

SOUND CYCLISTS

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

October, 1994

\$15.00 Per Year

The Rules

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



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.

- | | |
|----------|---|
| A | Fast
16 MPH and Over
Riders are expected to be self-sufficient. |
| B | Fast/Intermediate
14-16 MPH
A Sweep may or may not be appointed. |
| C | Intermediate
12-14 MPH
A Sweep is usually appointed. |
| D | Slow/Intermediate
10-12 MPH
A Sweep is always appointed. |
| E | Slow
Less than 10 MPH
Rider is usually paced to slowest rider. Frequent regrouping, short distances and relatively flat terrain. A Sweep is available. |

- | | |
|------------|--------------------------|
| F | Flat |
| F/R | Flat and Rolling |
| R | Rolling |
| R/H | Rolling and Hilly |
| H | Hilly |

- CPL = Commuter Parking Lot
- MB = Mountain Bike
- OR = Occasional Regrouping
- 10:00/10:15 = Ride meets at 10:00 am and leaves at 10:15 am
- All telephone numbers are 203 area code unless noted otherwise.
- All road rides include a lunch stop where lunch can be purchased unless otherwise stated. Lunches must be brought on mountain bike rides.
- FR = Frequent Regrouping
- NR = No Regrouping

The Ride Tips

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

The Rides

SATURDAY, OCTOBER 1

- **Litchfield Follies, B, R/H, 50-60 miles**
RL Pete Snyder, 259-8287. Call Pete for starting time and place and other details about this ride.
- **Easton Excursion, C, H, 29 miles, 10:00/10:15**
RL Tom Ebersold, 396-0166. Meet at Merritt Pkwy. CPL of Exit 46. Extremely scenic but somewhat hilly ride on roads most club members have never ridden. Virtually no traffic. Optional quarter mile hike to avoid killer hill. OR
- **Show and Go, D, 10:00/10:15**
Meet at Exit 42 CPL of the Merritt Pkwy. Riders will decide where to ride. There is no leader or pre arranged ride because we were not able to find anyone who would volunteer to take this ride. If you prefer led rides to show and go's, call Ilene Rogers at 322-7711 to volunteer to lead a D (or E) ride.
- **Milford Shore Neighborhoods, E, F, 15/32 miles, 9:30/9:45**
RL Clyde Courley, 929-4001. First loop is 15 miles. Optional lunch and additional 17 miles of shore communities from Milford to West Haven. Meet at Exit 35 off I-95 (Bic Road). Novice riders are welcome. FR

SUNDAY, OCTOBER 2

- **All of Kellogg Hill Road Ride, B, R/H, 40 miles, 9:45/10:00**
RL Brian Gossler, 380-2646. Meet at Westport RR station, Westbound side, at Exit 17, I-95. Join Brian on this new ride through the relatively flat areas of Westport up thru the hillier sections of Weston. Food can be purchased. NR
- **Peaches & Cream, C, R/H, 26 miles, 10:15/10:30**
RL Wayne Young, 740-0169. Meet at Exit 42 off Rt. 8 in Harwington. Visit Topsmead State Forest, circle Bantam Lake, lunch on the green and stop for ice cream before the end of the ride. OR
- **'94 Bloomin' Metric 75K, C, R/H, 75 kilometers, 9:45/10:00**
RL Jerry Weinstein, 327-3530. Meet at Westport RR station at Exit 17 of I-95. OR
- **Mark's Meander, D, R/H, 19 miles, 11:00/11:15**
RL Mark Sochard, 371-2217. Meet Mark at Merritt Pkwy Exit 44/45 for this relaxing ride with a food stop in Southport. OR
- **Macedonia State Park and Kent Area, MB, 23 miles, 9:30/9:45.** RL Julie Montanaro, 459-0586. Meet at Kent Green Post Office parking lot, which is entered at the north end of Kent. Bring lunch.

Special News Note:

In accordance with the SCBC By-Laws, a nominating committee has been formed in order to develop a slate of candidates for the election of officers to be held this December. Vivian Werner has been appointed chairperson and can be contacted if you would like to contribute to the election process.

