



**SOUTHERN
CONNECTICUT
CYCLE CLUB**

NEWSLETTER

**March & April
2010**

VOLUME 31, ISSUE 2



**Join us for fitness,
fellowship & fun!**

President's Column

Membership Renewal

This will be your last issue of the Newsletter if you have not renewed your Club membership for 2010! If you have a little red note on your mailing label that says "Renew now for 2010" then you need to renew your SCCC membership for this year. Please log on to our website at www.ctcycle.org and go to the "How to Join" page. There you will find instructions on renewing on-line, or you can simply fill out and send in your renewal form, which you will find either on the website or in this Newsletter. Please renew now so you won't forget.

Attention All Members with Email

If you did not receive some changes in the events schedule or events not listed in the newsletter, it's because we do not have your current email address. When I send out a mass emailing, I get back about ten (10) "Undelivered Mail..." messages. To find out if your current information is not up to date, go to the Member Log In/List area on our web site and enter your name and membership number. Once there, you can update any incorrect information.

The Summer Breeze Century

Mark your calendar. A date has been set for this year's event. It's Saturday-July 17th For more information contact the event chairman, Mike Cohen.

Road Identification

The board would like to remind our members that it is very important to always carry identification and contact information with them on all club events. A wrist I.D. band from RoadID (www.roadid.com) would be a nice gift for yourself or whoever.

Info from George Aspland

Aspiring Writer? You can make some \$\$\$. We're looking for cycling articles for our online magazine Topia Road. Each article will include a short bio and a link to the site of your choice. For more information, go to:

www.topiaroad.com or contact:

George Aspland- eVision, LLC- Phone: 203-481-8005- Fax: 203-481-8730
email: gaspland@eVisionSEM.com

General Meeting

The April meeting will be our first General Meeting of the year, to be held at the New Haven Arts Council, 70 Audubon St. New Haven. All club members are invited to attend. For the date and time, contact me.

Michael Pelliccio

IMPORTANT !

Riders are responsible for choosing rides that are appropriate for both their level of skill and equipment. The RIDE RATING SYSTEM, below, provides a detailed description of ride speeds, distances and terrains. Newcomers are strongly encouraged to call the leader to discuss their capabilities prior to any ride. Riders are responsible for their own repairs. It is suggested that bikes be in good repair, and that the equipment to fix a flat and tools to make minor adjustments be carried at all times. Also, riders are urged to carry enough water for their needs throughout the entire ride as refills are not always available.

RIDE RATING SYSTEM

CATEGORY

- Le **Leisurely**, (beginner/novice group ride)
- So **Social** (fun group ride)
- Rc **Recreational** (still fun, but aimed at the serious cyclist with experience)
- Tr **Training** (hard work to improve cycling skills for advanced riders)

TERRAIN

- Mt **Mountainous**
- Hi **Hilly**
- RI **Rolling**
- FI **Flat**

RIDE ORGANIZATION

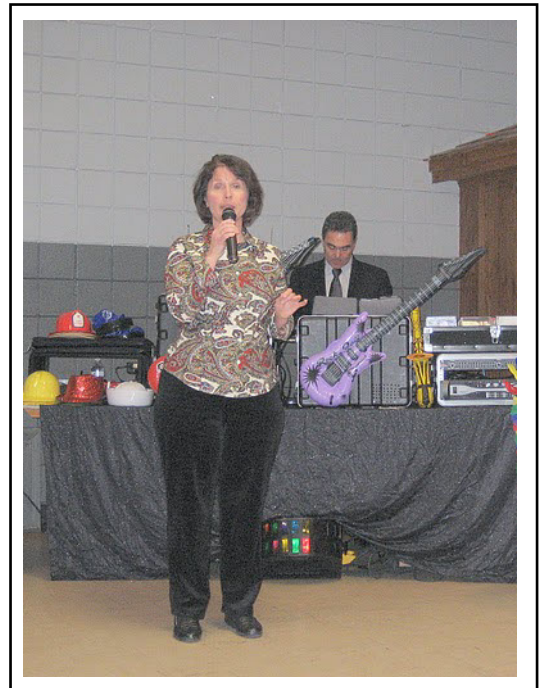
- Sw ... **Swept** (leader stays with slower riders)
- Rg ... **Regrouping** (leader stops and waits at points during the ride)
- Cue .. **Cue** sheet available
- Map.. **Mapped** (riders are expected to follow maps or cue sheets)

MISC

- CPL .. **Commuter Parking Lot**

SAFETY HELMETS: SCCC POSITION PLEASE READ & HEED

The Southern Connecticut Cycle Club believes all bicyclists should wear safety helmets. Helmets should be ANSI and/or Snell approved, fitted and worn in accordance with manufacturer's instructions, and worn at all times while riding. While the SCCC is not an authority on bicycle safety or safety equipment, the club believes there is reasonable evidence to show that the proper wearing of safety helmets is in the best interest of all bicyclists. Club policy is that helmets are required on all club rides. Helmets must be worn in order to participate in any club ride.



