
SAMPLE RIDES

Just a reminder:

Helmets are required for all rides.

Thanks!!

Tuesday 09/01/2009

Tuesday Night Training Ride

- 6:00pm, Woodbridge
- 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. The ride leaves at 6:00 PM and averages 18 to 20 mph.

Saturday, 09/05/2009

Branford, Guilford and Stony Creek

- 10:00 AM, Branford
- See not only Sachem Head and Stony Creek, but we'll also visit the Carving of Chief Sachem and the grave of a Revolutionary soldier.
- Bring or buy lunch at Stony Creek. Meet at the CPL at I-95 exit 56 (Leete's Island Road) 20 miles, (So, Fl/Rl, Cu, 10-12 mph)

Saturday 09/19/09

Short but Sweet Milford Shoreline Ride

- 10:00am, Milford

- If you want to get in some biking but don't have a lot of time today, this is the ride for you.. We'll ride to the Audubon Center to take in the water views from the deck. Then along the scenic Milford shoreline to Silver Sands State Park where there's a great view of Charles' Island, finally head to the fishing dock with the gazebo before returning back to the parking lot. A very refreshing, quick and lovely morning ride. We'll enjoy the scenic views along with flowers in bloom and be back at the parking lot by noon. I promise!

- Meet at Jonathon Law High School's parking lot (far end).
- Take I95 towards Bridgeport/New York City, exit 34 in Milford. Left onto Bridgeport Ave./ US-1. Right onto Landsdale Ave. (Walgreens is on corner). Rain cancels. (Le,Fl,Cue, 10 mph) 10 mi

Thursday 09/24/2009

Thurs. Nite Guilford Training Series

- 5:30pm, Guilford
 - This is a fast ride that has been running well over 10 years
 - It is a 27 mile rolling course with a group size between 10 and 40 riders
 - The A group is largely racers training, average often >22mph
 - The B group is mostly over 40y/o having fun, but still half-fast, often around 20mph
 - The C group is a mix of riders aspiring to be A's or B's or just enjoying a sweet ride, average 16-18mph.
 - Cue sheets available with a map from the ride leaders
- Meet: Exit 58 CPL off I-95



Riders Wanted !

SEPTEMBER 2009

Join the Southern Connecticut Cycle Club on a ride this Month.

About the club

The SCCC is a general purpose, have-some-fun bicycle club. In addition to cycling, we also partake in cross-country skiing and hiking. We provide a variety of rides and activities from very social and gentle, to training-grade.

You don't have to be an SCCC member to ride. If you decide to join you'll be mailed 10 issues of our full-sized newsletter packed with information on all club rides, activities like off-season hikes, club picnics and dinners, and informative columns. And, as a member, you'll get discounts from some area bike shops.

We have picked out a sample of activities that cover a range of speeds and terrains. We look forward to riding with you.

For more information on the club, visit our web site at:
www.ctcycle.org

See the back for a small sample of the rides
Published In our Newsletter.
We have rides for all levels of riders from easy to
Training-grade throughout Southern Connecticut.
[You are welcome to join us !](#)

Use this form to apply for membership in the SCCC and get these benefits:

- Monthly newsletter with a complete list of rides and bicycle equipment swap list
- Discounts at many area bike shops
- Year-round social and outdoor activities
- Access to web on-line members' area
- Share your interest in bike riding with a great group of people

Come see us at WWW.CTCycle.org



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 leasers 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 Ride 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**