

Summer Breeze Ride For Autism – 50 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)

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

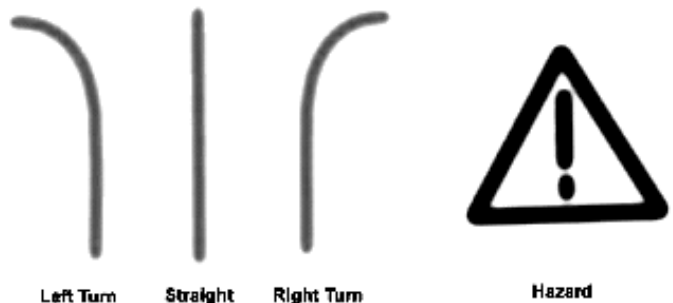
- Please ride single file whenever there is a vehicle in the area. Call out “Car Back” to warn other riders of a vehicle approaching from behind.
- Watch out for all traffic, parked cars and pedestrians & obey all traffic signs and signals
- Look out for sand and other road hazards.
- Let other riders 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 – 50 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

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)
S	Straight (continue on current roadway)
@SS	Turn "at Stop Sign".
@TL	Turn "at Traffic Light".
@T	Turn "at end" of road you are on.

TURN DIST	TURN	(at) ONTO
0.0	Start	Knights of Columbus
0.0	R	S Union St
0.3	L	SR 146 (Boston St)
1.1	BL	US 1 (Boston Post Rd)
2.2	L	Wildwood Ave
2.6	BR	Green Hill Rd
3.8	L	Copse Rd
4.1	BR	Warpas Rd
6.0	R	SR 79 (Durham Rd)
6.1	L	Chestnut Hill Rd
6.4	BL	Summer Hill Rd (Watch Traffic on Route 80)
12.6	R	County Rd
14.1	ST	Little City Rd
16.1	ST	Sima Rd
16.8	L	Little City Rd
18.3	ST	Foot Hills Rd
18.3	R	Candlewood Hill Rd (Rest Stop – 7:45 to 2:00)
21.6	BR	SR 154 (Saybrook Rd)
22.5	BR	Walkley Hill Rd
24.0	R	Russell Rd
24.4	BL	Hayden Hill Rd
25.3	BR	Jail Hill Rd
25.3	R	Beaver Meadow Rd
28.7	L	Parker Hill Rd (Rest Stop 8:00 to 2:30)
29.1	BL	Old County Rd
29.3	R	Parker Hill Rd S

TURN DIST	TURN	(at) ONTO
29.9	ST	Parker Hill Rd
31.2	BL	N Roast Meat Hill Rd
32.2	ST	Roast Meat Hill Rd
35.2	R	Stevens Rd
35.9	BL	Madison Tpke (Green Hill Rd)
36.3	BL	Chittenden Rd
36.8	L	Cow Hill Rd
39.5	BR	Airline Rd (Rest Stop at Hesser's Pond 8:30 to 3:00)
40.0	BL	Old Nod Rd
41.1	R	Nod Rd
42.0	L	River Rd
42.2	R	Scotland Rd
42.6	L	Acorn Rd
43.2	L	Hull Rd
43.6	R	Laurel Crest Rd
43.8	R	Signal Hill Rd
44.0	ST	Liberty St
44.4	L	Waterbury Ave
44.6	R	Seaview Ave
45.0	ST	Middle Beach Rd
45.8	ST	Island Ave
46.4	ST	Meeting House Ln
46.6	R	Copse Rd
46.9	BL	Fort Path Rd
47.8	L	Johnson Ln
48.1	R	Mungertown Rd
48.4	L	Nortontown Rd
48.8	L	Green Hill Rd
49.2	BL	Wildwood Ave
49.7	R	US 1 (Boston Post Rd)
50.8	BL	SR 146 (Boston St)
51.6	L	S Union St
51.8		Knights of Columbus