

SOUND CYCLISTS

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September, 2003

www.soundcyclists.com • mailbox@soundcyclists.com

\$25 Per Year

Giving Children a Chance to Smile — The Harvest Event

By Emil Albanese

When you read this, it will be about 2 weeks before the 2003 The Harvest Event on September 14th. This is a day, that you get a chance not only can be very proud of YOUR CLUB, but of yourself if you choose to devote ONE selfless day, to a club event. We have set as our goal, to grant 10 final wishes to children with life threatening illnesses. EVERY PENNY we take in after expenses will be contributed to The Make A Wish Foundation of CT.

Now, in order to do that we need to raise plenty of money. You can help in so many ways. You can volunteer at the event, you can ride and enjoy one of the 4 wonderful new routes designed by our club volunteers, or if you have already committed to do something else (like the Cape trip, or a wedding, or whatever) you can contribute something, any amount will help. No amount is too small. If however you choose to purposely avoid the event or talk up competing events, I want you to think about something. In your own mind at some point in your youth you thought you were cool. Now you're an adult and you have had so many chances to build on the experiences of your youth. These 10 children whose lives I want to touch, may never, ever get the chances to make the choices you did. I am asking you to make a choice on that one day, come to The Harvest Event and show these Make A Wish children and the communities of CT that The Sound Cyclists can make a difference in so many ways. That we are not the self absorbed cyclists that clog the roads. That as a team, there

(Continued on page 9)

Make Wishes Come True at Harvest Rides 2003:

Sunday, September 14th,
at Luciano Park in Westport

By Chris Klmek

RAISE \$50,000 TO GRANT 10 WISHES TO CHILDREN FACING SERIOUS MEDICAL CONDITIONS...that's our goal for Harvest Rides 2003, and one that is becoming closer to reality as September 14th approaches.

What started as a small but heartfelt fundraiser for the Twin Towers Fund has in a few short years inspired major community, corporate and individual support. Through the dedicated leadership of event founder and club president Emil Albanese, treasurer Jim McConnon, and Debbie Horne of the Make-A-Wish Foundation® of Connecticut, Harvest Rides 2003 has far exceeded last year's sponsorship commitments and (at this writing) nearly doubled its number of registered cyclists.

Since the August newsletter, many new sponsors have pledged their support to the Make-A-Wish Foundation event. Allied Domecq in Westport recently contributed \$2,500 to the effort. Other major sponsors include Ring's End Lumber in Daen; Ae&T Worldwide; Discovery Networks (home of the Travel Channel, the Discovery Channel, Animal Planet, and other favorite networks); Tetley Tea; Norwalk Hospital; Fleet Bank of Westport; J.B. Machinery; and Woodstone General Contractors.

In addition to all of the above, sponsorship "superwoman" ("chairwoman" just doesn't do her justice) Madeline Monde and a dedicated team of Sound Cyclists and Make-A-Wish volunteers have secured a phenomenal array of food, entertain

(Continued on page 10)

Honor our American Heroes - Patriots Day, Sep 11



SCBC @CHAT

@Chat

Sound Cyclists Bicycle Club E-mail Discussion Group

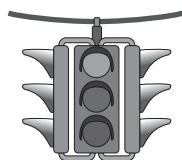
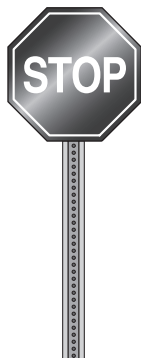
It is an open forum for Sound Cyclists Bicycle Club members to communicate online with other members on a variety of bicycling-related topics.

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

Check @Chat out at:

www.soundcyclists.com

Always Obey Traffic Signs When Biking



SOUND CYCLISTS

BICYCLE CLUB NEWS

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

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Incentives	Lip Lai	637-8707	lip_l@hotmail.com (LIP_L)
SCBC Giving Council Chair	Open		
SCBC News Editorial Board			
Editor/Publisher	Kathleen Kellett	372-9948	kkellski@aol.com
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Electronic or Mail Membership/Change of Address Information:

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

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

Article Submission Guidelines:

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

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

Display and Classified Advertising:

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

Incentives Program:

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

Sound Cyclists Advertising Rates

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

Rates Are Per Issue

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

Club Information Line

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

Call (203) 840-1757



Calendar of SCBC Special Events

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

■ September 12-15, (Friday 9/12 Noon to Monday 9/15 at Noon) 2003

Cape Cod Weekend Trip

Directors - Larry & Ginger Katz

■ Sunday, September 14, 2003

Harvest Rides, Westport, CT

Proceeds benefit Make -A-Wish Foundation

■ September 28, 2003

Apple Picking Rides

■ December 6, 2003

SCBC Annual Meeting & Lunch

Members Marketplace

For Sale: New 2003 Trek aluminum frameset model 2300 with OCLV carbon fork. United States Postal Service blue and silver colors. 56cm. Matching blue Selle San Marco Era Deluxe saddle (has never been used).

Both frameset and saddle \$450. Call Jack at 203-226-4046 or e-mail JandB1104@aol.com

For Sale: Serotta Colorado LT, 51 cm steel frame, very sharp black and green colors, 9 speed Dura Ace components, (fits 30 inch inseam), Mavic wheels, new Michelin Axial Pro tires. Excellent condition. Rides like silk. Asking \$1,500. Please email kkellski@aol.com or call 203-372-9948.