SATURDAY, OCTOBER 8

■ **North Stamford/Greenwich Tour, B, R/H, 40 miles, 9:15/9:30**
RL Rich Vecchio, 655-7141. Meet at Merritt Parkway Exit 35
CPL. Food stop in Banksville. **NR**

■ **Sorry About Last Time, C, R/H, 35 miles, 9:30/9:45**
RL Tom Syrstad, 353-8516. Tom's ride last month turned out to be hillier on the bike than when he mapped it out in the car. This ride atones for that. Meet Tom at Merritt Pkwy CPL at Exit 41 to enjoy this potpourri of favorite bits of road. **OR**

■ **Social Scenic Survey of Sleepy Side Streets, D, R/H, 29 miles, 11:15/11:30.** RL Brian Gossler, 380-2646. Meet at I-95 Exit 17 CPL (a.k.a. Westport RR station). Seventeen horseshoe roads with lots of tiny hills. If you get dizzy easily, this ride's not for you! Lunch can be purchased. **FR**

■ **Short and Sweet, E, F/R, 15 miles, 11:00/11:15**
RL Bobbie Kinn, 847-5541. Meet at Merritt Parkway Exit 42 CPL for this easy paced, easy terrain ride. **FR**

SUNDAY, OCTOBER 9

■ **Wilton Rendezvous, B-, R/H, 38 miles, 10:00/10:15**
RL Steve Wolf, 324-0828. Meet at Talmadge Hill RR Station parking lot. (Take first left south of Merritt Pkwy. Exit 36 up Talmadge Hill to station.) Fairly easy ride through backroads of Wilton with two hills in first 15 miles. Food stop at Steve's Bagels in Ridgefield. **OR**

■ **Run to Ridgefield, C, R/H, 30 miles, 10:15/10:30**
RL Nancy Rosett, 847-5541. Meet at Merritt Pkwy Exit 38 CPL for this ride UP to Ridgefield. The good news is that the repaving of Silver Spring Rd is complete. About a mile of avoidable dirt road. Food can be purchased in Ridgefield. **OR**

■ **The Fairfielder, D, R/H, 20 miles, 9:45/10:00**
RL Jeff Munk, 261-5545. Meet at Fairfield Town Hall on Old Post Rd (in Fairfield). Relax and enjoy this purely social ride as we make our way out of town and travel to the borders of Fairfield. We're kicking back and taking it easy to enjoy this leisurely ride and share lunch together at the end. **FR**

■ **Mianus Park, MB, 6-12 miles, 9:30/9:45**
RL Mike Pollock, 914-764-5557. Meet at parking lot on Conewaugh Rd in Greenwich. This is Mike's first stint as a ride leader so he's a bit uncertain about the distance but plans ride for about 2-1/2 hours.

SATURDAY, OCTOBER 15

■ **Banksville, Bedford Boogie, B-, R/H, 35 miles, 10:00/10:15**
RL Jeff Ross, 914-533-2711. Meet at Talmadge RR Station at Exit 36 Merritt Pkwy. Join Jeff on this ride to Banksville and back. Food can be purchased. **NR**

■ **West Redding Challenge, C, R/H, 37 miles, 10:00/10:15**
RL Jerry Weinstein, 327-3530. Meet Jerry at CPL Exit 41 Merritt Pkwy. for this scenic ride up to West Redding. Return via the Saugatuck Reservoir. Food can be purchased. **OR**

■ **Captain's Cove Ride, D, F/R, 23 miles, 10:00/10:15**
RL Dick Gross, 964-8112. Meet at CPL Exit 18, I-95. Bike through Westport and Fairfield for lunch at Captain's Cove in Bridgeport. **OR**

■ **Nature Ride, D, F/R, 23 miles, 9:15/9:30**
RL Bette Klein, 914-762-4467. Meet at Community Bible Church at Route 134 and Chadeayne Road in Yorktown, NY. There are some hills and some dirt roads on this very scenic joint ride with Country Cycle. Come and explore some new territory with our neighboring club in Westchester County. **FR**

■ **Hidden Valley Preserve, MB, 15 miles, 9:30/9:45**
RL Clyde Gourley, 929-4001. Meet at Pantry Restaurant parking lot in Washington Depot.

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 with a project organized by the club, you can contact any of the people listed below for more information:

Officers

President	Jeff Munk	261-5545
First Vice President	Jeff Ross	(914) 533-2711
Second Vice President	Warren Shapiro	227-5057
Treasurer	Terry Wong	353-1573
Secretary	Tom Ebersold	396-0166

Committee Chairpersons

Rides Committee	Nancy Rosett	847-5541
A Rides	Paul Binder	656-2747
B,C Rides	Tom Syrstad	353-8516
D,E Rides	Ilene Rogers	322-7711
Mountain	Clyde Gourley	929-4001
Meetings	Doug Engel	849-8972
Membership	Jeff Davis	331-0121
Bloomin' Metric	Kathleen Kellett	372-9948
Incentives	Wayne Young	740-0169
Picnics	Brian Gossler	380-2646
Safety	Clyde Gourley	929-4001
Club Weekends	Kathy & Bruce Miller	544-8917
Publicity/Bike Advocacy	Vivian Werner	363-0709

