

SOUND CYCLISTS

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

September, 2000

www.soundcyclists.com • mailbox@soundcyclists.com

\$20 Per Year

Rider Habits Affect Bloomin' Metric

By TOM EBERSOLD
SCBC President

Your riding habits matter, especially because people are watching and noticing. This is perhaps the biggest lesson to be learned regarding our current situation with the town of Westport and the Bloomin' Metric.

For most of the Bloomin' Metric's long history, obtaining the starting location with Westport was a matter of filling out a few forms and providing proof of insurance.

All that changed this past year. In addition to the paperwork, we also had to post a \$1,000 bond as insurance "against damage to town roads" and also had to agree to use chalk paint to mark the route.

We discovered chalk paint washes out all too easily in the rain. This left us no choice but to use regular paint for arrows, then mark them out immediately with black paint.

The number of hoops through which we have to jump to obtain permission have increased again. Westport is now requiring all of the above, PLUS a public hearing before the Board of Selectmen in order for groups to run a large event like the Bloomin' Metric.

What prompted all these changes?

The answers can perhaps be found on the home page of the Greens Farms Association (GFA). The association has many concerns and issues it follows, such as zoning regulations and the location of a town yard waste site.

Among its issues are the following, "Street events.

(continued on page 6)

Nominating Committee Searches for Candidates

By TOM EBERSOLD
SCBC President

As required by the club by-laws, I have appointed a Nominating Committee, which has been approved by the Executive Board.

The committee is comprised of between four and eight members, at least half not members of the Executive Board. As VP, Marlene Cohen is chairperson of the committee (marlene.01@worldnet.att.net, 852-0186). Members include: Jerry Weinstein, (327-3530), Emil Albanese, (853-7499, email:emilalb@aol.com), Vic Varga, (353-3360, email: argsox@aol.com).

The committee has enough members to function effectively, but if anyone else is really interested in joining, they may contact Tom (874-7839, email: tebersold@worldnet.att.net).

The committee is searching for candidates to run for office at the annual meeting. If anyone is interested in running for a particular office, they should contact a member of the committee. Most club officers plan to run again, so there are only a few positions to fill. Anyone interested in chairing the Meetings and Club Weekends Committee, please call Tom

The slate will be published in the newsletter at least 60 days prior to the December 2, 2000 annual meeting. Any SCBC member may submit nominations in writing to the Secretary, Lou Kuti, (445-9858, email: loucycls@aol.com) up to 30 days prior to the election. Any questions, please contact one of the committee members. 

Bike Tip of the Month



How do you know if your helmet is the proper size? If you do not have the right fit, you are taking a big risk. Researchers have demonstrated that wearing a poorly fitting helmet significantly increases the risk of head injury in an accident. When choosing a helmet, find the smallest size that will fit your head without causing discomfort. Wearing a helmet can reduce the risk of injury by 85%, but wearing the helmet properly is the key. Choose a snug fit and wear the helmet low on your forehead. From: *RealAge Tip of the Day*. (www.info@realage.com)

September Action Items for SCBC members

To: Mary Karnis and Mike Giuliano
From: Sound Cyclists Bicycle Club Members
Thank You Very Much for the wonderful club picnics this summer!!! We greatly appreciate your efforts.

Mary Karnis and Mike Giuliano spent many hours planning, buying and preparing food and grilling burgers, hot dogs and chicken. Both deserve a great big **thank you** from all the club members who attended the picnics at Unity Park, Shady Beach and Pear Tree Point Beach this summer.

Tony Fenton Ride - please join with over 700 bikers for a day of family fun, including lunch provided by five local delis. Also receive a free, long-sleeved T-shirt for registering. For more information and to receive a registration form, please see article on page 5.

Always Obey Traffic Signs When Biking



SOUND CYCLISTS

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

This is the official publication of Sound Cyclists Bicycle Club, published eleven times a year. If you wish to volunteer your time to help the club, you may contact any of the people listed below:

Officers

President	Tom Ebersold	874-7839	tebersold@worldnet.att.net
First Vice President	Julie Maenpaa	359-2102	julieraces@aol.com
Second Vice President	Marlene Cohen	852-0186	marlene.01@worldnet.att.net
Treasurer	Larry Stevens	775-8655	bikerham@yahoo.com
Secretary	Lou Kuti	445-9858	loucycls@aol.com

Directors and Committees

Rides Director	Emil Albanese	853-7499	emilalb@aol.com
A Rides	Julie Maenpaa	359-2102	julieraces@aol.com
B Rides	John Taufen	329-7909	bicycl4@ibm.net
C Rides	John Dugdale	655-4277	jdugda@peoplepc.com
D Rides	Brian Voytek	374-0921	bvoytek@optionline.net
E Rides	Clyde Gourley	929-4001	
Incentives	Peggy Burke	855-8319	exo/burke@aelogis.com
Communications Director	Pat Kriss	(914)-533-6444	patkriss@aol.com
Voice Mail and Email	Marlene Cohen	840-1757	marlene.01@worldnet.att.net
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Bloomin' Metric Director	Dennis Lyall	366-7761	lyallart@aol.com
Program Director	Mary Karnis	847-7547	karnism@optonline.net
Picnics	Michael Giuliano	846-3702	mgclark@snet.net
Picnics	Mary Karnis	847-7547	karnism@optonline.net
Safety	Clyde Gourley	929-4001	
Meetings & Club Weekends	Open		
Finance Director	Larry Stevens	775-8655	bikerham@yahoo.com
Finance Committee	Jim McConnon	259-3540	jrm@optonline.net

SCBC News Editorial Board

Editor/Publisher	Kathleen Kellett	372-9948	kkellski@aol.com
Printer	Exact Printing	377-6571	



Electronic or Mail Membership/Change of Address Information:

For membership information, call (203) 840-1757. If you wish to join, send a *signed* copy of the membership application at the back of the newsletter with \$10 check for electronic membership, to obtain your newsletter on www.soundcyclists.com or \$20 check to receive your newsletter by mail, made payable to Sound Cyclists Bicycle Club. Mail the application to address indicated on the form.

For changes of address, use the membership application form. Check the change of address box, sign the form, and mail it to the address indicated on the form.

Article Submission Guidelines:

The deadline for article submission is the 10th of the month preceding the following issue. For best consideration, send articles as early as possible. It would be greatly appreciated if you can submit articles via e-mail (kkellski@aol.com). You can copy and paste your article directly into your e-mail message. Articles may also be sent on a 3.5 inch floppy disk (Macintosh or IBM formats) saved as a text only document in either Microsoft Word or Word Perfect. Discs will be returned. Send articles to: Kathleen Kellett, 77 Ochsner Place, Trumbull, CT 06611.

Opinions expressed in articles are those of the authors and do not necessarily reflect the official position of the Sound Cyclists Bicycle Club executive board.

Display and Classified Advertising:

Per issue display advertising rates are as follows: eighth-page, \$20; quarter-page, \$40; half-page, \$75, and full-page, \$125. The club mailing list may be purchased for \$150 by businesses or \$100 by non-profit organizations. Bicycling-related classified ads are free for members. Mail ads to Kathleen Kellett, 77 Ochsner Place, Trumbull, CT 06611.

Incentives Program:

Ride leaders may send their sign-in sheets to SCBC, P.O. Box 3323, Westport, CT 06880.