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

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

Reserve a Spot for SCBC Cape Cod Weekend

By Kathleen Kellett

The Sound Cyclists Bicycle Club's annual Cape Cod weekend trip will take place Friday, September 12 thru Monday Sept. 15. People are welcome to stay over night Sunday night until noon the next day at NO EXTRA FEE. The price will be \$125.00 and will include two nights lodging, two breakfasts and round trip ferry boat fee with bicycle to Martha's Vineyard on Saturday. Saturday dinner will be on your own, at a local restaurant, cook in and clean-up or food delivery service. Breakfast will not be available for people staying in the motel.

On the Vineyard, there are ride options to choose from, varying in miles and degree of difficulty. One of the longer rides, with rolling hills will take you to Gay Head and a shorter flat ride will take you to Edgartown.

The Cape House is restricted to 20 people on a first-come, first-served basis. This is one of the club's most popular weekends, so please register early.

In previous years, people have arrived early on Friday and have spent the afternoon cycling around the Falmouth area, taking beautiful ocean views. After cycling, people get together and enjoy a fresh seafood dinner at one of the many fine local restaurants.

If you plan to go, please plan on sending a check (payable to SCBC) to Ginger Katz, 22 Alden Avenue, Norwalk, CT, 06855. There will be no refunds for the weekend, unless we find a paying replacement. Questions: email GKathlete@aol.com. A space for you in the house will only be reserved once payment and the Cape Cod trip application (located below) is received.

3

SCBC Cape Cod Weekend Trip Application

Friday, Sep 12 - Monday Morning, Sep 15

Last Name _____

First Name _____

Sex M F

Preferred Roommates _____

Address _____

City _____ State _____

Zip _____

Telephone # _____

E-mail _____

Send a check made out to: SCBC for \$125.00

to: Ginger Katz, 22 Alden Avenue, Norwalk, CT, 06855

Escape from New York Century Saturday October 4th

Sponsored by the New York Cycling Club, the event features 100, 62, and 50 mile routes through Bergen and Rockland Counties. It will benefit Recycle-a-Bicycle, an organization that teaches inner city youth the value of cycling & recycling, bike maintenance, and contributing to the community at large. If you'd like to learn more about this worthy organization their website is www.recycleabicycle.org. For more info about the event, log on to www.nycc.org.

Calendar of Non SCBC Cycling Events

The following are special events presented by other bike clubs and organizations. These events are not related in any way to Sound Cyclists Bicycle Club. They are listed for informational purposes only.

■ Sunday, September 7, 2003

MS Bike Tour, Sherwood Island, Westport

■ Sunday, September 7, 2003

Flattest Century in the East, www.nbwclub.org

■ Saturday (only), September 20, 2003

Tri-State Seacoast Century, Hampton Beach, NH,
www.granitestatewheelmen.org

■ Sunday, September TBA, 2003

8th Annual Folks on Spokes, Milford
www.northeastnet.com/whitelief/bike.html

■ Sunday, September 21, 2003

CT Two Ferry Crossing Metric Century,
Call 860-347-0798, Middlesex Bicycle Club

■ Sunday, September 21, 2003

4th Annual Ride - Benefits Bennett Cancer Center
www.Stamhealth.org/theride Call 203 967 5950

■ Sunday, September 21, 2003

Bike The Beach, Probus Club Fund Raiser
Penfield Beach, Fairfield, CT
Ctbike.org/calendar.html

■ Sunday, September 21, 2003

Golden Apple Bicycle Tour, Westchester Cycle Club

■ Sunday, September 21, 2003

Trumbull Rotary Fall Ride

Email: RotaryFallRide@aol.com

■ Sunday, September 21, 2003

Mid-Hudson Century, NY, www.idsi.net/~mhbc/

■ Saturday, October 4, 2003

Escape from New York Century, Benefits Recycle-a-bicycle www.recycleabicycle.org
For event information: www.nycc.org

■ Sunday, October 5, 2003

2003 Fall Foliage Bike Tour, Washingtonville, NY, McQuade Children's Services 845-56-0436 X157

■ Sunday, October 5, 2003

The Great Tappan Zee Bike Tour for MS
Westchester MS Bike Tour offers 20 & 60 mile routes. For event information:
www.nationalmssociety.org/NYV/event/event_detail.asp?e=7389

We're proud to be on board.

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

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The Rules

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



Off Road Rides: 1.) When encountering hikers head on, stop and pull over. If approaching from the rear, greet them, or sound a bell, then pass. 2.) When encountering equestrians from the front, stop, get off the bike and move well off the trail until they pass.