Denise Rose of the Sarah Foundation provides programs and services for people with intellectual and other disabilities who live in Connecticut.



Dance, Dance, Dance

Winter Gala 2010

Party Time !!



Roger, Bibiane and Art wear fun party hats.

Mike and Marge donned party hats!



Carol "plays" the red guitar ...



Marge leads the conga line. Go Marge!



Carol and Mike



ACTIVITIES

Just a couple of reminders:

- Helmets are required for all rides.
- Please do not call our ride leaders after 9:00 PM, unless specifically noted.
- For last minute information on rides sign on for the "SCCC bulletin board" at : groups.yahoo.com/group/soctcycl/

• Thanks!!

Sunday, March 7, 2010

**Huntington State Park(new route)
492 Black Road Tnpk
Redding, Connecticut**

11:00 am

Meet at the entrance to Huntington State Park.

Directions:

Merritt Parkway south from New Haven area, take exit 44, go North on Route 58 (7 - 10 miles),

Right on Sunset Hill Road.

Park entrance on right.

Actual trail head is a short walking distance.

Car pooling not required.

Hike is approximately 4 miles, trails flat, nice winter views.

Sturdy boots required. Expect snow, mud, and ice under foot. Ice gear for your boots might be helpful.

Bring a snack and water. Lunch to follow (in doors) in Georgetown.

Heavy/deep snow,sleet, rain, fish falling from the sky cancels.

Roger Borgersen, 203-877-1094.

Sunday, March 14, 2010

**St Patrick Day Parade Wilbur
Cross High School**

**181 Mitchell Dr.
New Haven, CT 06511**

10:00 AM

Walk around the East Rock area of New Haven.

1:00 PM

Attend the Saint Patrick's Day Parade in downtown New Haven.

3:30 PM

Gathering to follow:

**The Irish American Community Center
9 Venice Place
East Haven/New Haven (town line).**

Irish line dancing with a D.J. (No charge when attending with a member)

If you would only like to attend one event please call for arrangements.

Vinnie Kiernan
(203) 562-6012.

Sunday, March 21, 2010

Tour of Wallingford and Winery

Wallingford - 11:00 am

Meet in the parking lot behind TD Banknorth, on the corner of Center St. and North Main St

3 mile plus walk past some of the most beautiful Victorian homes in Wallingford . We will also visit the campus of Choate Rosemary.

Following the walk we will car pool/caravan to the Gouveia Vineyard. The Vineyard asks that no beverages be brought in. Besides serving a variety on wines, they have bottle water, soda, tea and cappuccino. We ask that members bring an appetizer to share.

Meet in the parking lot behind TD Banknorth, on the corner of Center St. and North Main St .

Marge Pelliccio, (203) 272-3316

Sunday March 27,2010

**Bradley Point Walk
West Haven - 11:00am**

Three-mile shoreline walk along the Bradley Point Walkway.

Lunch will be afterwards at the Savin Rock Roasting Company.

Meet at the shopping center on Captain Thomas Blvd in West Haven.

Carol Nardini :203-397-3111 Please do not call after 9:00 PM.

carolwentbiking@sbcglobal.net

Sunday, March 28,2010

**Hammonasset Beach State Park
Madison CT**

Beach Walk - 10:00 AM

West Beach parking lot

Enjoy a brisk walk. The last beach walk until November 2010. We will meet in Madison for coffee following the walk.

Forecasted rain/snow cancels.

Wayne Chapman 860-342-0576. No calls after 9 PM please.

Saturday, April 10, 2010

**Hamden Cheshire Linear Trail -
Spring "tune up ride" Brooksvale
Park, Hamden**

9:45 AM (Begins at 10:00 AM)

Directions:

I-91 to Exit 10 follow route 40 connector to the end.