Sound Cyclists Advertising Rates

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

Rates Are Per Issue

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

New Member/Ride Info Line

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

Call (203) 840-1757



Calendar of SCBC Events

*The following are special events. Detailed information on these events is in the newsletter. * Not SCBC event.*

- **Saturday, September 9**
Block Island Bike Tour, RI
- **Friday - Monday, September 22-25**
Cape Cod Weekend
- **Friday - Monday, October 6 - 9**
Nantucket Club Weekend
- **Saturday, December 2,**
Annual Dinner, Stamford Yacht Club

Membership Market

Wanted: You know that Bicycle Trainer you have that you never, or hardly ever use? Well, I want it. I am looking to get my daily workout using my bicycle connected to a trainer. Please call Ed at 203-8787982.

For Sale: Rhode Gear "Rhode Chariot" child trailer, holds up to 100 lbs. (kids & cargo). Bug netting and rain shield. Excellent condition. \$175. Call Christa at 637-4354. *eo*

Favorite Rides While Traveling

Barbara Tiffany has suggested that the newsletter have a regular column called "Favorite Rides While Traveling". Many members travel on business or visit friends or vacation in different parts of the country and the world! Barbara feels that these 'gems' are so special that it would be nice to share them with club members. When club members are traveling with their bicycles, they might want to bicycle, but do not know of any rides out of their own territory.

Barbara recently did the Erie Canal path that goes from Buffalo, NY to Albany and follows the historic Erie/Barge Canal towpath (www.geocities.com/0080/Yosemite/Meadows9457/canal). bicycling 50 miles round trip out and back from Palmyra, NY. There are many ice cream shops, casual and nice dining places and many access areas with safe/free parking along the route. Please call or email Barbara (860-267-4699, btiffany@peoplepc.com) with questions or for more specifics.

Next month there will be an article about bicycling in New Zealand written by Andy Brophy. Please email your favorite travel ride articles to: kkellski@aol.com. *eo*

Cycle the Net/Sound Cyclists On-line

For complete and concise information about the Sound Cyclists Bicycle Club, you can check us out on the Internet at:

www.soundcyclists.com

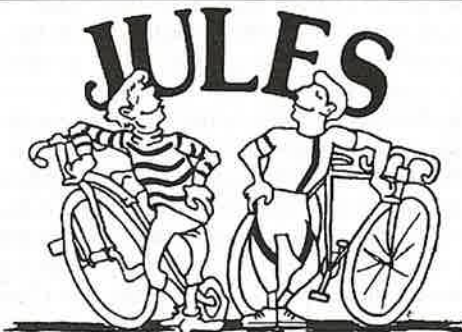


Call for Entries for Bloomin' Metric T-shirt

Once again, the time has come to start the selection process for the design that will be on the 2001 Bloomin' Metric T-shirt. The actual design will be selected at the Annual Dinner to be held on December 2nd at the Stamford Yacht Club. To ensure that the contest is fair to all who might enter, and to ensure a workable design, all entries must follow the specific guidelines below:

- 1) There is a limit of three entries per person.
- 2) Submissions are to be received on a mounted board approximately 12" x 18" and shown in the suggested colors.
- 3) T-shirt designs must be on a shirt color of a white or off-white background.
- 4) All designs should have a minimum of two to a maximum of six spot colors without any blends.
- 5) At the time of submission, the designer must be able to provide either a digital file (preferred) in Adobe Illustrator or Macromedia Freehand on a floppy or Zip disk **or, if created manually, you must show that the design is color separated and camera ready artwork. This is necessary to ensure the integrity of the design.**
- 6) The absolute deadline for submission is November 1st.
- 7) All design submissions must be sent to Dennis Lyall, 25 Wade Terrace, Bridgeport, CT 06604. Please email Dennis at: lyallart@aol.com if you have any questions. The Executive Board will review all entries to ensure they meet the above criteria. If entry does not meet all of the above qualifications, the entry will automatically be withdrawn! *eo*

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BICYCLE SHOPPE OF DARIEN, INC.
Since 1946

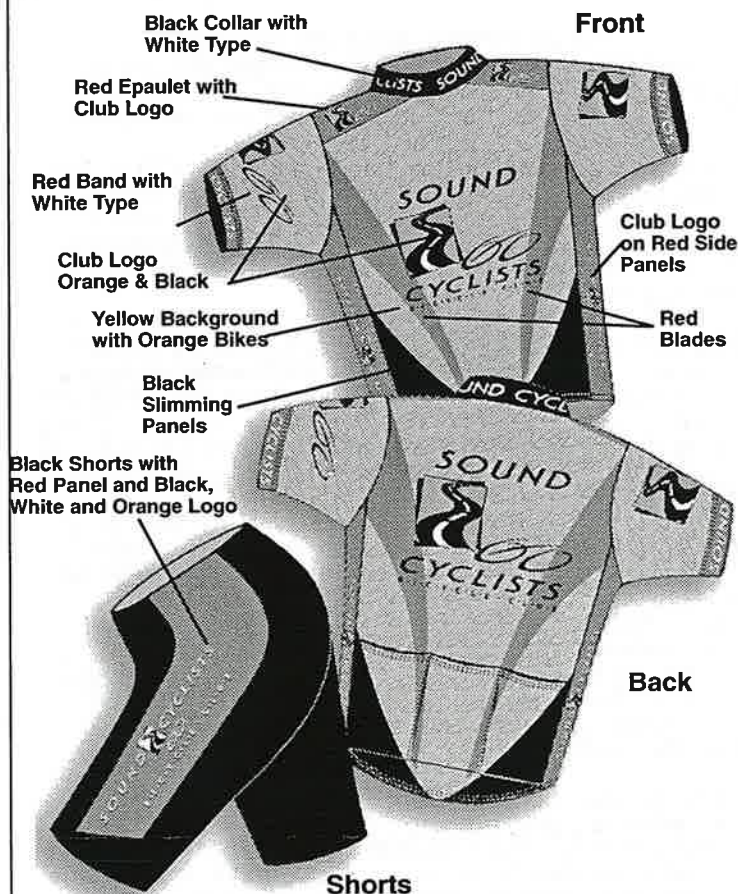
Noroton Heights Shopping Center
340 Heights Road
Darien, Connecticut 06820
(203) 655-2300

Bicycles for all ages, Joggers, Trainers,
Clothing, Accessories, Helmets,
Gift Certificates

Tuesday - Friday: 10:00 a.m. to 6:00 pm, Thurs: to 8:00p.m.,
Sat: 8:30 a.m. to 5:00 Sunday: 10:00 a.m. to 4:00 p.m.

By Popular Demand: SCBC Jersey/Shorts Available Again!

Order Your Jersey Now!



Jersey Sizing Chart						
Men	XS	S	M	L	XL	XXL
Chest	30"-32"	34"-36"	38"-40"	42"-44"	46"-48"	50"-52"
Waist	24"-26"	28"-30"	32"-34"	36"-38"	40"-42"	44"-46"
Women	XS	S	M	L	XL	XXL
Chest		30"-32"	34"-36"	38"-40"	42"-44"	
Waist	24"-26"	28"-30"	32"-34"	36"-38"	40"-42"	44"-46"

Order Form

Please Print Your Mailing Label Clearly

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____

Evening Phone: _____

E-Mail: _____

☐ Jersey

Quantity: _____

Size: _____

Cut: ☐ Club Fit ☐ Womens Fit

Unit Price: **\$57.75** (includes shipping)

Total Cost: _____

☐ Shorts

Quantity: _____

Size: _____

Cut: ☐ Club Fit ☐ Womens Fit

Unit Price: **\$47.75** (includes shipping)

Total Cost: _____

All orders must be accompanied with payment in the form of a personal check made out to:

Sound Cyclists Bicycle Club

Please mail your order no later than January 3, 2001 to:

Jeff Munk

58 Pomona Road

Trumbull, CT 06611

For any questions, please contact Jeff at:
203-261-5545 or jeff@moonlightingproductions.com

Approximately 200 members of Sound Cyclists Bicycle Club are already proud owners of the club jersey and shorts and if you haven't had the opportunity to order one in the past, or would like a second backup, or if you are a new member and would like to have a set for your very own, **ORDER IT NOW**

A survey was made available to determine membership interest. Because of the response from new members and existing members alike, we have begun taking orders. **Don't wait until the last minute to order!** The order period will run until January 3rd. In order to purchase a jersey and/or shorts, the attached order form and a check made out to "Sound Cyclists Bicycle Club" must be sent to Jeff Munk (address on form) by **January 3, 2001**. Jerseys and shorts will be sent to club members just before the start of the cycling season in early March.