When approaching from the rear, ask permission to pass and ask for advice as to the best way to pass. 3.) Don't skid. Take turns and climb hills slowly enough to avoid trail marks. 4.) Be friendly to land managers, hikers and equestrians. 5.) Only ride on trails open to bikers. 6.) Bikers should space out on grades to allow riders use of the full width of the trail to select the best line of approach. All riders should bring

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

The Pace and Terrain

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

Road Bike Rides

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

Mountain Bike and Off Road Rides

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

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

Abbreviation Key:

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

The Ride Tips

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

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

The Rides

WEBSITE UPDATE

IMPORTANT NOTE:

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

www.soundcyclists.com/News.htm

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



STANDING EVENING RIDES

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

Attention: Ride Leaders

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

EVERY SATURDAY

Back to Bethel, A/B, R/H, 40 miles, R/H, 8:45/9:00

RL: Mark Covello, 846-6689. Meet at Exit 41 CPL, Merritt Pkwy. Join us for this fast-paced ride up around the reservoirs to Bethel and down Route 58. Snack stop at Bagel Crossing. This is a standing ride every Saturday until the fall. Nasty weather cancels ride. NR

Saturday Morning The Early Bird Special, C+/C, R/H, 21 miles, 7:15/7:30. RL: Emil Albanese 853-7499 emilalb@aol.com. Meet at Luciano Park at the Westport RR station parking lot off Exit 17, I-95. Early morning ride past Compo Beach and over to Southport. Coffee after the ride at Peter's Bridge Market. SR

Same Damn Ride Every Saturday, C+/C, R/H, 34 miles, 9:15/9:30. RL: Peter Serratore, 259-3381, peters@luminaria.biz. Meet Fairfield RR station, off I-95 Exit 21, N.Y. bound side: Same old route — it's too good to change — we climb to the Senior Dam, head southwest to Saugatuck, then return along the shore. No food stop, but there's optional coffee and donuts at Devores Bakery a quarter mile before the ride finish.

EVERY SUNDAY

Sunday Morning Spin (3 versions), C, C+/B-, & B, R/H, 27 to 42 miles, 8:15/8:30. RLs: "B" Gus Pecunia, 426-9185 pecunia@earthlink.net; "C+/B-" Lisa West, 838-7193, "C", Show and Go. Meet at Southbound side of Westport train station (I-95 exit 17), near Luciano Park. A very friendly/chatty ride for experienced cyclists. No nonsense. We leave on time. The C+/B- and B rides have no food stop (one quick bathroom stop before the hills) and very limited regrouping. The "C" version has optional lunch stop and some regrouping. These rides are appropriate for self-sufficient cyclists want-ing to spin-with (not race-against) others. Rides are inappropriate for inexperienced and stop-a-lots. Call leaders for questions, if marginal weather

MONDAY, SEPTEMBER 1

LABOR DAY

Show And Go, B, R/H, 50 miles, 9:00/9:15

RL: Don Rosaforte, 849-8159. Meet at Exit 18 CPL off I-95.

Food Stop. SR

Laid Back Labor Day Fifty, C+, R/H, 50 miles, 9:15/9:30. RL:

Suzan Maxey, 374-1606 smaxey@connix.com . Meet at Exit 44 CPL, Merritt Pkwy. Join us for this leisurely-paced Labor Day ride thru Fairfield, Westport, Norwalk and New Canaan. FR

West Redding Challenge, C, R/H, 32 miles, 9:00/9:15. RL:

Jerry Weinstein 327-3530 or gmweinstein@snet.net . Meet at Exit 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. Food Stop. SR

SATURDAY, SEPTEMBER 6

See Standing Saturday Rides on page 6

Bennetts Bridge, B, R/H, 51 miles, 8:45/9:00. RL: Jon

Swallen, 254-0164 or jswallen@att.net. Meet at Exit 44 CPL, Merritt Pkwy. Cycle lesser known backroads up to Newtown, thru Sandy Hook and down to Monroe. Diverse terrain and scenery with lots of smooth pavement. Food Stop. SR

Greenwich Estate Country Tour, C, R/H, 39 miles, 9:00/9:15.

RL: Bruce Felper, 323-3177 or bfelper@yhoo.com. Meet at West Hills H.S. in Stamford. Take the Merritt Pkwy. to Exit 34. Head south one mile on Long Ridge Road (Route 104). Make a sharp right at light onto Roxbury Road. Right into school parking lot at light after one-third of a mile. Superb tour of the mansions of Greenwich with a brief visit to Banksville for a reality check and the food stop. SR

Park City Landmarks and a Day at The Zoo, D/E, F/R 19

miles, 9:45/10:00. RL: Ron Phillips, 375-4775. Meet at free parking for Bridgeport Zoo. Take Exit 27A off I-95 (Route 8/25). Take Exit 5, left at the bottom of the ramp to the 4th traffic light. Turn left onto Noble Ave and go to Beardsley Park entrance on left. Follow signs to zoo entrance and park at the top of the hill in the zoo lot for free parking. A completely new ride to discover why CT's largest city is called the Park City. Also a mini tour of the PT Barnum museum. Lunch at the zoo. Bring \$6 for admission to museum and the zoo.

Social E Ride, E, F, 10/18 miles, 9:30/9:45. RL: Dave Dealy, 329-0387. Meet at Talmadge Hill Railroad Station at Merritt Parkway Exit 36. First loop is 10 miles, second is 8 miles.

No cue sheet. Group will ride together so there's no regrouping. Ride will be social E paced. FR

SUNDAY, SEPTEMBER 7

See Standing Sunday Rides on page 6

Parts Unknown North, B, R/H, Approx. 60 miles, 8:15/8:30.

RL: Brian Wood, 249-8798, brian_m_wood@yahoo.com . Meet at Exit 44 CPL, Merritt Pkwy. Explore new and unusual routes to Southbury. We'll make it up as we go. SR

West Redding Challenge, C+, R/H, 32 miles, 9:15/9:30. RL:

Dennis Lyall, 846-8000 or lyallart@aol.com. Meet at 41 CPL, Merritt Pkwy. Scenic ride through Georgetown, Redding and Weston with a food stop at the Station House in West Redding. Food Stop. SR

Fairfield Frolic, C (12-14), R/H, 44 miles, 9:00 / 9:15.