Right to route 10 north toward Cheshire for 2 1/2 miles (1/2 mile past Sleeping Giant golf course).

Left on Brooksvale Ave 3/4 mile to Brooksvale Park (approx 401 Brooksvale Ave for GPS users).

Parking lot (south side of entrance, west side of road); ride will start at 10:00 AM.

This is a good ride for new riders or for anyone who wants to get out for some early season spinning. The bike path is flat in Cheshire and has a few small hills in Hamden.

8 mile ride into Cheshire with optional additional 12 miles into Hamden at a casual pace. Depending on attendance, we may be able to do some pace line riding.

Rain cancels.

Dennis Mabee:
dennismabee@yahoo.com

Sunday, April 11, 2010

**Woodbridge Greenway Trail Hike -
10:00 am**

Directions:

Northwest on Amity Rd/ CT-63.Left on Center Rd/ CT-114 W (0.9 mile).Second left on Beecher Rd.(0.3 mile).First right into the parking lot.

Parking: Fitzgerald tract on Beecher Rd. (Across the road from Alice Newton Memorial Park).

Join us for lunch in the area with a choice of Thai, Greek or Jewish cuisine, to be decided by the group.

Hike will cancel for rain or snow.

Shulamit Lotate

Home phone: 203-387-0675 Cell: 503-830-2818 No call after 9:00PM

Saturday April 17, 2010

LEARN TO BE A RIDE LEADER

Ride Leadership Training

Want to lead bike rides?

9:30 AM (for prospective leaders)

11:00 AM (for the bike ride)

Location: Manchester

2 Sessions & 2 Rides

Ride leadership training and bike ride. 15-32 miles. Covers all requirements to lead rides.

Discuss planning, listing, prep, cue sheets and liability. Review group riding guidelines and dealing with riders. Learn to lead rides, or co-lead a ride.

Directions:

I-84 to exit 62 (Buckland Hills Mall), then take a left at the end of the ramp; left at third traffic light into shopping center on right.

Park near Jo-Ann Fabrics.

Rick Merritt 860-644-4467
Wayne Tursi 860-282-9271

Sunday April 18, 2010

LEARN TO BE A RIDE LEADER

Ride Leadership Training

Want to lead bike rides?

9:30 AM (for prospective leaders)

11:00 AM (for the bike ride)

Location: Manchester

2 Sessions & 2 Rides

Ride leadership training and bike ride. 15-32 miles. Covers all requirements to lead rides.

Discuss planning, listing, prep, cue sheets and liability. Review group riding guidelines and dealing with riders. Learn to lead rides, or co-lead a ride.

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Park near Jo-Ann Fabrics.

Rick Merritt 860-644-4467
Wayne Tursi 860-282-9271

Sunday April 18, 2010

**Hammonasset Beach State Park
Madison CT**

Beach Walk

10:00 AM

West Beach parking lot

Enjoy a brisk walk. The last beach walk until November 2010. We will meet in Madison for coffee following the walk.

Forecasted rain/snow cancels.

Wayne Chapman 860-342-0576. No calls after 9 PM please.

Saturday April 24, 2010

**Hamden Cheshire Linear Trail -
Spring "tune up ride"**

Brooksvale Park, Hamden

9:45 AM (Begins at 10:00 AM)

Directions:

I-91 to Exit 10 follow route 40 connector to the end.

Right to route 10 north toward Cheshire for 2 1/2 miles (1/2 mile past Sleeping Giant golf course). Left on Brooksvale Ave 3/4 mile to Brooksvale Park (approx 401 Brooksvale Ave for GPS users).

Parking lot (south side of entrance, west side of road); ride will start at 10:00 AM.

This is a good ride for new riders or for anyone who wants to get out for some early season spinning. The bike path is flat in Cheshire and has a few small hills in Hamden.

8 mile ride into Cheshire with optional additional 12 miles into Hamden at a casual pace. Depending on attendance, we may be able to do some pace line riding.

Rain cancels.

Dennis Mabee:
dennismabee@yahoo.com

Sunday April 25, 2010

Scenic Shoreline Ride

Location: Essex

10:30 AM

Very easy, scenic ride to Niantic, Lyme, Essex and Old Saybrook. Snack stop.

Optional pizza after ride

Start at exit 3 (old CPL) off Route 9. (RC, FI, RI, 12-14mph, Cue) 35 miles.