SCNews Editorial Board

Editor	OPEN POSITION	
Printer	Bader Printing	333-3343

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For Information call Charlie Lutz

SUNDAY, OCTOBER 16

■ **Westport/Georgetown Ride, B, R/H, 40 miles, 10:00/10:15**
RL John Dugdale, 655-4277. Meet at Merritt Pkwy Exit 41 CPL. This ride will maintain a strict 15-16 mph pace. **OR**

■ **Scott's Corner Express, C, R/H, 30 miles, 10:00/10:15**
RL Ruth Suhr, 852-0282. Meet at the westbound side of the Darien Railroad Station. One big climb to work up a good appetite for the food stop in Scott's Corner. **OR**

■ **Fall Folliage Ride, D, R/H, 28 miles, 10:00/10:15**
RLs Louise and Peter Shimkin, 254-0734. Meet at the Fairfield Town Hall at the corner of Old Post and Beach Roads. Enjoy this social ride through Greenfield Hill to Aspetuck Orchard Apple Farm. Continue through Easton with lunch at the general store and back to Fairfield. **FR**

■ **Pre-Repair Session Ride, D/E, R/H, 25/15 miles, 9:00/9:15**
RLs Nancy Rosett, Bobbie Kinn, 847-5541. Meet at the Westport Library lower parking lot. Both the 25 mile D paced ride and the 15 mile E paced ride will snack in Southport. Riders can change to the other ride at this point. Designed to end in time for riders to have lunch and attend the club meeting on bike repairs scheduled for 1:30 at the Westport Library. **FR**

A general bike repair session will be conducted by Mark Sochard (371-2217) and Clyde Gourley (929-4001) in the Seminar Room of the Westport Library at 1:30 pm. The meeting will include a demonstration on how to overhaul and adjust wheel bearings and repair broken chains. Time will be allotted for repair problems presented by the audience.

SATURDAY, OCTOBER 22

■ **New Canaan, Purdys, Ridgefield and Return, B, R/H, 54 miles, 9:15/9:30.** RL Enrique Gonzalez, 438-8691. Meet at Exit 38 CPL of Merritt Pkwy. Longer ride from New Canaan thru New York State, to Ridgefield and return. Food can be purchased. **OR**

■ **Tour de Death, C+, R/H, 37 miles, 10:15/10:30**
RL Tom West, 853-9954. Meet at Merritt Pkwy Exit 42 CPL for this Halloween season ride. Visit Fairfield County's historic cemeteries. Food/cider stop at orchard at 28 mile point. **OR**

■ **Road to Bethel, D, R/H, 35 miles, 9:45/10:00**
RL Jeff Munk, 261-5545. Meet at CPL at the intersections of Routes 25 and 111 in Trumbull. 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. **FR**

■ **Minnewaska State Park, MB, 26 miles**
RL Jim Grau, 431-5303. Meet at CPL at Exit 1 of I-84 at 8:00 sharp to pool the cars. Bring lunch and extra water.

SUNDAY, OCTOBER 23

■ **Show and Go, B, 10:00/10:15**
Meet at Exit 42 CPL of the Merritt Pkwy. Riders will decide where to ride. There is no leader or pre arranged ride because we were not able to find anyone who would volunteer to take this ride. If you prefer led rides to show and go's, call Tom Syrstad at 353-8516 to volunteer to lead a B (or C) ride.

■ **Wilton Wanderer, C, R/H, 27 miles, 10:00/10:15**
RL Hope Mandel, 847-4917. Meet at Merritt Pkwy Exit 38 CPL for this ride that Hope has revived out of the club archives. **OR**

■ **Variety Ride-Woods and Water, D, F/R, 22 miles, 10:30/10:45.** RLs Gail Schwartz, 637-9662 and Howard Weiss, 846-8318. Meet at the Old Greenwich Railroad Station for this challenging D ride. The first half is hilly and the second half is the payback. You can either bring or buy lunch. Cookies at Gail's after the ride. **FR**

■ **Four Beaches Only, E, F/R, 20 miles, 10:00/10:15**
RL Gene Johnson, 914-668-9689. Meet at the westbound side of the Noroton RR Station just off I-95 Exit 10. This is as flat as a ride can be in Connecticut. Brunch/lunch stop in Rowayton. Shorter options available. **FR**

■ **Huntington State Park, MB, 12 miles, 9:30/9:45**
RL Steve Price, 261-4675. Meet at the park entrance on Sunset Hill Road off Rt. 58.