RL: Herb Wexler, 854-9368, herbwex@optonline.net. Meet at Darien RR station. Join Herb on this pretty

ride from Darien down to Fairfield and back. Food stop in Fairfield center. SR

Salisbury Sojourn, C (12.5 MPH), H, 43 miles, 10:00/10:15. RL:

Mike Ceruzzi, 261-5369 or mceruzzi@snet.net . Meet behind town hall in Salisbury ,CT (next to fountain). Take Route 7 North to Lime Rock. Bear left on to Route 112. Go about 4 miles, then right onto route 41 to Lakeville. Right at blinking light onto route 44, then left at Town Hall. From Eastern Fairfield County, take Route 8 north to Winsted, then route 44 West to Salisbury. This ride was rained out in August, so let's try it again. Food stop (bring or buy) on the lawn at Copake Falls State Park. FR

SATURDAY, SEPTEMBER 13

See Standing Saturday Rides on page 6

Bedford Greenwich Loop, B, R/H, 49 miles, 9:15/9:30.

RL Don Rosaforte, 849-8159. Stretch your legs on this scenic trek to Greenwich. Meet at Scott's Corners, NY from Exit 38 off Merritt Pkwy go North on Route 123 for 2.4 miles. Turn left and make an immediate right on Parade Hill Rd. At the top of the hill turn right and go 4 miles on Oenoke Ridge Rd (Route 124) to Scott's Corners. Parking is on the right at Trinity Shopping Center just before you get into town. SR

Lake Truesdale , C+, R/H, 46 miles, 9:15 / 9:30.

RL: Norton Lazarus, 698-3032 or nwl@oemcapitalcorp.com. Meet at Talmadge Hill RR Station. Exit 36 off of Merritt Parkway. Challenging ride through South Salem, North Salem, Cross River, Bedford and Pound Ridge before returning to New Canaan. Food Stop. SR

Dodgingtown Double Nickel, C, R/H, 55 miles, 9:00/9:15. RL

Tom Ebersold 874-7839 or tebersold@att.net. Meet I-95 Exit 18 CPL. Stretch your legs on this extended tour from Westport to Newtown with a bit of everything: beaches, quiet country roads, and yes, some climbing, but nothing too challenging. This ride will be led at an honest C pace, probably averaging around 13.5 mph. Expect to finish around 3 p.m. If you do not plan to ride the full 55 miles, please choose another ride.

Greenwich Wanderer, D/D+, R/H, 20-30 miles, 10:00 / 10:15.

RL: Don Stillman, 531-7057 or dons351@juno.com. Meet at Cos Cob Railroad Station, Stamford side, Exit 4 off I-95. Varying rides through lower Greenwich with a food stop near the end of the ride. Hilly for a D ride. SR

Westport Meander, E, F/R, 25 miles, 8:45/9:00. RLs: Gene &

Jean Schlesinger 762-5984. Meet at Coleytown Middle School, 255 North Ave, Westport. Ride Westport backroads to Fairfield, then down to Southport before returning along the shore. Snack stop at Elvira's Deli occurs at mile 18, just before heading inland for return to parking lot. FR

SUNDAY, SEPTEMBER 14

See Standing Sunday Rides on page 6

Harvest Charity Rides

Starting from Luciano Park in Westport,

Exit 17 off I-95

20 mile, 75K, 100K or 100 mile

Please see article on page 1 in the
newsletter for more information

SATURDAY, SEPTEMBER 20

East Of Eden, B, H, 60 miles, 9:15 / 9:30. RL: Brian Gossler, 380-2646. Meet at Exit 42 CPL Merritt Pkwy. Travel through lightly traveled areas of Easton, Newtown, and Monroe. Good

training ride. Two food stops. SR

A Seriously Mutant Rural Ramble, C+, R/H, 43 miles, 9:15/9:30. RL: Suzan Maxey, 374-1606 smaxey@connix.com. Meet at Exit 44 CPL, Merritt Pkwy. This ride ends up at the same place as the traditional Rural Ramble – but half the fun is getting there. Food Stop SR

Aspetuck-Saugatuck Extended Ride, C R/H, 37 miles, 8:30/8:45. RL: Tom Syrstad, 353-8516 or tom_syrstad@yhoo.com. Meet at Exit 41 CPL, Merritt Pkwy. Scenic tour of the reservoirs in Easton and Weston. A good climb up Black Rock Turnpike. Enjoy a long descent down Newtown Turnpike. SR

Darien Turf to Surf, D, F/R, 23 miles, 9:30/9:45. RL: Lauren Schmitt, 847-9427. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Enjoy the familiar route of the TGIF Unwinder from a different perspective. Snack stop in Rowayton. SR

SUNDAY, SEPTEMBER 21

See Standing Sunday Rides on page 6

8 Town Hilly Figure 8, C+, R/H, 46 miles, 7:45/8:00. RL: Charles Pape, 877-1602 or charles.pape@fastnode.com. Meet at shopping center, Route 10 in Hamden opposite Brooksdale Road. Ride Hilly, scenic, low traffic roads in Hamden, Cheshire, Prospect, Bethany, Beacon Falls, Oxford, Middlebury and Naugatuck. No Food Stop. SR

