

AMCYCLIST

October 2009



IMPORTANT! PLEASE READ!

WELL THIS IS IT. THIS IS THE LAST ISSUE YOU WILL GET. THIS IS THE FINAL PRINTED ISSUE FOR THE AMCYCLIST NEWSLETTER.

All of our rides are now listed on-line at www.ct-amc.org under the bicycling tab. The newsletter is currently provided to members only via e-mail or hard copies mailed. Due to the means of e-mail and internet, we feel it is no longer feasible to mail out printed copies of a monthly newsletter. The newsletter is now posted on-line at www.ct-amc.org, click on the bicycling tab. If you are currently receiving the newsletter via e-mail, you need to just let me know when you have renewed so you can continue to receive it.

For members receiving hard copy, starting April 2010, newsletters will be e-mailed so I need to have your e-mail address, membership number and expiration date. In addition, if you have changed your membership, (i.e. from individual to family, please let me know so I am kept aware of all parties that belong to the Appalachian Mountain Club. Send your e-mail address to tpappagallo@snet.net.

If you do not have access to a computer and/or e-mail/internet access, and absolutely need a hard copy, then you need to mail me membership number, expiration date, and mailing address. Mail information to:

Terri Pappagallo
258 Skyview Drive
Cromwell, CT 06416.

If I do not hear from you, then the committee will assume you are no longer interested in receiving the newsletter.



OCTOBER RIDES



Sat., Oct. 3. AT Day - Harlem Valley River Ramble, Connecticut, West of River, CT. (RC,FL/RL,14-15 mph, Cue) 42 miles. Meet at 10 AM for 10:15 start at Kent Town Hall off Rte 7 north of the intersection of 341 and 7. Turn right just after railroad tracks into shopping center. Very scenic ride through the backroads of the Harlem River Valley in New York to Millerton. Returns from Millerton on the Harlem Valley Rail Trail. The ride start is only a few miles from Macedonia State Park. Do not use cue sheet on www.ctbikeroutes.org. L Mark Kiley (203 799-2640 Before 9PM, mkiley431@aol.com), CL Rick Merritt

Sun., Oct. 4. Lunch at The Prudence Crandall House-Canterbury, Connecticut, East of River. (RC, Cue, RL/HL 11-13mph) 35mi. Meet for 10:00AM start at the Norwichtown Green, East Town St, Norwichtown. Park along the north side of the green on East Town St. This ride travels through numerous communities in eastern Connecticut, generally between Norwich and Canterbury. It uses mostly back country roads over rolling to hilly terrain, no killer hills, and features a lunch stop at the Prudence Crandall House in Canterbury. See www.ctbikeroutes.org for cue and detailed directions. L. Jo Ann Hewett (860-267-4129 Before 9PM, geojoa@comcast.net), CL George Burger

Mon., Oct. 5. Bruce's Big Tree Ride -Simsbury, Connecticut, West of River, CT. (SO, Cue, RL, 10-12 mph) 29.3 mi. This ride is over mostly rolling terrain through sections of Simsbury, Granby and East Granby with a suggested lunch/snack stop at a town park near the Farmington River in Tariffville. Meet at Pinchot Sycamore Tree roadside park, Rt. 185 just east of the bridge over the Farmington River, 0.3 miles from the intersection of Rt. 10/202 in the Weatogue section of Simsbury for prompt 10 am start. Rain cancels. If weather is doubtful, email L by 8:00 am day of ride. L Joy Himmelfarb (860-658-0402 Before 9PM, joyhimmelfarb@comcast.net)

Sat., Oct. 10. Fall Foliage Fifty, Madison, Connecticut, West of River, CT. (RC,FL/RL, Cue, 11-13 mph) 50 miles. Ride at 10 a.m. from Polson Middle School, 302 Green Hill Rd., Madison. Take I-95 to Exit 61, to Route 79 North, then left on Green Hill Rd. This is a cooler and more colorful version of the Summer Breeze Century, 50-mile route. We will ride for the most part on lovely, tree-lined, quite roads. The route has some hills but none are very steep. We will stop for lunch or a snack along the way. L Mike Cohen (203-208-0943 before 9PM, mrc06405p@gmail.com)

Sun., Oct. 11. Lebanon Hills Ride, Columbia, Connecticut, East of River, CT. (RC,FL/RL, Cue, 13-15 mph) 37 miles. Meet at 10 to start at 10:15 a.m. from Horace W. Potter School, 3 Schoolhouse Rd Columbia, CT (Rt.66/Rt.87). Pass through rural Eastern Conn; pretty farm country with nice views. Lots of rolling terrain with some flat. Make sure you bring extra water on a hot day, as there is only one watering hole, fairly early in the trip. Search for "Columbia" on [ctbikeroutes](http://ctbikeroutes.org) (link below) or contact leader for questions. Cue sheets at the ride. Co-leader welcome. Rain at start cancels. L Steve Whalen (860-228-0220 Before 9PM, stevenwhalen@hotmail.com)

Mon., Oct. 12. Clyde's Connecticut River Tour, Deep River, Connecticut, West of River, CT. (SO,FL/RL, 10-12mph, CUE) 31.4 mile mostly flat ride from Deep River to Saybrook Point by way of Essex and Saybrook, with excellent views of Connecticut River & Long Island Sound, Lunch stop at Saybrook Point. 10AM start from Deep River Library parking lot. Take Rt. 9 Exit 5 and at bottom of ramp turn right on Rt. 80 (Elm St.) & follow into center of Deep River; turn left at light onto Rt. 154 (Main St.) and go 200 yards; turn left onto Village St. and library parking lot will be on right. Rain cancels. L Judy Kunkel (860-536-3724 Before 9PM)