The Sound Cyclists Bicycle Club Jersey and Shorts pictured here will again be manufactured by Voler, a leader in the athletic apparel industry. Fieldsensor™ fabric, considered the finest jersey fabric available will keep wearers cool and dry as it wicks away moisture, yet feels soft to the skin. The vibrant design will reproduce vividly and the fabric will not crack, peel, fade or pill. The jerseys have an extra long hidden zipper and will be available in two different cuts: **Club Fit**: For men or women, a roomier, blousier cut. **Womens' Fit**: Proportionally adjusted for women.

The customized Sound Cyclists Bike Shorts have a 3-color side panel that matches the jersey. The chamois is Voler's Super Soft combination of Amara and foam. Men's and women's cuts are available.

You can refer to the sizing chart above or determine your fit based on the current jersey and shorts you wear. A color illustrated version of the jersey and shorts will be available to see on the News Updates page of the Web site or check out the real thing worn by fellow members.

Events of Note

Please note: the following events are printed in the newsletter as a convenience for club members. Sound Cyclists Bicycle Club is in no way liable for this event.

13th Annual Tony Fenton Bike Tour, October 1st

By Bean Corcoran

The 13th Annual Tony Fenton Bike Tour will be held on Sunday, October 1, 2000 at Sherwood Island State Park in Westport, CT. It would be wonderful if you could come and walk a mile, or ride 7, 15, 35 or the metric century (62 miles), to raise money for cystic fibrosis.

Our youngest child, Will, has CF. This is a genetic disease which affects the lungs and digestive tract. Our son's life expectancy is 32 years old.

The Cystic Fibrosis Foundation is extremely efficient with nearly 90% of every dollar raised going directly to CF research and medical programs. Therefore, scientists will continue to develop promising new treatments and make breakthroughs in research that will deliver a cure and save precious lives.

My husband, Joe, and I are co-chairs of the Tony Fenton Bike Tour that raised \$225k last year. We have a team called The Weston Willies. We encourage you to form a team or we would be honored to have you be a part of ours. Please try to donate to this worthy cause by sending a check made payable to the Cystic Fibrosis Foundation at the address below.

Better yet, please join Boomer Esiason, American Airlines, IDI and Norelco, along with over 700 bikers for a day of family fun, including lunch provided by five local delis. Also receive a free, long-sleeved T-shirt for registering. For more information and to receive a registration form, please contact LuAnn Leclerc at the following address:

The Cystic Fibrosis Foundation
185 Silas Deane Highway
Wethersfield, CT 06109-1219
(800) 841-2828

Thanks so much,
Bean Corcoran

Bike the Beach 2000

Sunday, September 17, 2000

A great day of riding for bikers of all abilities. Come ride on a picturesque route beginning at Penfield beach in Fairfield, CT. Follow the routes through as many as five towns. All routes pass by scenic beaches. Longer rides go inland for more challenges.

11, 22, 45 or 62 miles

T-shirts, road maps, restrooms, lunch,
SAG support, and more

Call 203-394-5000

Internet: <http://www.probusclub.org>

Block Island Ride Hints

By Jeff Munk

If you haven't been to the ride listing for the event on the Web site (www.soundcyclists.com/events.htm), you'll find these hints most helpful.

Hint #1: Don't make the mistake some others have made in the past upon waking up the morning of the ride and, for any one of a number of crazy reasons (I've heard them all), either decide or be swayed by someone not go on the ride. What happens 9 times out of 10 is the rider finds out later from others what a great time they missed out on. That's when they call and ask if I'm planning to do the ride again (a Shelter Island phenomenon).

Hint #2: Set your alarm clock earlier than you think you need to.

Hint #3: Jump out of bed with excitement and enthusiasm!

Hint #4: Call any of your friends that may be going with you that morning and wake them up (with excitement and enthusiasm, of course).

Hint #5: Give yourselves plenty of time to get to either the meeting place at Exit 18 CPL off I-95 at 7:00 a.m. or to Point Judith by 10:30 a.m. because the ferry leaves at 11:00 a.m. sharp! If you get to either place earlier, all the better!

Here's why: At the commuter parking lot, we will need time to match people up for carpooling. If you like driving a carpool, great, but make sure you can carry bikes for the amount of riders you can take. If you want to carpool with someone, call Jeff in advance so we can list names. We can't guarantee everyone wishing to carpool will be matched, so there is a possibility you may have to drive. **Full your gas tanks the day or night before.**

Hint #6: If you do drive, don't let the distance bother you. It's a pleasant drive and well worth the trip once we get there! As far as timing, Point Judith is about 2:15 from Bridgeport. I-95 past East Haven, Exit 51 is only 2 lanes. On Saturday morning it's not usually busy, but you never know. Route 1 is always a good bail-out route if there should be an accident tying up traffic. When you arrive, you'll need time to park, collect your bikes and stuff and purchase your Block Island same day round-trip tickets (with bike).

Hint #7: Check over your bikes a few days before the ride. Your tires aren't going to lose air overnight, so **pump 'em up the night before.**

Hint #8: Don't let clouds scare you away from the ride. I love beautiful blue-sky ride days just like the next guy, but clouds help break up the beating sun when we are in open areas. Bring sunscreen - most people wait to apply it on the ferry.

Hint #9: Make sure you bring your water bottles. Here's a great tip. Fill your bottles with what you drink to about 3/4 - 7/8 of the way to the top and put them in your freezer. Don't put the tops on because the liquid will expand a bit. The following morning, wrap the bottles in tin foil and if you happen to have an insulator for them, slip them into the insulator. If you plan to carry a bag, backpack or have a bag on your bike to keep them covered, put them in there. You won't be drinking for a while and this will keep the liquid cold for a long time. There will be places to refill.

Hint #10: Don't forget your helmet. In fact, you should take all the things you're bringing and put them in your car the night before if you're driving or by the door where you will be leaving. Make yourself a note about the water bottles in the freezer. Also, **bring a bike lock** to use when bikes are left unattended.

Hint #11: If you have one, you might want to bring a camera. This may be something you'll want to capture. Block Island is very scenic and you'll want to snap pictures of it, as well as shots of some old and new friends. Because we plan to party on the beach, bring some toys - frisbees, inflatable beach balls.

Directions - Point Judith Ferry:

Take I-95 North to Exit 92, Route 2 (Foxwoods exit). Turn right off the exit onto Route 2, South. Take Route 2 to Route 78 (Westerly Bypass). Follow Route 78 around to US Route 1. Turn left on US Route 1, North. You will travel on Route 1 for a while before reaching the Narragansett/Point Judith exit. At the end of exit, turn right onto Woodruff Avenue. Go a short distance and turn right onto Route 108, Point Judith Road and go about 3 miles. There will be signs for the Block Island ferry. Turn right onto Galilee Escape Route. From this point, as you drive toward the ferry area you might find street parking. Once you reach the end of this road, turn left onto Great Island Road. This road heads directly toward the ferry terminal and more parking.

