

Summer Breeze Ride For Autism – 30 Mile 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)

Route Description

We have done our best to make your ride enjoyable and safe. It covers flat terrain on little used roads.

Road Safety & Courtesy

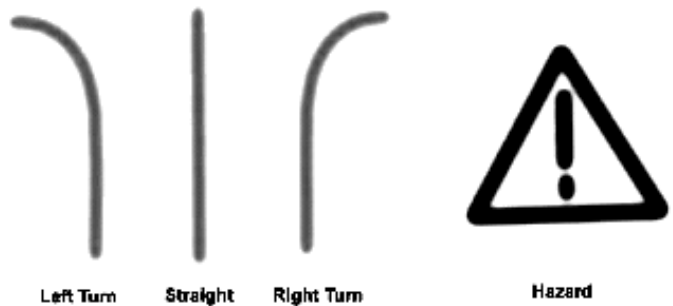
- Please ride single file whenever there is a vehicle in the area. Call out “Car Back” to warn other riders of a vehicle approaching from behind.
- Watch out for all traffic, parked cars and pedestrians & obey all traffic signs and signals
- Look out for sand and other road hazards.
- Let other riders 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 **YELLOW**.
- 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 – 30 Mile Ride

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

L or R	Turn Left or Right (an approx. right angle turn)
BL or BR	Bear Left or Right (a less than right angle turn)
HL or HR	Hard Left or Right (a more than right angle turn)
ST	Straight (continue on current roadway)

TURN DIST	TURN	(at) ONTO
0.0	L	S Union St
0.4	R	Stone House Ln
0.9	R	Old Whitfield St
1.0	BR	Whitfield St
1.3	L	SR 146 (Water St)
2.7	BL	Sachem Head Rd
3.3	BL	Vineyard Point Rd
4.2	BR	Falcon Rd
4.6	L	Prospect Ave
4.9	BR	Colonial Rd
6.2	BL	Sachem Head Rd
6.8	L	SR 146 (Leetes Island Rd)
11.9	R	Griffing Pond Rd
12.0	L	Sunset Hill Rd
12.4	L	Birch Rd
12.9	R	Pine Orchard Rd
12.9	L	Yowago Ave
13.3	R	SR 146 (Elizabeth St) NOTE: Turn Left here for 24 Mile route. Continue at mile 19.5 on cue sheet
14.2	R	Wilford Rd
14.4	R	SR 146 (Sybil Ave)
14.5	L	Linden Ave
15.3	R	Bayberry Ln
15.5	ST	Summer Island Rd
15.9	BR	Sunset Beach Rd
15.9	BL	Sagamore Cove Rd
16.1	L	Pawson Rd
16.2	BL	Wakefield Rd
16.5	BR	Spring Cove Rd
16.5	R	Pawson Rd

TURN DIST	TURN	(at) ONTO
16.6	L	Pawson Rd
17.2	L	Old Pawson Rd
17.4	L	Linden Ave
17.9	R	SR 146 (Sybil Ave)
18.0	L	Wilford Rd
18.1	L	SR 146 (Limewood Ave)
		Pine Orchard Rd
19.5	ST	NOTE: 24 mile route continues here
19.9	ST	Totoket Rd
20.4	BR	SR 146 (Totoket Rd)
22.5	BR	Thimble Island Rd
23.0	BL	Thimble Island Rd
23.2	BR	Indian Point Rd
23.3	Stop	Indian Point Rd
23.3	ST	Indian Point Rd
23.4	BL	Thimble Island Rd
23.6	BR	Thimble Island Rd
23.8	BR	School St
24.0	R	SR 146 (Leetes Island Rd)
27.3	BL	SR 146 (Sam Hill Rd)
29.1	R	S Union St
29.4	Finish	Finish