Round Hill Romp, C+, R/H, 45 miles, 9:15/9:30. RL: Norton Lazarus, 698-3032 or nwl@oemcapitalcorp.com. Meet at Old Greenwich RR station. This new ride leaves from the Old Greenwich RR station and heads up Round Hill Road. No killer hills. Food Stop. SR

Easton Express, C, R/H, 30 miles, 9:15/9:30. RL: Jerry Weinstein, 327-3530 or gmweinstein@snet.net. Meet at Exit 42 CPL, Merritt Pkwy. Join Jerry on this extremely scenic ride on roads most club members have ridden before. SR

Stamford Reservoirs Ride, C/D+, R/H, 34 miles, 9:15 / 9:30. RL: Jen Sallis, 861-9866 (C ride); Rodney Stavert, 762-8128 or rodneystavert@hotmail.com. Meet at Talmadge Hill RR station parking lot off Exit 36, Merritt Pkwy. Cycle around the reservoirs in North Stamford and New Canaan. Lunch in Scotts Corners. SR

Autumn in Fairfield County, D, F/R 31 miles, 9:30 / 9:45. RL: Dorothy Fong, 856-8620 or dafong100@hotmail.com. Meet at Exit 17 off-I95, Westport RR station, northbound (New Haven) side. A ride for all seasons through Westport and surrounding areas. SR

WEDNESDAY, SEPTEMBER 24

Shifting Gears to Wednesday, D,F/R, 29 miles. 10:30 / 10:45. RL: Dorothy Fong, 856-8620 or dafong100@hotmail.com. Meet at Exit 18 CPL off I-95. A leisurely ride from Westport to Southport and Long Island Sound. Food Stop. SR

SATURDAY, SEPTEMBER 27

See Standing Saturday Rides on page 6

Unused Harvest 2001 Metric, B, R/H, 62 miles, 9:15 / 9:30. RL: Brian Gossler, 380-2646. Meet at Exit 17 Railroad parkin lot (Luciano Park), off I-95. Nice mix of familiar routes, Two food stops. SR

Rural Ramble, C+, R/H, 40 miles, 9:15/9:30. RL: Andy Heck, 952-3251 or ajheck@optonline.net . Meet at Exit 44 CPL, Merritt Pkwy. Enjoy the scenic Hemlock Reservoir before experiencing the challenging hills of Easton, Monroe and Newtown at a slower pace. Food stop at the Donut Shop in Newtown. SR

Wonders of Wilton, C, R/H, 29.3 miles, 9:00 / 9:15. RL: Deborah Lewis, 840-1566, dlewis@bredeson.com. Meet at Exit 38 CPL off the Merritt Pkwy. Join Deborah on this scenic tour of the wonders of Wilton. SR

Easton Excursion, C,H, 28 miles, 10:00/10:15 (New Member Ride). RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet at Exit 46 CPL, Merritt Pkwy. Extremely scenic ride on roads most club members have never ridden. Virtually no traffic along the route. Yes, there are some hills to climb, especially in the first half of the ride, but you will enjoy the freedom from not having to continually yell "Car back." Leader guarantees he will not exceed the stated 14 m.p.h. average pace. SR

Almost Thirty Something, D, F/R, 29 miles, 9:15 / 9:30. RL: Daphne White, 324-3194 or dapne.white@wiltonct.org. Meet at Exit 18 CPL, I-95. Cycle up to Greenfield Hill and back, over to Calf Pasture Beach in Norwalk, and return with side trips thru Longshore Park and Compo Beach. FR

SUNDAY, SEPTEMBER 28

See Standing Sunday Rides on page 6

Clinton-Essex-Saybrook, B, F/R, 58 miles, 9:00/9:15. RL: Jon Swallen, 254-0164 or jswallen@att.net . Meet at Exit 63 CPL, off I-95 in Clinton, about 45 miles from Westport. From exit ramp, make left turns at 3 consecutive traffic lights for entrance into CPL. A new ride for 2003. This is an extended route through the scenic hamlets dotting the lower Connecticut River Valley. It's a flatlander's delight, with less than 3,400 feet of elevation gain and no significant hills after mile 12. Hammer on! Food Stop. SR. Please RSVP to the ride leader if you plan on attending.

B.O.W. - Bethany, Orange, and Woodbridge, C+, H, 40 OR 47 miles, 9:45/10:00. RL: Mark Kiley, 799-2640 mkiley431@aol.com. Meet at Exit 58, Wilbur Cross Pkwy. Take a trip to new territory over in New Haven County. Food stop in Hamden. SR

Apple Picking Ride (Bethel or Bust), C/D+ Combo, R/H, 31 miles, 9:30/9:45. RL: Brian Voytek, 374-0921 or bvoytek@optonline.net; Rodney Stavert, 762-8128. Meet at Wilton Railroad Station parking lot (Route 7). Some new wrinkles on an old favorite. Will be ridden at a C or D+ pace with easy options for those who want to avoid a couple of hills. Food stop will be in Bethel center before biking up to Blue Jay Orchards. Logistics will be worked out to get your apples back to the parking lot at the Wilton RR station. SR

Norwalk, Darien, Rowayton Tour, D, F/R, 25 miles, 9:30 / 9:45. RL: Pavel Gurvich, 853-3481 or pavelgur@cs.com. Meet at Exit 38 CPL, Merritt Pkwy. Take a lovely spin through West Norwalk before joining the familiar Friday Night Ride route. SR

No Excuses New Member Ride, D, F/R, 13/23 miles, 12:00/12:15. RL: Tom Ebersold, 874-7839 or tebersold@att.net. Meet Fairfield Town Hall, corner of Old Post Road and Beach Road, Fairfield, off I-95 Exit 22. New member: have you been looking wistfully at the newsletter, thinking about riding, but have been

SUNDAY, SEPTEMBER 28

(continued)

stopped by assorted excuses? Well, here are your excuses and here's my response.