Parking:

There are parking lots around the area that vary in rates from \$5.00 - \$10.00 for the day. Again, some resourceful people have found street parking a little further away and bike to the terminal. Just watch out for any no parking signs.

See you there - with excitement and enthusiasm, of course! 

Rider Habits Affect Bloomin' Metric

(continued from page 1)

Foot and bicycle races that start in other towns, but travel through Greens Farms. Concerns include street closures, sound truck noise, personal property damage, and unsightly direction markings on streets not erased following events."

In reading through these concerns, the only one that directly involves the Bloomin' Metric is the use of "unsightly direction markings" that admittedly were not blacked out until recent years. Painting out arrows is one of those jobs that almost no one is willing to tackle. Thanks to John Dugdale for handling the job this year.

Under the status column of the GFA website it reads, "Town now has required permit stipulation with penalties to organizers for non-compliance. GFA board members monitor events."

This tells me that in response to pressures from constituents, the Board of Selectmen has enacted these procedures. These are all reasonable, but they pose a risk to the Bloomin' Metric. The required public hearing offers residents a forum to vent any frustrations they have had about bicycles in Westport. Two families in Westport were able to block improvements to the Levitt Pavilion, showing how responsive Westport officials are to constituent input.

In contacting the Greens Farms Association, an initiative which Jim McConnon has headed up, he discovered that most concerns center around foot races, which occur multiple times throughout the year. Road races may involve road closures, along with sound trucks blaring such songs as the theme from "Chariots of Fire."

We plan to work with the association to address its members' concerns because interested in being good neighbors. We are also planning to make a good presentation at the public hearing.

If you live in Westport, you have already received a letter from me, which was sent out by Marlene Cohen, using data provided by Bruce Felper and Vic Varga, who gave her names of Westport cyclists from the club and the Bloomin' Metric. We want to show the Board of Selectmen that we are not outsiders, that many Westport residents are cyclists, too.

In the meantime, we are also working with Norwalk to use Calf Pasture Beach as a starting location for the Bloomin' Metric. Until we go through the whole process, we will not know what the starting location of the Bloomin' Metric will be.

One thing we tend to forget in running the Bloomin' Metric is that we are not the only event to pass through Westport. Two weeks later is the MS Tour. Other events that pass through include Bike the Beach and the Tony Fenton Tour.

The collective impact is felt by residents. One concern we have all heard relates to inconsiderate riders. Few things will annoy neighbors faster than cyclists blowing through stop signs and traffic lights and blocking roads by riding four abreast and not moving over.

On a Friday Night Ride in August, a Darien police officer stopped by at the beginning of the ride and spoke with me. She asked me to remind cyclists to ride no more than double file, allow motorists to pass, and stop at traffic lights and stop signs. I gave my speech and left the parking lot behind a pack headed out of the parking lot four to five abreast. If we get kicked out of Darien or Westport, we have only ourselves to blame. Remember. Residents are watching and complaining. *oo*

Executive Board Actions Summarized

By TOM EBERSOLD
SCBC President

A couple of people have asked me this month, "Why don't you print the Executive Board minutes in the newsletter anymore?"

There are two basic reasons why we have not done this. First, in running the club this year, that item has simply gotten lost in the shuffle. Second, even if it had been a priority, I feel running the minutes verbatim, as has been done in past year, is a waste of space.

If you look at the typical minutes as they used to appear, the box on the front page would list the names of those in attendance, along with the motion to accept the minutes of the previous meeting. As you read through the minutes, you would discover the board was planning for an event that had already happened by the time the minutes appeared.

What I had intended to do, which is the purpose of this article, is summarize action the Executive Board has taken this year. I have been busy simply with the day-to-day running of the club, so I am taking a morning off from riding (on a beautiful August Saturday) to write articles for this month's newsletter. Most of the action has surfaced through other articles in the newsletter, such as listings for the Vermont and Cape Cod trips.

The Executive Board has had fewer meetings this year that run longer, allowing us to be highly efficient in getting work done. The board has had to meet only four times thus far. Discussions around events like the Ride Leader Dinner and picnics are not listed because they have already happened. Here is a summary of what the Executive Board has done:

(continued on page 11)

LEAD RIDES AND WIN THIS BIKE*..



...or lots of other prizes!

Every time you lead a ride, sweep a ride, or volunteer to help out, you can earn points that will translate to raffle tickets. In the fall, we'll hold a volunteer appreciation party where we'll raffle the bike and lots of other bike-related prizes. *Giant TCR 2T donated by Outdoor Sports Center and Giant Bicycles.



80 Danbury Road • Wilton, Connecticut 06897
SCBC INCENTIVES COMMITTEE

The Rules

Road Rides: 1.) All participants in the club must wear a helmet throughout the duration of the ride. Any rider without an ANSI and/or SNELL approved helmet will NOT be permitted to ride. 2.) All traffic laws and regulations must be observed. This includes observing all stop signs and lights. 3.) Bikers are expected to ride single file unless there is no traffic. Under no circumstances should riders ride more than two abreast. The call "CAR BACK" is a signal to all riders to immediately drop to single file riding.



Off Road Rides: 1.) When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. 2.) When encountering equestrians from the front, stop, get off the bike and move well off the trail until they pass. When approaching from the rear, ask permission to pass and ask for advice as to the best way to pass. 3.) Don't skid. Take turns and climb hills slowly enough to avoid trail marks. 4.) Be friendly to land managers, hikers and equestrians. 5.) Only ride on trails open to bikers. 6.) Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach. All riders should bring one or two water bottles filled with either water, fruit juice or sport drink. The intake of liquids before you get thirsty will improve your riding performance.



The Pace and Terrain

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

Road Bike Rides

Pace	Terrain
A Very Fast 18+ MPH Riders are expected to be self-sufficient.	F Flat May have a few rolling sections.
B Fast 15-18 MPH A Sweep probably will not be appointed.	F/R Flat/Rolling May have a couple of short hills.
C+ Fast/Intermediate 14-15 MPH A Sweep may be appointed.	R Rolling May have some small hills.
C Intermediate 12-14 MPH A Sweep is usually appointed.	R/H Rolling/Hilly May have some steep hills.
D Slow/Intermediate 10-12 MPH A Sweep is always appointed.	H Hilly May have a few rolling sections.
E Slow Less than 10 MPH Ride paced to slowest rider. A Sweep is always appointed.	

Mountain Bike and Off Road Rides

Terrain
DT Double Track Fairly wide with room for two-way traffic.
ST Single Track Wide enough for single rider only with some overgrown sections.
T Technical Conditions vary with overgrowth, exposed roots and rocks.

- 10:00/10:15 = Ride meets at 10:00 am and leaves at 10:15 am
- All telephone numbers are 203 area code unless noted otherwise
- All road rides include a lunch stop where lunch can be purchased unless otherwise stated. Lunches must be brought on mountain bike rides.
- If you are bringing a child younger than age 18 on the ride, you must obtain a parent/guardian waiver form from the ride leader in advance.
- If the weather is questionable, call the Ride Leader ahead of time.

Abbreviation Key:

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

The Ride Tips

Select a ride that is within your ability based on the ride distance, pace, terrain rating, and frequency of regrouping. Call the Ride Leader (RL) with any questions or concerns. Generally, a "D" or "E" ride is recommended for new members in order to introduce them to our rides.

Riders should carry a pump, tire irons, spare tube, patch kit, tools, water bottle(s), money and health insurance card on each ride.

The Rides

NOTE: FOR EVENING RIDES

IT IS RECOMMENDED that you have a night headlight and rear reflector on your bicycle and wear a reflective vest when doing the evening rides.