Rick Merritt 860-644-4467

Training Rides

Tuesday, April 13, 20 & 27 2010

Tuesday Night Training Ride

D'Aniello's Bike Shop

18 Selden Street

Woodbridge

6:00 Slow Group (16 to 18 MPH)

6:05 Fast Group (18 to 20 MPH)

Join us for this 18 mile, rolling to hilly ride. It focuses on paceline riding, with regrouping at the tops of significant hills. The ride leaves from D'Aniello's Bike Shop at 18 Selden Street, Woodbridge, just off of Route 63. There are two start times, the faster group leaves at 6:05 PM (averaging 18 to 20 mph) and the slower group leaves at 6:00 PM (averaging 16 to 18 mph).

Gary Quinlin (fast group), Leslie Johnson (slower group)

203-640-7560 (cell)

LJohnson@wilbursmith.com

Gary Quinlin (fast group), Leslie John

Other Events of Interest

August 8, 9, 10, 11, 2010

Colorado Peace Ride

Be the Ride – Experience the Peace! Join us along one of the 10 most scenic routes in the country and help create Peace with every mile. The Colorado Peace Ride is a 4-day, 238-mile tour along the entire San Juan Skyway loop. Think sweeping vistas, epic climbs topping 10,000 feet and sweet stretches of downhill, beginning in historic Durango, with overnight stops at the hot springs of Ouray, the fun town of Telluride and the grounds of the Sophia Peace Center in Dolores. Our fully supported ride provides services for a wide range of non-profit organizations at the Sophia Peace Center, giving support not offered anywhere else. . This means that over-worked and underpaid non-profit workers will receive training, develop long-term goals and become re-inspired in their missions. Only 500 people get to do this ride, so register soon!

For more information:
www.ColoradoPeaceRide.com

NEWSLETTER SUBMISSIONS — MAY ISSUE DEADLINE

EDITORIAL SUBMISSIONS DUE 4/20:

E-mail final, edited manuscript to: TAKing1114@gmail.com
Or post to: Terri-Ann King 75 Redwood Drive Unit 102 East Haven CT
06513

Social rides: Betty Gunning, (203) 481-8850, gunnb1313@yahoo.com
Recreational /Training Rides and other rides; Bob Werner, (203) 288-
5332, robert.werner@snet.net

Winter Events : Sheila Swalkowski (203) 372-7273 Sswaikowski@yahoo.com

OTHER EVENT NOTICES to the appropriate club officer or coordinator.



**Southern Connecticut
Cycle Club**

**CLUB OFFICERS & PER-
SONNEL**

President:

Michael Pelliccio
(203) 272-3316
michael.pelliccio@snet.net

Vice President:

Mike Cohen
(203) 314-5710
mrc06405P@gmail.com

Secretary:

Rosalie Gaiamo
(203) 469-9243
rgaiamo1@comcast.net

Treasurer:

Soonil Chun
(203) 772-2788
Schun@newhavenarts.org

Membership Coordinator:
Erica Skirvin

Ride Coordinator:

Bob Werner
(203) 288-5332
robert.werner@snet.net

Newsletter Editor:

Terri-Ann King
(203) 415-8090
Taking1114@gmail.com

Winter Events Coordinator:

Sheila Swaikowski
(203) 372-7273
Sswaikowski@yahoo.com

Webmaster:

Curtiss Wakefield
(203) 458-1044
wakefic@comcast.net

**Ride Release Forms and
Change of Address To:**

Rosalie Gaiamo
(203) 469-9243
rgaiamo1@comcast.net

Please don't forget to check the web event calendar on www.ctcycle.org for a complete, up-to-date ride list. Any ride and event corrections, changes, etc., submitted after the newsletter has been published will be reflected on the web calendar.

DISCOUNTS

You may need to show your labeled copy of this newsletter or your club membership card to receive discounts. Sale items are not included.

