Merritt Pkwy. Ride up to Banksville and return. Ride will be shortened if weather is cold.

SUNDAY, NOVEMBER 7

•Turf to Surf, C, R, 24 miles, 10:15/10:30.

RL Jerry Weinstein, 327-3530. Meet CPL Exit 42 Merritt Pkwy. Ride through the foothills in Weston and down to the shore in Southport on this ride. Lunch can be purchased.

•West Rock Park Area, MB, 32 miles. (about 1/2 distance on road)

RL Larry Johnsen, 287-9903. Call leader for starting time and place.

Note: Please send copies of any complete cue sheets to:

Fred Mauer

18 Roseville Road

Westport, CT 06880

Ride name, mileage, starting exit and terrain description should be included. Without your help, the Rural Ramble and Saugatuck/Aspectuck Reservoir Rides will become all too familiar!

JEFF MUNK CONT.

the island of Mau'i. Translating the meaning of *Haleakala* will give you a clearer understanding of just how challenging this event is. It means "house of the sun" and given the name of the event, it doesn't take long to figure out on what route you travel and what direction you go. For what is a scenic thrill to the casual downhill rider becomes a relentless ascent for the cyclist testing their mental pain threshold.

On the north shore of *Mau'i* is the small town of *Paia* where this event begins. Actually, the festivities begin the night before with a carbo-loading dinner for the riders. It's little towns like *Paia* that make *Mau'i no ka oi!* (the best). *Paia* is a quaint little place where coincidentally I happened to find a long sought after antique *ukulele*. To put the size of this town into perspective, you could actually fit *Paia* in the space we utilize as our starting point for the Bloomin' Metric.

"Cycle to the Sun" is an event that pits the rider, not against his fellow riders but against the elements. The biggest factor is obvious – gravity. No cue sheets needed here as the only turns you will encounter as you ascend the crater are the countless hairpin turns and arduous grades that switch back up the side of *Haleakala*. The second important element to consider is the altitude, for as you climb it becomes quite apparent that breathing gets increasingly more difficult. Remember, *Paia* is at sea level and you have to climb through seven climate zones to reach the summit at 10,023 feet, truly a climb to the sun.

The only other element that you compete with is time. This event is limited to only 250 riders and each rider begins at timed intervals. The event, sanctioned by the United States Cycle Federation and sponsored by a local hotel, has an entry fee of \$65 which includes the carbo dinner the night before. Most cyclist do complete the grueling 38 mile route in either just under or over three hours.

For any Sound Cyclist member who feels that the hills of New England no longer hold a challenge for them, you might consider climbing to the sun. Aloha nui loa! 

Ad Rates

THE FOLLOWING AD RATES APPLY FOR THE SCNEWS:

QUARTER-PAGE:\$40.00

HALF-PAGE:\$75.00

FULL-PAGE:\$125.00

BIKE SHOPS TAKE NOTE.

AN AD IN THE SCNEWS TARGETS

APPROXIMATELY 1000 AVID CYCLISTS.

THE CLUB MAILING LIST CAN BE PURCHASED FOR \$150
(OR \$100 FOR NON-PROFIT ORGANIZATIONS).

TAKE BACK THE ROADS—JOIN THE LEAGUE OF AMERICAN WHEELMEN

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

NAME _____ STREET _____

CITY _____ STATE _____ ZIP _____

L.A.W. Membership Categories

- | | | |
|--|--|---|
| ☐ Individual: \$25 | ☐ Family: \$30 | ☐ Sustaining: \$50 |
| ☐ Individual Life: \$350 | ☐ Family Life: \$525 | ☐ Public Library: \$15 |
| ☐ Individual Advocate: \$35 | ☐ Family Advocate: \$40 | |
| ☐ Please add me to the Hospitality Homes list | | |

Tax-deductible contribution to the Bicyclists' Educational and Legal Foundation.: \$ _____

League of American Wheelman,
190 W. Ostend St. Suite 120,
Baltimore, MD 21230
(410) 539-3399 (voice) (410) 539-3496 FAX

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

NAME (Last/First/MI) _____ SIGNATURE _____

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.



Sound Cyclists News

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

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