WEBSITE UPDATE

IMPORTANT NOTE:

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

www.soundcyclists.com/news.htm

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

WEEKDAY EVENING RIDES

EVERY TUESDAY

■ **Tuesday Night Pizza Ride**, A/B, F/R, 20-25 miles, A ride meets 5:45/ leave 6:15 sharp, RL: Scot Nickel, 720-1405. B ride meets 5:45, warm up 6:00/leave 6:10 sharp, RL: Jerry Cahill, 268-9902. Meet at CPL Exit 42 Merritt Pkwy. Pizza after ride at a local restaurant TBD. Bad weather cancels. Last ride of the season is Sep 5th. SR

EVERY WEDNESDAY

■ **The Wednesday Night Ride**, All levels, R/H, 20 miles, 6:00/6:15. RL's: Alison Sharrett, 847-6228, Jerry Hunt, 847-9427. Meet at Hindley School parking lot on the corner of Nearwater Lane and Post Road in Darien. Bike through coastal Darien and scenic New Canaan. Cyclists should be able to maintain a minimum pace of 10 mph in order to safely finish the ride before dark. Route is arrowed, no cue sheet or sweep. Last ride of the season is Sep 6th. SR

EVERY WEDNESDAY

■ **Scenic Silvermine Workout**, D/D+, R/H, 20 miles, 6:15/6:30. RL: Mary Karnis, 847-7547. Meet at Silvermine Elementary School. Ride for 90 minutes on varied routes. Rain cancels. Last ride is August 30th, traditional end of summer barbeque at Mary's house, after the ride. RSVP by Aug. 26 to picnic@optonline.net. If rain, barbeque starts at 6:30pm. SR

EVERY THURSDAY

■ **Thursday Night Thunder in the Hills**, A/B, H, 23 miles (with optional longer loops), 6:00/6:15 RLs: A, Julie Maenpaa 359-2102, B, Scot Nickel, 720-1405. Meet at Merritt Pkwy. Exit 38 CPL. Some hills early, followed by rollers for the rest of the ride. Last ride of the season is Sep 7th. SR

EVERY FRIDAY

■ **TGIF Unwinder**, All levels, F/R, 17/20 miles, 6:00/6:15p. RL: Tom Ebersold, 874-7839. Meet at the Darien RR station, NY-bound side. The route is arrowed so come join us on the club's traditional shoreline ride to Rowayton and back. Cyclists should be able to maintain a minimum pace of 10 mph in order to safely finish the ride before dark. Meet friends for dinner after the ride. Last ride of the season is Sep 8th. SR

WEEKDAY EVENING RIDES

Please check the listings at the beginning of the rides calendar for all weekday evening rides.

SATURDAY, SEPTEMBER 2

■ **Back To Bethel, A/B, R/H, 42 miles, 8:45/9:00.**

RL: A, Scot Nickel 720-1405, B, Leda Letowt, 847-3997. Meet at Merritt Exit 41 CPL. Snack stop at Bagel Crossing. Bring money for snacks. Nasty weather cancels ride, if damp and dreary call Scot one hour and a half before start. SR

■ **Same Dam Ride Every Saturday, C+/C, R/H, 32 miles, 9:15/9:30.** RL Peter Serratore, 259-3381. Meet at Fairfield RR station, NY-bound side. A standing ride for C+ and stronger C riders. No snack or lunch stop. SR

■ **Rural Ramble, C, R/H, 40 miles, 10:00/10:15** RL: Jerry Hunt, 847-9427. Meet at CPL Exit 44, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Food stop at the deli in Newtown. SR

■ **Sachems Head Ride, D, R/H, 32 miles, 10:00/10:15.** RL: Tom Ebersold, 874-7839 or tebersold@worldnet.att.net. Meet at CPL Exit 56, I-95. Scenic tour of the quiet country roads and scenic shoreline of Guilford and Brandford. Lunch at Stoney Creek. FR

■ **Saugatuck Weston Twister, D, R/H, 29 miles, 9:00/9:15.** D, RL: Martin Iselin. 227-7237 Meet at CPL Exit 41, Merritt Pkwy. Travel down to the shore in Saugatuck and then make a swing through Weston twisting around the hills. Food stop in Weston. SR

■ **Historic Windsor and the Enfield Rapids, E, F, 35 miles, 10:00/10:15.** RL: Clyde Gourley, 929-4001. Meet at the parking lot located at the North End of the Windsor Locks Canal. Take I-91 North to Windsor Locks exit 42. Head north on Rt. 159 for about 5 miles to Canal St. Turn right and go to end of street to parking lot. An historic tour through an area which was the commercial transfer point from deep water river traffic to barges and wagons, due to the Enfield Rapids. FR

SUNDAY, SEPTEMBER 3,

■ **Tricki Ricki Road Ride, B, R/H, 40 miles, 9:00/9:15.** RL: Brian Gossler, 389-2646. Meet at CPL Exit 44, Merritt Pkwy. South to north, then north to south. While at the same time, east to west. After lunch, second verse, reverse the first. Only two 'serious hills. SR

■ **A Three County Ride Abridged, C+, R/H, 56 miles, 9:15/9:30.** Please note: This is a different ride description and meeting location, from the ride that was listed in the August newsletter. RL: Bruce Miller, 544-8917, Nick Sostilio, 748-5769. Meet at Cousin's Mini Mart on the west (left) side of Route 22, at the intersection of Rt. 81, (4 miles north of the traffic light in Dover Plains, NY, 29.5 miles north of I-84). Park in front of the batting cages. We roll through farm and dairy land, stopping at a general store in Bangall, NY, for a break. It's mostly flat and rolling, with 2 or 3 real hills. Allow about 1 and 1/2 to 2 hours travel time from most of Fairfield County. The shopping traffic and lights on lower Route 22 will slow you down, so your best bet is to take a diagonal route from Danbury and intersect with 22 a little further up, instead of taking I-84 to 22 in Brewster. Rain cancels, call ride leader between 7:30 and 8:00am, morning of ride, if weather is doubtful. SR

■ **Saugatuck Weston Twister, C, R/H, 29 miles, 9:00/9:15.** RL: Gerry Weinstein, 327-3530. Meet at CPL Exit 41, Merritt Pkwy. Travel down to the shore in Saugatuck and then make a swing through Weston twisting around the hills. Food stop in Weston. SR

■ **Almost Thirty Something, D, F/R, 29 miles, 9:00/9:15.** RL: Martin Iselin. 227-7237. Meet at CPL Exit 18, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk and return with side trips thru Longshore Park and Compo Beach. Bring snacks. FR

■ **North County Trail, Westchester, NY, E, F, 30 miles, 9:00/9:15.** RL: Steve Price 261-4675. Meet at CPL Exit 35, Merritt Pkwy. at 9:00 to register and carpool. Paved rail trail. We will park in the village of Millwood on Rt. 100. FR

MONDAY, SEPTEMBER 4,

LABOR DAY

■ **Danbury Challenge, C+/C, R/H, 44 miles, 9:30/9:45.** RL: Peter Serratore, 259-3381. Meet at CPL Exit 41, Merritt Pkwy. Enjoy some extended mileage to the West Redding Challenge with some pretty roads further north. Lunch in Danbury. SR

■ **Sound Cyclists Classic, D, R/H, 27 miles, 10:00/10:15.** RL: Martin Iselin. 227-7237. Meet at CPL Exit 41, Merritt Pkwy. From the hallowed halls of the club's archives comes this ride that is seldom offered. Join us for a spin down to the Sound and then up and over Fairfield's Greenfield Hill to Easton and around through Weston on the return trip to Westport. Snack stop along the way. FR