ACTION SPORTS (Two locations)

324 West Main St
Branford, CT
&
1385 Boston Post Rd
Old Saybrook, CT
10% off clothing and accessories

BAYBROOK BICYCLES

495 Campbell Ave., West Haven
15% off Everything (limited time offer)

BERLIN BICYCLE & REPAIR SHOP

855 Mill St., East Berlin
10% off accessories, clothing and parts

BROKEN SPOKE

11 Water St, Guilford
15% off Apparel, Parts & Accessories
5% off on Bikes (in stock)

CLASS CYCLES LLC

77 Main Street North, Southbury
10% off accessories, clothing and parts

CHAPMAN'S ORANGE BICYCLE

284 Post Rd., Orange
10% off parts, clothing & bikes

COLLEGE STREET CYCLES

252 College St., New Haven
10% off on Bikes, 15% off accessories

DANIELLO'S AMITY BICYCLES

14 Selden Street, Woodbridge
10% off accessories, clothing and parts

THE DEVIL'S GEAR BIKE SHOP

433 Chapel St., New Haven
10% off on everything

NORTH HAVEN BICYCLE CENTER

476 Washington Ave., North Haven
10% off accessories, clothing, and parts

PEDAL POWER

359 Main Street
Middletown, CT 06457
10% off accessories and clothing

ROCK N ROAD CYCLES

223 East Main St., Clinton
10% off accessories, clothing and parts.

TONY'S BIKES & SPORTS

108 Broad St., Milford
10% off parts & accessories

TOTAL FITNESS

575 Boston Post Rd, Orange
Up to 10% off everything

WALLINGFORD BIKE & REPAIR SHOP

218 N. Colony Rd., Wallingford
10% off accessories, clothing, and parts

ZANE'S CYCLES

330 E. Main St., Branford
15% off accessories, clothing, and parts not used in shop
repairs

RENT A RIDE OF MILFORD LLC

8 Daniel Street, Milford, CT
Bicycle Sales, Repairs & Rentals
10% discount on parts and accessories.



We Want you to join the SCCC!

**Southern Connecticut Cycle Club
2009 Membership Application, Renewal, Personal Information Change Form**

The Club membership year runs from January 1st to December 31st. If you join on or after October 1st, your membership will carry over through the next full year. Please complete and return the entire form.

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

In consideration of my application for membership in the Southern Connecticut Cycle Club ("SCCC") and being permitted to participate in SCCC sponsored bicycling, hiking or other club events ("Events"), I for myself, my personal representatives, assigns, heirs, and next of kin:

1. **Acknowledge**, agree, and represent that I understand the nature of bicycling, hiking or other club Event and that I am qualified to participate in such Events. I further acknowledge that the Event will be conducted over public roads and facilities open to the public during the Event and upon which the hazards of traveling are to be expected. I further agree that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Event.

2. **Fully understand** that: (a) Bicycling, hiking or other Events 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 Event, the condition in which the Event 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 Event.

3. **Hereby release, discharge, covenant not to sue, and agree to indemnify and save hold harmless the SCCC**, its respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Event 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 operation.

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 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. **Parent or Guardian of a Minor:** I, as parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the Event, and further agree, individually and on behalf of my child or ward, to the terms of the above.

Member Signature: _____ Date: _____

Parent Signature (if member is under 18): _____ Date: _____

Type of Membership: Individual (\$25) e-mail only (\$15) Household (\$35) Household e-mail only (\$30)

Amount Enclosed: \$ _____ Type: New Renewal Information Change only

Name: _____ E-mail: _____ Phone (home): _____

Street: _____ City: _____ State: _____ Zip: _____

Additional Household

Member - Name: _____ Signature: _____ Date: _____

I can help with: Leading Rides Leading Hikes Cross Country Skiing Holiday Party
 SCCC Century Summer Picnic Other Special Events Newsletter Parties

Include my name, e-mail address, and town on a list available to club members only: Yes No

Make checks payable to **SCCC** and **mail entire form to: SCCC, P.O. Box 51, New Haven, CT 06501-0051**



**SOUTHERN CONNECTICUT
CYCLE CLUB**

PO BOX 51

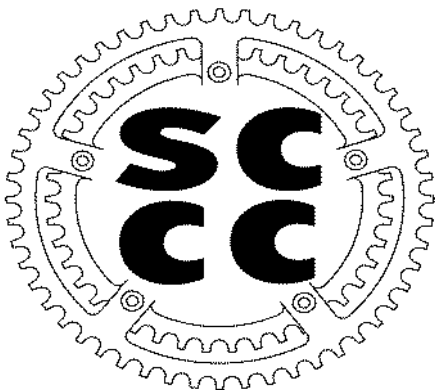
NEW HAVEN, CT 06501

March & April 2010

NEWSLETTER



**NEWSLETTER OF THE
SOUTHERN CONNECTICUT CYCLE CLUB**



**Join us for Fitness,
Fellowship & Fun!**