

# Summer Breeze Ride For Autism – 62 mi Ride



## Route Description Welcome to the Summer Breeze Ride for Autism

We hope you have a great time. **ALL** the proceeds from this event go to the SARAH Foundation and its efforts in support of people with intellectual challenges and their families here in Connecticut. The ride is run by the Southern Connecticut Cycle Club ([www.ctcycle.org](http://www.ctcycle.org))

## Route Description

We have done our best to make your ride enjoyable and safe. It covers a variety of terrain, including both wooded, rural roads through the rolling hills of Middlesex County, and the flatter, more urban environment of coastal Connecticut. The route is, for the most part, either shaded or cooled by a sea breeze. There are some significant climbs to challenge you along the way, but nothing that an experienced rider would consider a “killer” hill. The hills are mostly in mid-ride. The ride starts with a gentle warm-up and finishes with a stretch of mostly flat or downhill terrain.

## Road Safety & Courtesy

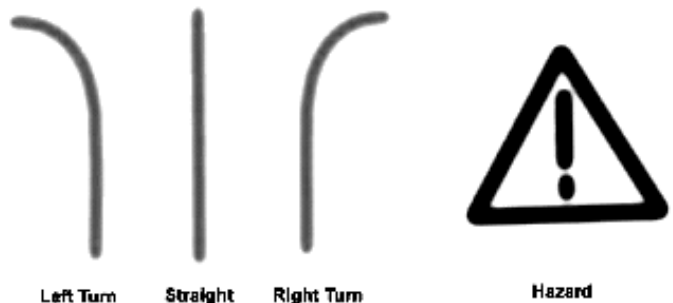
- Please ride single file whenever there is a vehicle in the area. Call out “Car Back” to warn other riders of a vehicle approaching from behind.
- Watch out for all traffic, parked cars and pedestrians & obey all traffic signs and signals
- Look out for sand and other road hazards.
- Let other riders know BEFORE you pass, slow down or stop.
- Please be courteous; we are using the roads with the permission of many towns in Connecticut; we would like to be able to use them again next year.

## Rest Stops

- There are five rest stops on your route. NOTE: Open and closing times are listed on the Cue Sheet.
- The rest stops are marked with a red “R” on the roads and are also marked on your Cue Sheet.
- Optional unmanned rest stops with toilet facilities are marked with the symbol “----” on the Cue Sheet.

## Road Markings

- The road markings for your route are **RED**.
- Hazards marks are **YELLOW**. Please watch for them.
- Markings are 2 to 3 feet long.
- Each turn will have one or more warning marks before the turn, a mark at the turn, and straight confirming mark after the turn
- Straight confirming marks are also placed at intervals of about 1 mile along the route.



We will be sending out a brief survey to find out what we did right and how we could do better. Please answer it.

**Ride safely, and have a good ride. We hope to see you again next year!**

# Summer Breeze Century Ride For Autism – 62 Mile Route

## Telephone Numbers

Knights of Columbus Start **203-314-5710**

Middlesex Hospital Emergency (Middletown): **860-358-8000**  
North on CT-17 (Main St), right turn to 28 Crescent St.

Middlesex Hospital Shoreline Med Ctr (Essex): **860-358-3700**  
CT-9 Exit 3 or I-95 Exit 65 to 260 Westbrook Rd (CT-153)

Yale-New Haven Shoreline Med Ctr (Guilford): **203-453-7123**  
I-95 Exit 59 to 111 Goose Ln

## Cue Sheet Legend

<b>L or R</b>	Turn Left or Right (an approx. right angle turn)
<b>BL or BR</b>	Bear Left or Right (a less than right angle turn)
<b>HL or HR</b>	Hard Left or Right (a more than right angle turn)
<b>S</b>	Straight (continue on current roadway)
<b>@SS</b>	Turn "at Stop Sign".
<b>@TL</b>	Turn "at Traffic Light".
<b>@T</b>	Turn "at end" of road you are on.