■ **Historic New London Tour, D, R/H, 30 miles, 10:30/10:45.** RL: Art Doiron, 729-6236. Meet at CPL Exit 74, off I-95 (immediate left off exit). Scenic views of ocean, beach, docks, train station and a visit to Coast Guard Academy visitors center. Lunch stop. FR

SATURDAY, SEPTEMBER 9

■ **Back To Bethel, A/B, R/H, 42 miles, 8:45/9:00.** RL: A, Scot Nickel 720-1405, B, Leda Letowt 847-3997. Meet at Merritt Exit 41 CPL. Snack stop at Bagel Crossing. Bring money for snacks. Nasty weather cancels ride, if damp and dreary call Scot one hour and a half before start. SR

■ **Same Dam Ride Every Saturday, C+/C, R/H, 32 miles, 9:15/9:30.** RL Peter Serratore, 259-3381. Meet at Fairfield RR station, NY-bound side. A standing ride for C+ and stronger C riders. No snack or lunch stop. SR

■ **Reservoir Tour, C, R/H, 26 miles, 9:00/9:15.** C, RL: Sandy fisher, 595-9589. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle around North Stamford and New Canaan. Lunch in Scotts Corners. SR

■ **Block Island Journey, D+, F/R, 18 miles, 7:00/7:30 a.m.** RL: Jeff Munk, 261-5545. Meet at CPL Exit 18, I-95 to caravan and/or carpool. This is yet another installment in our island-hopping adventure series, this time to a little jewel sitting in the Atlantic just off the coast of Rhode Island and Connecticut. If you missed out on the Shelter Island ride or remembered what a great time you had if you were there, you're really not going to want to miss this one. The summer's not over yet so start planning for this ride that offers the perfect blend of cycling, sight-seeing and sunning.

As a group, we will get ourselves organized in Westport and drive to Point Judith, R.I. where we board the 11:00 a.m. ferry for an hour's cruise to Block Island. We will be exploring

one of the "ten great lost places" and stopping by historic lighthouses and breath-taking cliffs (**bring a bike lock**). We end it all with a party on the beach, so bring swimwear, towel, beach toys and snacks to **Party On Dunes!** Full beach and shower facilities are available and additional food can be purchased just down the road.

If you like, you can also explore the town of Old Harbor before we headed back on the 5:00 p.m. ferry. Food and souvenirs can be purchased in Old Harbor. Dinner arrangements can be made with your carpool mates on the return trip to Point Judith (6:00 p.m. arrival).

• **Money to bring:** Parking in Galilee/Point Judith is \$5.00 - \$10.00 for the day. Point Judith ferry same day round trip with bike is \$18.10. Allow for money to buy food and drinks. For questions, call 203-261-5545 or e-mail Jeff at:

jeff@moonlightingproductions.com. Car-pooling is encouraged but you may drive on your own if you wish. In either case, trust me, it will be well worth the drive. Allow 2:15 from Bridgeport. Rain cancels, **clouds do not**. Remember, we don't make landfall until noon, so if the forecast that day should call for showers for only the morning, the ride will still go on.

• **Special Hints:** If you're the type that likes to plan ahead or wants a lot more information, see the article on **Block Island Ride Hints** or click on the Special Hints link in the listing on the Web site.

• **Important Note:** For those who might be planning for Tiverton on the next day, you might want to consider combining this ride with that event.

• **Special preview:** Interested in seeing where we're going? Go to the Special Events page at www.soundcyclists.com/events.htm, find the listing for the ride and click on the flashing preview buttons for viewing the map and cue sheet. • **Important Note:** For those who might be planning for Tiverton on the next day, you might want to consider combining this ride with that event.

■ **The Well-Kept Secret**, D, F/R, 21 miles, 10:00/10:15. RL: Suzanne Schoeneweiss, 853-2881. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Take a spin down from New Canaan to Stamford. Beachside food stop at Shippan Point. Bring snacks. **FR**

■ **Deep River, Essex, and Saybrook Point**, E, F, 30 miles, 10:00/10:15. RL: Clyde Gourley 929-4001. Meet behind the library in Deep River center. Take I-95 to Route 9; take Exit 5 off Route 9 and proceed into Deep River center. Turn left to go behind the library. Optional visit to the River Museum in Essex. Lunch stop, bring or buy. **FR**

SUNDAY, SEPTEMBER 10

■ **CT-NY Seasonal Tour**, C+/C, R/H, 35 miles, C+, 9:00/9:15, C, 9:15/9:30. C+RL: Dave Cassie, 322-7670, C, RL: Peter Dee, 972-7472. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Join this two-state ride to get you out of the usual pattern of club routes. Food stop on the Bedford Green. **SR**

■ **Valley Forge to Poverty Hollow Circle Tour**, C-, R/H, 30 miles, 9:30/9:45. RL: Tim Bezler, 426-6390. Meet at the gravel parking lot on Rt. 53 at Valley Forge Road in Weston, about 10 miles north of Merritt Pkwy. Exit 42. Go north on Rt. 57, then stay straight/bear right on Rt. 53 after Weston center. If you start to see the reservoir (on your right), you have gone too far. Ride the best of the northern route of the Bloomin' Metric. Lunch stop at Redding Ridge Market. **FR**

■ **Ex Libris**, D, F/R, 24 miles, 9:30/9:45. RL: Pavel Gurvich, 853-3481. Meet in the parking lot of the Westport Library. An easy ride for those looking to move up from the slower pace rides. Ride the standard shore route up to Greenfield Hill, and back via Route 136. **FR**

■ **Holy Ghost Rochambeau Tour**, D, R/H, 30 miles, 11:00/11:15. RL: Vinny Keenan, 264-2157. Directions to St. John's: Exit 11 off I-84. Go right at end of exit ramp, left at light, approximately 1 mile on right just before traffic light. From Exit 10 off I-84, go right if coming eastbound, left if coming westbound. Go to traffic light, go right at light, take first driveway on right. This ride crosses Lake Zoar in two different places and goes to Sandy Hook, Southbury and Woodbury. Many points of interest, including the Glen House in Woodbury. Lunch stop. Call to confirm. **SR**

■ **Housatonic Rail Bed**, MB, F, 20 miles, 9:30/9:45. RL: Jeff Munk, 261-5545. Meet at CPL, Exit 9, Route 25, Trumbull. Looking for a leisurely off-road experience to use that mountain bike of yours? Tired of car fumes and yelling "car back"? You didn't know we had a great introductory mountain bike ride? Well, this is the ride for you! Join us on this social off-road experience that takes you along the old Housatonic Railroad bed through the beautiful Pequonnock Valley, north to Botsford. This is a non-technical ride but does offer a few challenging bypasses where the trail has been detoured. Good for hybrids as well. Bring snacks. Optional lunch after the ride. Directions: Route 25, northbound: Turn left off Exit 9, cross highway and make first right onto Park St. Southbound: Turn right onto Park St. CPL is at end. Southbound: Turn right off Exit 9 onto Park St. **SR**

SATURDAY, SEPTEMBER 16

■ **Back To Bethel**, A/B, R/H, 42 miles, 8:45/9:00. RL: A, Scot Nickel 720-1405, B, Leda Letowt 847-3997. Meet at Merritt Exit 41 CPL. Snack stop at Bagel Crossing. Bring money for snacks. Nasty weather cancels ride, if damp and dreary call Scot one hour and a half before start. **SR**

■ **Same Dam Ride Every Saturday**, C+/C, R/H, 32 miles, 9:15/9:30. RL Peter Serratore, 259-3381. Meet at Fairfield RR station, NYbound side. A standing ride for C+ and stronger C riders. No snack or lunch stop. **SR**