Excuse: SCBC members have fancy bikes and clothing and I just won't be able to keep up.

Reality: This ride will proceed at a moderate 10 to 12 mph average pace.

Excuse: I won't be able to climb the hills.

Reality: There ARE no hills on this ride. REALLY!

Excuse: It's too far.

Reality: If you have had enough after 13 miles, you can skip the last 10 miles.

Excuse: I don't know anybody.

Reality: You will after this ride.

Excuse: I like to sleep late on Sunday.

Reality: We meet at noon.

The Fairfield Coastal Cruise offers an almost totally flat tour of coastal Fairfield and Black Rock, especially suited for people just starting the season. The group will stay together and no one will be dropped. Bail-out option at 13 miles for those watching their mileage. Lunch stop at Captain's Cove overlooking the water in Black Rock Harbor.

Figure Eight, D/E, F/R, 13/26 miles, 9:00/9:15. RL Bobbie Kinn/Nancy Rosett, 857-4847. Meet at Exit 42 CPL, Merritt Pkwy. First loop is flat, second loop has some hills. Riders can do one or both loops. Note: snack stop comes late in second loop, so riders planning on doing both loops are advised to bring plenty of water and a snack. FR



Club president Emil Albanese (l.) and Debbie Horne (c.), Development Coordinator for the Make-A-Wish Foundation® of Connecticut, were recently interviewed by Andy Mais (r.) for the August episode of "Meet the Leaders" on Cablevision

8

Channel 84. The segment focused on Harvest Rides 2003. The show was cablecast week-nights throughout the month of August, and will be repeated at 8:00 p.m. each night of the week from September 1 until September 7.



In August, executives of Allied Domecq Spirits & Wines of Westport contributed a \$2,500 sponsorship to Harvest Rides 2003. Taking part in the presentation were (l to r) Debbie Horne of Make-A-Wish Foundation of Connecticut; Kathleen Otis of Allied Domecq, Chris Swonger of Allied Domecq, and Sound Cyclists President Emil Albanese.

Giving Children a Chance to Smile — The Harvest Event

(Continued from page 1)

is so much we can accomplish.

September 14th will be the culmination of hundreds of hours of volunteer time and effort. It will be a day that will have something to offer everybody. A fully supported ride like only the Sound Cyclists know how to put on, C Span, The Discovery Channel, a DJ for entertainment, a barbeque after the ride, unbelievable prizes, Newspapers, News 12, A Radio station, children's activities, political leaders, local bike shops, you name it. As I said, something fun for everyone.

So please, help me make this day happen as the success it should be. For detailed information on everything you could possibly want to know, from how to register, where to park or anything else, to: <http://www.soundcyclists.com/Harvest.htm>

If you would like to volunteer, just contact me,
emilalb@aol.com.

See you soon.
Emil Albanese
SCBC President

Make Wishes Come True at Harvest Rides 2003

(Continued from page 1)

ment, fun and incentive prizes guaranteed to make Harvest Rides 2003 memorable for all. In addition to breakfast and a post-event barbecue feast donated by Wild Oats Market in Westport, cyclists will be treated to music, entertainment and games from Sound Solutions Entertainment in Norwalk; tours and giveaways from the C-SPAN School Bus, a 45-foot traveling production studio that tours the country; "special guest" appearances by local sports mascots and cartoon characters; and much more.

Cyclists who turn in at least \$50 above and beyond the \$35 registration fee (which increases to \$50 after September 7) have the chance to win great incentive prizes, including two round-trip airline tickets to London from Virgin Atlantic Airways; a new road bike from Don's Cycle Shop in Fairfield; a LeMond Spinner from OMNIFitness; a \$1,200 Mondonico bike frame and an exclusive custom fitting from Antonio Mondonico (frame builder for one third of Tour de France riders; see accompanying article) from Smart Cycles in Norwalk; and an array of gift certificates, gift baskets, and other goods and services generously donated by local companies and merchants.

The number of Harvest teams joining us this year has increased by leaps and bounds....Pitney Bowes, Ryan Partnership, Norwalk Hospital, the YMCA of Norwalk, Arch Chemicals, local police departments and government leaders are just a sampling of the groups planning to ride together in support of the cause.

Many thanks to all the Sound Cyclists who have brought us this far ... please join us on September 14th and share in what promises to become our club's biggest contribution ever to our local communitieswe need volunteers, riders, teams, and, most of all, YOUR ENTHUSIASM to make Harvest Rides 2003 make wishes come true for children facing enormous obstacles.

See you September 14th, rain or shine....and remember, all rides begin between 7:30 a.m. and 10:00 a.m.!