SATURDAY, OCTOBER 29

■ **Saugatuck-Weston Twister, B-, R/H, 30 miles, 10:00/10:15**
RL Martha Lynch, 329-7757. Meet at Merritt Pkwy Exit 41 CPL. Short cuts to make 15 or 24 mile rides as well as long cut to extend the ride to 38 miles. Food available. **OR**

■ **Great Pumpkin Tour, C, R/H, 25 miles, 10:00/10:15**
RL Tom Ebersold, 395-0166. Meet at the Trumbull Senior Center off Merritt Pkwy Exit 51. Take the first left north of the parkway onto Priscilla Place. Park behind the building. **OR**

■ **Rural Ramble, D, R/H, 40 miles, 10:00/10:15**
RL Dick Gross, 964-8112. Meet at CPL Exit 44/45 Merritt Pkwy. (westbound side of Black Rock Turnpike). Enjoy the challenging hills of Easton, Monroe, and Newtown on this popular club ride. One steep hill. Food can be purchased. **OR**

■ **Awaken the Sleeping Giant, D, F/R, 36 miles, 9:30/9:45**
RLs Sheila Carmine, 322-9534; Charlie Lutz, 256-8320; and Vinnie Kiernan, 562-6012. Meet at I-95 Exit 18 CPL to carpool to Sleeping Giant Park in Hamden. Are you bored with Westport/Rowayton rides? Here's a longish, flat--just one short hill--D ride. (If you have ridden with Jeff Munk, you may not even consider it a hill!) Different pretty houses, horses, cows, farms and a little early Connecticut. After the ride we can tour the grounds of Quinnipiac College across the street from the park. Lunch stop along the way. (Note: Our autumn trip to the Hamptons has been cancelled due to construction on the roads between Orient Point and Greenport.) **FR**

SUNDAY, OCTOBER 30

■ **Show and Go, B, 10:00/10:15**
Meet at Exit 42 CPL of the Merritt Pkwy. Riders will decide where to ride. There is no leader or pre arranged ride because we were not able to find anyone who would volunteer to take this ride. If you prefer led rides to show and go's, call Tom Syrstad at 353-8516 to volunteer to lead a B (or C) ride.

■ **Fairfield-Easton-Redding-Newtown Tour, C, R/H, 32 miles, 11:00/11:15.** RL John Ebberts, 834-9514. Meet at Merritt Pkwy CPL at Exit 46 for this ride out of the club archives. **OR**

■ **Bagel Run to Scott's Corner, D, R/H, 22 miles, 11:00/11:15**
RL Bobbie Kinn, 847-5541. Meet at Talmadge Hill RR (Merritt Pkwy Exit 36). Somewhat challenging D ride. Hilliest 7 miles can be avoided by hiding out in the bagel shop. Costumes are encouraged for this Halloween day ride. **FR**

■ **Easy Rider, E, F/R, 17 miles, 10:0/10:15**
RL Jeff Munk, 261-5545. Meet at I-95 Exit 18 CPL. This ride is exclusively for riders who have not yet found that perfect opportunity to ride on a club ride. Although ride regulars are welcomed, they are only to come with the intention of making new riders feel welcomed and comfortable. Snacks can be purchased along the route and we will sit down for lunch afterwards to talk about the ride. **FR**

■ **Pequonneck Valley State Park, MB, 12 miles, 9:30/9:45**
RL Steve Price, 261-4675. Meet at CPL on Park St. near intersection of Rt. 25 and Daniels Farms Rd.

SATURDAY, NOVEMBER 5

■ **Lordship-Trumbull Loop**, C, R/H, 23 miles, 11:00/11:15
RL Gregg Lethbridge, 877-8727. Meet Gregg at I95 Exit 30 for this ride from the club archives. OR

SUNDAY, NOVEMBER 6

■ **Turf to Surf**, C, F/R, 24 miles, 10:30/10:45
RL Jerry Weinstein, 327-3530. Meet Jerry at CPL Merritt Pkwy Exit 42 to enjoy this club classic that we haven't ridden in awhile. OR

■ **Roxbury/Hidden Valley Loop**, MB, 35 miles, 9:30/9:45
RL Julie Montanaro, 459-0586. Meet at the Pantry Restaurant parking lot in Washington Depot for this ride which includes the historic smelter at Roxbury Station. About a third of the route is on road.