■ **Loco-Monroe-tion Tour**, C+, F/R, 30 miles, 9:00/9:15. RL: Ray Jacobelli, 831-8720. Meet at CPL Exit 42, Merritt Pkwy. Ride goes up Rt. 136 to Monroe. Lunch stop. **FR**

■ **Run to Ridgefield Easier Ride**, C, R/H, 38 Miles 9:30/9:45. RL: Gerry Weinstein, 327-3530. Meet at the Darien RR Station - Westbound Side. Lunch Stop at Steves Bagel Shop in Ridgefield. **SR**

■ **North Park to Madison Backcountry Circuit**, C, R/H, 37 miles, 10:00/10:15. RL: Tom Ebersold, 874-7839. Meet at CPL Exit 46, Merritt Pkwy. Extremely scenic ride through the back country of Easton, Redding, Newtown and Trumbull. Lunch stop. **FR**

■ **Art's Art Cruise**, C, R/H, 30 miles, 10:15/10:30. RL: Art Doiron, 729-6236. Meet at Cheshire Park on Rt 10, Cheshire, CT. The ride from Cheshire to New Britain has a long climb, but will stop at top at apple orchard, then onto Walnut Hill Park to the Art Fair and the New Britain Museum of American Art. Ride passes through Hubbard Park, Meriden. It has two long climbs. Call RL to confirm. Joint ride with Waterbury Cycling Club. Lunch stop. **FR**

■ **Rhode Island Shore Ride**, D, F, 40 miles or 50/62 miles, 7:30/8:00. RL: Tom Daniel, 866-3781. Meet at CPL Exit 18 off I-95 for car pooling or at Misquamicut, RI, for car shuttle at 10:00 sharp! Call for directions if you do not want to carpool. Please note. **The ride has two options: 1) if the group is 12 people, the ride will be a 50/62 mile loop, 2) Less than 12, the ride will be a choice (majority rules) a 40 mile one way ride with car shuttle, or 50/62 mile loop.** Bring lunch or take your chances at one of several markets and eat on the beach. Ride from Misquamicut to Narragansett, mostly along the shore. This ride is flatter than any ride in Connecticut. Seafood dinner at 5:00pm, overlooking the ocean is optional. Please see August Newsletter, page 5 for additional information. **FR**

■ **The Backwoods to Shoreline Spin**, D, F/R, 32 miles, 9:30/9:45. RL: Martin Islen, 227-7237. Meet at CPL Exit 42, Merritt Pkwy. Join us on one of this popular ride as we wind our way through the woods of Weston and Easton, through the gentle hills of Westport and Fairfield and down to the shore at Southport where lunch can be eaten at harborside. **FR**

■ **Figure Eight**, D/E, F/R, 13/26 miles, 8:15/8:30. RL: Bobbie Kinn, 857-4847, Nancy Rosett, 847-5541. Meet at CPL Exit 42, Merritt Pkwy. First loop is flat, second loop has some hills. Riders can do one or both loops. Note: snack stop comes late in second loop, so riders planning on doing both loops are advised to bring plenty of water and a snack. **FR**

SUNDAY, SEPTEMBER 17

■ **The No-Name Ride**, B, /R/H, 49 miles, 9:15/9:30. RL: Rick Bailer, 834-2577. Meet at CPL Exit 42, Merritt Pkwy. Like Back to Bethel but adds a loop by Southport Beach. Food stop **SR**

■ **Stanley Steamer**, C+, H, 42 miles, 9:30/9:45. RL: Joe Nivert, 262-6476 or jnives@aol.com. Meet at Hollow Park in Woodbury. Take Exit 15, I-84, Rte. 6. Go north on Route 6 for 4 1/2 miles, left onto Hollow Road. Entrance to Hollow Park is 1/4 mile on the left. There will be some climbing along these scenic roads in Southbury and Woodbury. Reward yourself with lunch on the Litchfield Green. **SR**

■ **Greenwich Armonk Ride**, C, R/H, 40 miles, 9:00/9:15. RL: Steve Wolfe, 831-9293. Meet at Greenwich High School on the Post Road west of Indian Field Road off Exit 4, I-95. Join a down-county ride, on a new route, which can be hilly at times. Great bagel shop in Armonk. **SR**

■ **Cow Pie Pedal**, C, H, 45 miles, 9:45/10:00. RL: Mike Ceruzzi, 261-5369. Meet at Freedom Park in LaGrange, NY. Take I-84 West to the Taconic Pkwy., go North on the Taconic for 10 miles. Go 4/10 mile past the intersection of NY Rt. 55, turn right onto Skidmore Road. Go 1.6 miles to park entrance on the right. Bring/buy food for lunch. This is a chance to escape the congestion of Fairfield County and enjoy some real country riding. Ride is rolling and hilly, however, there are no killer hills. **FR**

■ **Lisa's Easton Express**, D+, R/H, 25 miles, 9:15./9:30. RL: Lisa Rowe, 372-2786. Meet at CPL Exit 46, Merritt Pkwy. Scenic ride through Fairfield, Easton and Monroe. Some challenging hills. Snack stop in Monroe. **FR**

■ **Four Beaches Only**, D, F, 21 miles, 9:15/9:30. RL: Nancy Felper, 323-3177. Meet at Noroton Heights RR station, NY-bound side, just off Exit 10, I-95. This is a flat ride in Fairfield County. Scenic views of Long Island Sound. **FR**

SATURDAY, SEPTEMBER 23

■ **Back To Bethel**, A/B, R/H, 42 miles, 8:45/9:00. RL: A, Scot Nickel 720-1405, B, Leda Letowt 847-3997. Meet at Merritt Exit 41 CPL. Snack stop at Bagel Crossing. Bring money for snacks. Nasty weather cancels ride, if damp and dreary call Scot one hour and a half before start. **SR**

■ **Same Dam Ride Every Saturday**, C+/C, R/H, 32 miles, 9:15/9:30. RL: Peter Serratore, 259-3381. Meet at Fairfield RR station, NY-bound side. A standing ride for C+ and stronger C riders. No snack or lunch stop. **SR**

■ **Hillier Run to Ridgefield Ride**, C+, R/H, 40 Miles 8:45/9:00. RL: Eugene Bush, 329-3031. Meet at the Darien RR Station - Westbound Side. Lunch Stop at Steves Bagel Shop in Ridgefield. **SR**

■ **Reservoir Tour**, C/D, R/H, 26 miles, 9:00/9:15. C, RL: Mike Tamborino, 359-3984, D, RL: Deborah Lewis, 840-1566. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle around North Stamford and New Canaan. Lunch in Scotts Corners. **SR**

■ **Millerton Rail trail**, D+, F, 25 Miles, 10:00/10:15. RL: Mike Ceruzzi, 261-5369. Yet another chance to escape the congestion of Fairfield Cty. Newly opened section of Harlem Valley Rail Trail. Picturesque New York farm country, mountain views, and best of all, NO CARS! Yes, it really is totally flat! Longer option available, Lunch can be purchased. Meet at Cousins Mini-Mart Rt 22 Wassaic NY. Take I 84 West to Brewster, NY, Exit 20 to Rt. 22. Go North about 25 miles, Cousins will be on the left. **FR**

SUNDAY, SEPTEMBER 24

■ **West Redding Challenge**, C+/C, R/H, 32 miles, 9:00/9:15. RL: Nick Sostilio, 748-5769, Eric Freed, 849-0178. Meet at CPL Exit 41, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. **SR**