<b>TURN DIST</b>	<b>TURN</b>	<b>(at) ONTO</b>
0.0	Start	Knights of Columbus
0.0	L	S Union St
0.4	R	Stone House Ln
0.9	L	Old Whitfield St
1.0	R	Summer
1.0	L	Whitfield St
1.6	R	Seaside Ave
2.0	R	Rock Point Ln
2.1	L	Seaside Ave
2.5	L	Whitfield St (Old Whitfield St New Whitfield St)
3.5	L	SR 146 (Water St)
3.7	R	River St
4.3	L	US 1 (Boston Post Rd)
4.6	BR	Long Hill Rd
6.2	R	Flat Meadow Rd
6.7	L	SR 77 (Durham Rd)
6.9	R	Stepstone Hill Rd
7.6	ST	N Madison Rd
9.4	ST	Bradley Corners Rd
9.5	R	Podunk Rd
10.9	L	Orcutt Dr
11.2	BL	Squaw Ln
11.3	ST	Blinnshed Rd
11.5	BL	Quail Run
12.1	R	Bartlett Dr
13.0	R	Woodsvale Rd
13.4	R	Opening Hill Rd

<b>TURN DIST</b>	<b>TURN</b>	<b>(at) ONTO</b>
13.6	BL	Overbrook Rd
14.2	BR	Colonial Rd
14.8	L	Warpas Rd
15.1	R	SR 79 (Durham Rd)
15.2	L	Chestnut Hill Rd
15.6	Stop	Summer Hill Rd Rest Stop
15.6	ST	Chestnut Hill Rd
15.6	BL	Summer Hill Rd ( <b>Watch for traffic on Route 80</b> )
21.8	R	County Rd
23.2	ST	Little City Rd
25.3	ST	Sima Rd
26.0	L	Little City Rd
27.4	Stop	Little City Rd
27.4	ST	Little City Rd
27.5	ST	Foot Hills Rd
27.5	R	Candlewood Hill Rd ( <b>Rest Stop – 7:45 to 2:00</b> )
30.8	BR	SR 154 (Saybrook Rd)
31.7	BR	Walkley Hill Rd
33.2	R	Russell Rd
33.6	BL	Hayden Hill Rd
34.4	BR	Jail Hill Rd
34.4	R	Beaver Meadow Rd
37.9	L	Parker Hill Rd ( <b>Rest Stop 8:00 to 2:30</b> )
38.3	BL	Old County Rd
38.5	R	Parker Hill Rd S
39.0	ST	Parker Hill Rd
40.4	BL	N Roast Meat Hill Rd
41.4	ST	Roast Meat Hill Rd
43.7	ST	Roast Meat Hill Rd
44.3	R	Stevens Rd
45.0	BL	Madison Tpke (Green Hill Rd)
45.5	BL	Chittenden Rd
45.9	L	Cow Hill Rd
48.7	BR	Airline Rd
49.1	Stop	Airline Rd ( <b>Rest Stop at Hesser's Pond 8:30 to 3:00</b> )
49.1	BL	Airline Rd
49.8	L	Airline Rd
49.9	BL	Old Nod Rd
51.0	R	Nod Rd
51.9	L	River Rd

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<b>TURN DIST</b>	<b>TURN</b>	<b>(at) ONTO</b>
52.0	R	Scotland Rd
52.4	L	Acorn Rd
53.1	L	Hull Rd
53.4	R	Laurel Crest Rd
53.7	R	Signal Hill Rd
53.9	ST	Liberty St
54.3	L	Waterbury Ave
54.5	R	Seaview Ave
54.9	ST	Middle Beach Rd
55.7	ST	Island Ave
56.3	ST	Meeting House Ln
56.5	R	Copse Rd
56.8	BL	Fort Path Rd
57.7	L	Johnson Ln
58.0	R	Mungertown Rd
58.3	L	Nortontown Rd
58.7	L	Green Hill Rd
59.1	BL	Wildwood Ave
59.6	R	US 1 (Boston Post Rd)
60.7	BL	SR 146 (Boston St)
61.5	L	S Union St
61.7		Knights of Columbus