Bennett Cancer Center's 5th Annual RIDE to Benefit Cancer Patients

Sunday, September 21, 2003. Get out your cycling gear and join members of the community in raising funds for a unique Fitness and Nutrition program meant to improve the quality of life for cancer patients. Presented by Stamford Health Foundation and sponsored by UBS, the 5th Annual RIDE looksto raise \$150,000 for a distinctive program available exclusively at Stamford Health System's Carl & Dorothy Bennett Cancer Center. Participants in this cycling event may opt for a 100-, 50-, 25- or 10-mile course that tours the scenic backcountry roads of lower Fairfield and Westchester counties. The RIDE begins at 7 am, 10 am, 11 am and 12 pm respectively at the Italian Center of Stamford, and concludes with a complimentary barbecue for cyclists and their guests. The top fundraiser will be awarded a customized road cycle. Registration for the RIDE is \$25

per cyclist and pre-registration is mandatory. For more information, please call (203)967-5950 or log on to www.stamhealth.org/theride
<http://www.stamhealth.org/theride>

The RIDE for the Bennett Cancer Center

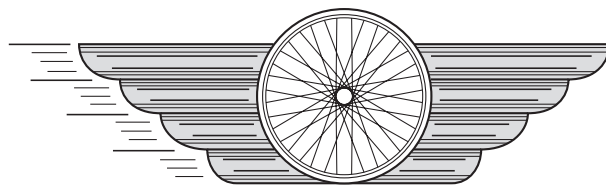
- Sunday, September 21, 2003 Rain or Shine
- 10, 25, 50 and 100-mile courses
- Start & Finish at the Italian Center of Stamford
- Scenic tours of lower Fairfield and Westchester Counties
- Fully-supported, well-marked courses
- Children's bike safety and youth activities
- Free Family Barbecue
- Support a unique Exercise and Nutrition program for patients at the Carl & Dorothy Bennett Cancer Center -- You'll be helping cancer survivors to get back to a normal and healthy life!
- Sponsored by UBS and Presented by Stamford Health Foundation
- Register Today: Call 203.967.5950 or Register Online at www.stamhealth.org/theride <http://www.stamhealth.org/theride>

Store Hours

Monday - Friday: 11:00am - 7:00 pm

Saturday: 9:30 am to 5:30 pm

Sunday: Noon to 4:00pm



All 2003 bikes on sale!
Come in and see what
we have in stock!

www.westportbikes.com

www.greenwichbikes.com

Westport Bicycles

1560 Post Road East

Westport, CT 06880

(203) 254-0451

www.westportbikes.com

Greenwich Bicycles

40 West Putnam Ave.

Greenwich, CT 06830

(203) 869-4141

www.greenwichbikes.com

Renowned Tour de France Framebuilder to Conduct Custom Bike Fittings at Smart Cycles in Norwalk

By Chris Klmek

The man one third of all Tour de France competitors trust to fit them with the perfect bike is coming to Smart Cycles in Norwalk. Antonio Mondonico, the world-renowned framebuilder, will be at 303 Strawberry Hill Avenue on Saturday, September 20, to fit local riders to the bikes of their dreams.

Cyclists who purchase one of five Mondonico model frames at Smart Cycles that day will be able to have it tailored to a perfect fit by the man himself. Known as a "framebuilder of trust," Mondonico's frames are revered by cycling professionals throughout the world. Antonio and his son, Mauro, build fewer than 1,000 frames a year, entirely in the back of their house in Concorezzo, near the Monza speedway outside of Milan, Italy.

As a Torelli and Mondonico road bike dealer, Smart Cycles was one of a select number of bike shops around the country chosen for this exclusive visit. 10% discounts on these lines will be offered to all cyclists who participate in the fitting event.

"A custom fitting by Antonio Mondonico is a once-in-a-lifetime opportunity for the serious rider," states Smart Cycles owner Alex Stanek. "The purchase of one of these tailor-made frames for a Mondonico bike is more than a good investment...it opens the door for an athlete to attain his or her personal cycling best."

In conjunction with this special event, Smart Cycles will donate one free Mondico Futura Leggero frame (an estimated \$1,200 value) and custom fitting to the Sound Cyclists Bicycle Club for Harvest Rides 2003, the club's September 14

bike tour at Luciano Park in Westport that benefits the Make-A-Wish Foundation of Connecticut. Harvest participants who collect at least \$50 in pledges (in addition to the event pre-registration fee of \$35/\$50 after September 7) will have the opportunity to win the frame and fitting, along with a number of other incentive prizes.

"A bike frame fit by Antonio Mondonico is priceless for the serious cycling enthusiast," notes Emil Albanese, President of the Sound Cyclists Bicycle Club. "By contributing a Mondonico Futura Leggero to Harvest Rides 2003, Smart Cycles will give local riders the chance to take their riding to an elite level while helping raise funds to grant wishes to local children with life-threatening illnesses."

To participate in the custom bike fitting on September 20th, Smart Cycles customers must purchase a Mondonico frame (available at a range of prices) for an entire bike. A deposit is required. Space is limited, and fittings are available by prior appointment only. Fittings can be reserved by calling Smart Cycles at (203) 831-9144. Fittings will be scheduled on a first come, first served basis, and will begin at 10 a.m. on September 20th, concluding in the early evening. (Those who have reserved fittings will be notified immediately in case of a date change).