OCTOBER RIDES



Mon., Oct. 19. Stonington Country Roads, Connecticut, East of River, CT. (SO,FL/RL,10-12 MPH,CUE) 31.4 mile Ride along beautiful back roads of Stonington, Ledyard, Mystic and Wequetequock Cove to Barn Island area. Lunch stop at Stonington Point in Stonington Borough. 10 AM start at I95 Exit 91 CPL, Stonington. Rain Cancels. L Judy Kunkel (860-536-3724 Before 9PM)

Mon., Oct. 26. Back Country Roads Around Hebron (aka The Hebron Hustle), Hebron, Connecticut, East of River, CT. (SO,RL,10-12mph) 31 mi. 10 a.m. start from Ted's Food Center, Hebron. From jct Rts. 85&66 go East on Rt. 66 for 0.5 miles; OR East on Rt. 66 from Rt. 2, Exit 13 (Marlborough) to above jct. directions. Park by road. Print out cue/route sheet from URL below. L Jeri Jaminet (jerijoy@cox.net), CL Jerry Jaminet

The Committee would like to hear your thoughts on how the biking season has been. Are there enough rides, are they the right speed, too long, too short, etc. Any ideas or input, contact one of the committee members, preferably via e-mail.

If you have any information or ideas on what you would to see posted in the 2010 newsletters, you can send an *e-mail to tpappagallo@snet.net or mail to 258 Skyview Drive, Cromwell, CT 06416*

THANK YOU!

The Committee would like to thank all the leaders that led rides this year and/or weekend trips. It is through the dedication and hard work that all of you put into this club that makes it successful. Our members should be thankful that this club is fortunate to have the variety and amount of rides that we have in the various locations across the state, and our weekend trips are in wonderful out-of-state locations and are packed with a great time of biking and partying after.

The Committee looks forward to members continuing to make the effort to lead a ride, and welcome all members interested in taking the initiative and lead at least one ride for the season.

As a leader, you get to pick the pace, destination, terrain, etc. You are always welcome to co-lead a ride with an existing leader, and have a co-leader assist you with your ride. Anyone is welcome to and it can be a mountain bike ride as well as a road bike ride.

In April, Rick and Wayne will host the RAP rides for a weekend in Manchester that will teach you the basics for leading a ride. So if interested, you contact either one of them for more information.

In addition, if there is still some decent fall weather that inspires you to lead a ride, road or mountain biking, send the information to our ride coordinator Jo Ann Hewett and Rick Merritt or Wayne Tursi so it can get out to our members.

Happy Fall and Safe, Happy Biking

The Committee

Appalachian Mountain Club

Connecticut Chapter
32 Highland Ave.
Redding, CT 06896

NONPROFIT ORGANIZATION
BULK RATE
U.S. POSTAGE PAID
CROMWELL, CT
PERMIT NO. 20

Abbreviation Legend

<i>ADV</i>	<i>Advanced ride (faster riders)</i>
<i>CPL</i>	<i>Commuter Parking Lot</i>
<i>CUE</i>	<i>Cue Sheet Provided</i>
<i>FL</i>	<i>Flat Terrain</i>
<i>HI/HL</i>	<i>Hilly Terrain</i>
<i>L/CL</i>	<i>Leader/Co-Leader</i>
<i>MB/MTN</i>	<i>Mountain Bike</i>
<i>RC</i>	<i>Recreational ride</i>
<i>RG</i>	<i>Regroup during ride</i>
<i>RL/RO</i>	<i>Rolling terrain</i>
<i>SASE</i>	<i>Self-Addressed Stamp Envelope</i>
<i>SO</i>	<i>Social Ride</i>
<i>SW</i>	<i>"Sweep" stays with slower riders"</i>
<i>TR</i>	<i>Training</i>

Bicycle Committee 2009

Rick Merritt, Committee Co-Chair
Jo Ann Hewett, Ride Coordinator
Terri Pappagallo, Newsletter Editor
Wayne Tursi, Committee Co-Chair

Web Site

*For post-publication updates, check the
Bicycling calendar on-line at: www.ct-amc.org, click on the
Bicycling button.*

Short Notice Rides

*To subscribe to ct-amc.bicycling, the notification of upcoming
rides that don't make the deadlines for "AMC Outdoors" and
"AMC Cyclist," go to the website, type your e-mail address in
the box of upcoming rides by e-mail and click on join now.
You will receive a confirmation message from Yahoo. Follow
the instructions in the message to confirm that you want to join
the list.*

Note to leaders: When submitting rides to Jo Ann, the ride coordinator, please use the AMC format. Your ride should list the day/date, meeting place, the appropriate abbreviations for the terrain of the ride, the speed, if cue sheet is provided, mileage and the meeting time at beginning. The leader's name phone number and/or e-mail should be at the end. The example below is the correct format: [Sun., Apr. 5. Essex Country Roads, Connecticut, East of River, CT. (RC,FI/RI,14-15mph,Cue) 35 miles Meet for 10:30 start at Exit 3 commuter parking lot off Rte 9. L Mark Kiley (203 799-2640 Before 9PM Tmkiley431@aol.com)] The abbreviations for the terrain are listed on the back page of this newsletter. As stated above, your descriptions should be brief and/or abbreviated, and may need to be shortened when placed in the newsletter format.