■ **Wandering Around Wilton**, D, R/H, 25 miles, 9:15/9:30. RL: Rod Stovort, 762-8128. Meet at Wilton RR station, junction of Rt. 33 and Rt. 7. Scenic ride around Wilton. Lunch stop. **FR**

■ **Milford & West Haven Shores**, E, F, 20/32 miles, 10:00/10:15. RL: Art Doiron, 729-6236. Going east on I-95 take Exit 37 to High Street (becomes West River Street) to downtown Milford Green; turn left at Broad St.; cross stone bridge and make a right turn down past the library, to the parking lot opposite the boat launch. We will return to the parking lot after the first 20 miles for lunch and an optional additional 12 miles to the Milford Point Area and return. **FR**

SATURDAY, SEPTEMBER 30

■ **Back To Bethel**, A/B, R/H, 42 miles, 8:45/9:00. RL: A, Scot Nickel 720-1405, B, Leda Letowt 847-3997. Meet at Merritt Exit 41 CPL. Snack stop at Bagel Crossing. Bring money for snacks. Nasty weather cancels ride, if damp and dreary call Scot one hour and a half before start. **SR**

■ **Same Dam Ride Every Saturday**, C+/C, R/H, 32 miles, 9:15/9:30. RL: Peter Serratore, 259-3381. Meet at Fairfield RR station, NY-bound side. A standing ride for C+ and stronger C riders. No snack or lunch stop. **SR**

■ **Long Island Winery Tour**, C+/C, F, 53 miles, 8:15/8:30. RL: Mark & Marcia Kiley, 799-2640. Meet at Cross Sound Ferry Terminal, New London, CT. This is a flat ride on the North Fork of Long Island. See the last undeveloped area of

Long Island. Optional winery stops (ten to choose from) and mandatory bakery stop in Greenport. Lunch stop in Mattituck. Return on 5:00pm ferry to New London. The ferry takes one hour and twenty minutes. The cost for bike and rider is \$23. Directions to ferry: take I-95 North to Exit 83 and follow ferry signs to pier. **SR**

■ **Rural Ramble, C, R/H, 40 miles, 10:00/10:15.** RL: Jerry Hunt, 847-9427. Meet at CPL Exit 44, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown. Food stop at the deli in Newtown. **SR**

■ **Backwoods to Shoreline Spin, C-, F/R, 32 miles, 9:15/9:30.** RL: Sandy Grosse, 866-3620. Meet at CPL Exit 42, Merritt Pkwy. Join us on one of this popular ride as we wind our way through the woods of Weston and Easton, through the gentle hills of Westport and Fairfield and down to the shore at Southport. Lunch can be eaten at haborside. **SR**

■ **Colleytown Cruiser, D, R/H, 27 miles, 9:45/10:00.** RL: Brian Voytek, 374-0921. Meet at Colleytown Middle School, 255 North Avenue. From Merritt Pkwy, Exit 42, go north on Rt. 57. Right at the light onto Lyons Plains Road. Bear right onto Colleytown Road. Drive on half mile, take right onto North Avenue and right into first driveway. Scenic tour of some favorite meadow and shore roads from a starting location with plenty of parking. **SR**

■ **Deep River, Essex, and Saybrook Point, E, F, 30 miles, 10:00/10:15.** RL: Clyde Gourley 929-4001. Meet behind the library in Deep River center. Take I-95 to Route 9; take Exit 5 off Route 9 and proceed into Deep River center. Turn left to go behind the library. This is a touring ride near the Connecticut River, with a lunch stop and optional visit to the River Museum in Essex. Bring snacks too. **FR**

SUNDAY, OCTOBER 1

■ **Shady Beach Picnic Ride, B, R/H, 40 miles, 10:00/10:15.** RL: Emil Albanese, 853-7499. Meet at Marvin School parking lot in East Norwalk. Directions: Take I-95, Exit 16, go south on East Avenue, left onto Gregory Blvd. and left onto Marvin Street. Very popular picnic ride. **SR**

■ **The Killer Hills Ride, C+, H, 18 or 26 miles, 9:00/9:15p.** RLs: Greg Ziebell, 367-7270. Meet at CPL Exit 46, Merritt Pkwy. Extremely challenging ride through Fairfield and Easton as you climb and descend the hills. **SR**

■ **Tour de Foodman, C, R/H, 36 miles,, 10:00/10:15.** RL: Jim McConnon, 259-3450. Meet at CPL Exit 42, Merritt Pkwy. This ride will feature some long upgrades in places but no major hills. **SR**

■ **Josh Billings Cruise, C, R/H, 28+ miles, 10:15/10:30.** RL: Art Doiron, 729-6236 or adoironvido@aol.com. Meet at Information Booth on Main Street, in great Barrington, MA. Tour West Stockbridge, MA area. Named one of the top rides in all of New England. Visit West Stockbridge Public Market and Norman Rockwell Museum. Call or email to confirm. Joint ride with Waterbury Cycling Club. Lunch stop. **FR**

■ **Time Off From Purgatory, D/E, R/H, 25 miles, 10:00/10:15.** RL: Anne Spellman, 259-3381. Meet at the Fairfield RR station, NY-bound side, (near Exit 21, I-95). Enjoy this social ride as it starts out on gentle rolls before getting to some not-so-bad hills. **FR**

SATURDAY, OCTOBER 7

■ **Back To Bethel, A/B, R/H, 42 miles, 9:45/10:00.** PLEASE NOTE TIME CHANGE. RL: A, Scot Nickel 720-1405, B, Leda

Letowt, 847-3997. Meet at Merritt Exit 41 CPL. Snack stop at Bagel Crossing. Bring money for snacks. Nasty weather cancels ride, if damp and dreary call Scot one hour and a half before start. **SR**

■ **Same Dam Ride Every Saturday, C+/C, R/H, 32 miles, 9:15/9:30.** RL Peter Serratore, 259-3381. Meet at Fairfield RR station, NY-bound side. A standing ride for C+ and stronger C riders. **SR**

SUNDAY, OCTOBER 8

■ **Litchfield Ride, C/D, R/H, 32 miles, 10:15/10:30** RL: Joe Nivert, 262-6476, jnives@aol.com. Art Doiron, 729-6236, adoironvido@aol.com. Meet at Litchfield firehouse parking lot. Take Route 8 north to Exit 42, then Route 118 west to Litchfield. Turn left onto Route 202 through town. The firehouse is on the right near intersection with North Lake Road. Breathtaking scenes around Bantam Lake, Goshen, and Litchfield. Lunch in Litchfield after ride. Allow 90 minutes to get to start. **SR**

Executive Board

(continued from page 6)

January

Appointments: Kathleen Kellett as Bloomin' Metric director. Bruce Felper as Membership director. Pat Kriss as Communications director.

Action Taken: Electronic membership approved. The newsletter is posted on the website. Membership is \$10 for electronic members and \$20 for paper members.

Additional Board Meeting notes will be printed in October.



LIKE TO DANCE ?

Come join and learn with Enzo

Couples and singles of all ages welcome!!!!

Classes start Monday October 2, 2000

Two sessions offered nightly

Choose which one best suits your schedule

Early Session: 7-8 PM. Late Session: 8:15-9:15 PM.

Classes held at the Ischoda Yacht Club

138 Water St., Norwalk, CT

Six week course \$60.00* per person

Single Classes \$15.00 per class

Group lessons in Salsa will be included

Beginners and advanced students welcome

For more information/directions call:

Enzo @ 203-414-4037

Ask about group and private lessons

*Pre-Registration discount fee \$60.00 due Sept. 30
you also can register before first class (Oct.2) for \$70.00

To register send check to:

Vincent Esposito
123 Daybreak Lane
Shelton, CT 06484