More information about Antonio Mondonico is available by logging on to the Torelli website at <http://www.torelli.com/mondonico/mndnico.html>.

For 132 years

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

The Hour

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

The advertisement features a large, stylized '132' with 'For' to its left and 'years' to its right. Below the text is a silhouette of a city skyline, including a prominent domed building (likely the Connecticut State Capitol) and a bridge. The entire graphic is enclosed in a black rectangular border.

LOOKING FOR A TRULY CUSTOM ROAD BIKE?
TIRED OF POOR BIKE FIT AND RIDING THE WRONG SIZE BIKE?

IT'S ALL ABOUT YOU, BABY!

MEET AN ITALIAN FRAME BUILDING LEGEND...AND PUT HIM TO WORK FOR YOU!

If you have ever wanted to have your position perfected, or wanted to put yourself in the hands of an inarguable, acknowledged expert, here is your opportunity.

If you wonder if a lifetime of bad habits has led you to ride the wrong size bike, the chance to put that question to rest is at hand.

If you are tired of long, arduous, expensive, and poorly executed sizing sessions that end up with you being told that "this standard size is close enough"?! ...Then **DON'T MISS THIS CHANCE TO MAKE IT ALL RIGHT:**

Antonio Mondonico (Mondonico-Italy) will personally measure YOU at Smart Cycles In September 2003 . YOU will have the opportunity to discuss YOUR riding style and YOUR bike needs with him. Antonio will then return to Italy and hand craft YOUR frame to YOUR specs! This is a once-in-lifetime opportunity for many bikers!

Signor Mondonico can build your dream frame from Columbus Zona, Torelli-Nemo/747, Neuron, EL-OS, Nemo, or Foco. There is no extra charge for this custom service.

Smart Cycles will offer a 10% discount on all frames and complete bikes purchased during this unique event! You can specify a stock Mondonico or Torelli frame, or one of the 100 Torelli 20th Anniversary frames.

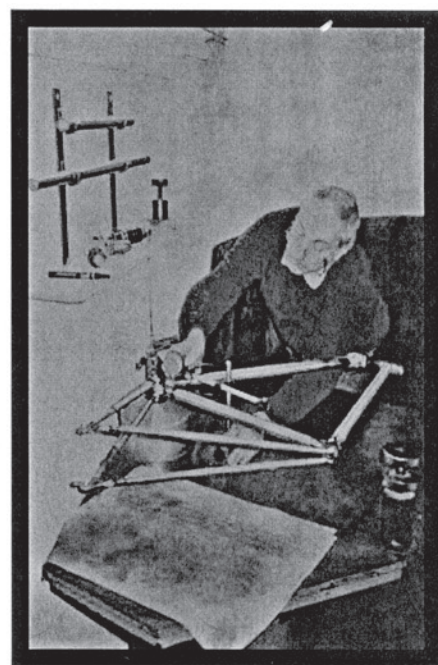
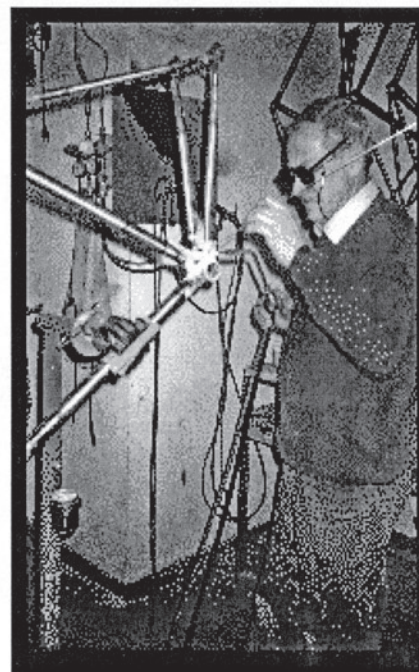
September 20, 2003
1pm to Finish
Sizing By Appointment ONLY!
Space VERY LIMITED!

Smart Cycles
303 Strawberry Hill Ave
Norwalk, CT 06851
1-888-711-2453

Info@smartcycles.com

www.smartcycles.com

www.torelli.com



Signor Mondonico will **only** measure those riders that have made a firm, nonrefundable deposit with the bike shop for a Mondonico or Torelli frame that HE will build for the Customer. There can be **NO EXCEPTIONS!**

Local News Local Weather Local Traffic

Mornings

Monday - Friday

5:30 - 9 am

Afternoons

Monday - Friday

4 - 6 pm



Local News, Weather & Traffic

wstcwnlk.com

Electronic/Mail Membership Application/Renewal/Address Change Form

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

B I C Y C L E C L U B

In consideration of being permitted to participate in any way in Sound Cyclists Bicycle Club, Inc. ("Club") sponsored Bicycling Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. Fully understand that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation or that of the minor in the Activity.

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

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect. I further understand that I must be at least eighteen years of age or otherwise accompanied by an adult and do hereby agree to wear an "ANSI" and/or "SNELL" approved helmet during this Sound Cyclist Bicycle Club ride as per club policy rules.

Name (Last/First/Middle) _____

Signature _____

If a couple, both must sign

Street Address _____

City _____

State _____

Zip _____

Date _____

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

Telephone (____) _____

Check One: ☐ New ☐ Renewal ☐ Change of Address

E-mail _____

☐ Electronic \$15 ☐ Mail \$25

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