SUNDAY, NOVEMBER 13

■ **Macedonia State Park and Kent Area**, MB, 25 miles, 10:00/10:15. RL Julie Montanaro, 459-0586. meet at Kent Green Post Office parking lot which can be entered at the North End of Kent. Bring lunch. Call ride leader to confirm.



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SUNDAY, NOVEMBER 20

■ **Minnewaska State Park**, MB, 26 miles
RL Jim Grau, 431-5303. Meet at CPL at Exit 1 of I-84 at 8:00 sharp to pool the cars. Bring lunch and extra water. Call RL to confirm.

Other Events

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

SUNDAY, OCTOBER 2

■ **Unity for a Better Community**. 1:00 pm. Two rides sponsored by the Alliance, a group of both Afro-American and Jewish individuals committed to greater understanding and awareness. Both rides leave from Captain's Cove in Bridgeport. Contact club member Debbie Weinstein (878-7391) for more information.

■ **Tony Fenton Bicycle Tour**. Sherwood Island State Park, Westport. Choice of 1, 7, 15, 38 & 65 mile trails. For information call Stephen Lulla at New Canaan Cyclery: 966-2399. For brochures: 953-0048 or Fax 953-1505. Team recruitment kits: Jillian Fenton 341-3009 (work) / 972-1434 (home).

SATURDAY & SUNDAY, OCTOBER 8 & 9

■ **CONNTOUR**. For information call Scott Paulson (203) 526-3099 or Randy Brophy (203) 975-6419.

SUNDAY, OCTOBER 9 & 16

■ **Family Foliage Bike Tour**. Start time between 9:00 am and 12 noon. Sponsored by Deep River Rotary Club. Registration \$10.00 (children \$6.00). For information call (203) 526-2802 or 526-5502

SATURDAY, OCTOBER 15

■ **Bike or Walk Along Long Island**. Meet at Captain's Cove Seaport. Registration starts at 8:30 am to 9:30 am. \$15.00 non-refundable registration fee or pledge. (children \$5.00). For information call: George Shawah, Jr. 335-5117, days, Bruce Carter 366-7634, evenings or Donald Hutchinson 254-6928, days.

SKIING EVENTS

■ **Skiers Invite Cyclists for Fun in the Snow**. Has this happened to you? The snow is deep, the skiing is spectacular, and you're faced with several choices, none of them great: go to Vermont and book a room at the Cashit Inn for \$200 per night, get in on that house share for your piece of the floor, or drive to the Catskills or Berkshires so you can wait in line 25 minutes to ski for 5 minutes. Westchester Skiers, a friendly local ski club, has the solution: stay with people you know, on a real bed, in a real lodge with a circular fireplace, near Killington, VT for less than \$18 per night. Meals are included.

Westchester Skiers is inviting Sound Cyclists members to try out their new and refurbished lodge this winter. For more information, call ski club president and SCBC member Randy Brophy at (203) 975-6419 day, 637-7646 evenings.

■ **Ski Sun Valley**, March 4th - 11th, 1995. Includes Air Transfer, 7 night hotel stay, 5 of 6 day lift ticket. \$999.00 double occupancy. \$200.00 deposit required. Call Bruce Miller 544-8917.

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

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LAST ISSUE?
THIS INFORMATION WILL BE LIMITED
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 SCBC is making every effort to seek a person to
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 Jeff Munk at 261-5545

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SOUND CYCLISTS
 B-I-C-Y-C-L-E-C-L-U-B

SCBC Membership Application

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

SOUND CYCLISTS
 B-I-C-Y-C-L-E-C-L-U-B

In consideration of being permitted to participate in any way in Bicycling Activities ("Activity") sponsored by Sound Cyclists Bicycle Club ("Club"), I for myself, my personal representatives, assigns, heirs and next of kin:
 1. **Acknowledge**, agree and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of travelling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
 2. **Fully understand** that (a) Bicycling activities involves risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all the responsibility for losses, costs and damages I incur as a result of my participation in the Activity.
 3. **Hereby Release, Discharge**, covenant not to sue, and agree to indemnify and save hold harmless the Club, the League of American Bicyclists, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by negligence of the "Releasees" or otherwise, including negligent rescue operations.
 I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Name (Last/First/Middle) _____ Signature _____
 If a couple, both must sign

Name (Last/First/Middle) _____ Signature _____

Street Address _____ City _____ State _____ Zip _____

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

Telephone () _____ Check One: ☐ New ☐ Renewal ☐ Change of Address

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

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

NOTE
NEW NAME & ADDRESS