

AMCYCLIST

July 2010



Nubble Lighthouse, York Beach, ME - Participants on Rick Merritt and Jack Schempp's Hampton Beach Bicycling Weekend rode 65 miles round trip from Hampton Beach, NH to Nubble Lighthouse in York Beach, ME. Spectacular weather was enjoyed all weekend.



Town Gazebo, Exeter, NH - After a southern ride to Newburyport, MA , the Memorial Day holiday weekend culminated with an inland ride to Exeter, NH to see the parade from the vantage point of the town's gazebo.



JULY RIDES



Weeknight Bike Rides Tuesday—Manchester, CT**

July 6, 13, 20, 27 (RC,TR,FL/RL CUE 12-22)
Rides of 15, 19, 23, 25, 27, 32 mile Connecticut, East of River, CT. Prompt 6p.m. start. Meet at Jo-Ann's Fabrics: I-84 Exit 62, left at end of ramp, then left at 3rd light, shopping center on right—Jo Ann's Fabric

L Wayne Tursi (860-282-9271 Before 9p.m),
bicycling@ct-amc.org
L Ray Taksar (860-247-0191 Before 9p.m.)
L David Waldburger (860-712-6747 Before 9PM)
L Rick Merritt (860-644-4467 Before 9PM),
bicycling@ct-amc.org
L Judy Borrmann (860-463-9513 Before 9PM)
L Bob Dickinson (860-644-1986 Before 9PM)

** Tuesday rides will be from beginning of April until the end of August.

Weeknight Bike Rides Thursday—Essex CT**

July 1, 8, 15, 22, 29 Start at 6:00pm sharp from Route 9, exit 3 CPL in Essex for this show and go ride (no cue sheet; stick with L). We'll ride the scenic back roads of Essex, Deep River, Chester, Westbrook and Old Saybrook. Start with 15 miles and increase mileage as days lengthen and our stamina increases. Routes at L's discretion. Rain cancels. L Finlay Ferguson (860-767-8547 Before 9:00pm, finlayferguson@msn.com), L Beverly Medlin (860-304-1749 Before 9:00pm, kayaker767@snet.net), L Mark Henebry (860-767-7851 Before 9:00pm, mhenebry@sbcglobal.net)

** Thursday rides will be from beginning of May until the end of August

Weeknight Bike Rides Thursday—Stony Creek, Branford, CT**

July 1, 8, 15, 22, 29 Stony Creek Pizza Run, Connecticut, West of River, CT. (SO, FI/RL, RG/CUE 10-12mph) Meet at 6:00pm, Stony Creek (Branford) Market on Thimble Island Road. Ride about 15 miles on some nice roads along the shoreline. We'll travel at a moderate pace and not leave anyone behind. Starting on Memorial Day, we'll have pizza afterward at Stony Creek Market overlooking the harbor (BYOB). I-95 Exit 56. Take Leetes Island Road south towards Stony Creek. At the intersection of Route 146, go straight onto Thimble Island Road. Stony Creek Market is on the left at the head of the harbor. Rain cancels.

L Mike Cohen (203 208-0943 before 9:00pm, mrc06405@gmail.com)

** Thursday rides will be from beginning of May until the end of August.

Sat., Jul. 3. Suffield-Congamond Lake Ride with Granby Oak Tree, Connecticut, West of River, CT. (SO, FL/RL, Cue, 14-16mph) 38.3 miles. This ride will be a 9:00am start, to beat the heat. Meet at Suffield Village on the north side of the large parking lot behind the library at the intersection of Routes 75 and 168 in Suffield. This is a pleasant ride going west from Suffield Village past Congamond Lakes, featuring a visit to the very impressive Granby Oak Tree. Bring own cue sheet from website listed below. L Shirley Breuer (860-644-4950 before 9:00pm)
<http://www.ctbikeroutes.org/>

Sat., Jul. 3. Over the Bridge- Old Saybrook to Old Lyme, Connecticut, West of River, CT. (RC, RL/HL Cue, 14mph) 48 miles. Meet 10:00a.m for 10:15 AM start at A&P Shopping Center on Route 1 , Old Lyme. Park in east portion of lot near Subway. This is a challenging ride over mostly rolling terrain with a few sharp hills that visit Devil's Hopyard State Park (both coming and going) en route to Lake Hayward. Lunch at the country club on the return trip from the lake. After the break, the route heads back towards the shoreline and returns to the starting point via Whippoorwill Road, a great biking venue.



JULY RIDES



Mon., Jul. 5. Sachem's Head Sojourn, Branford, Connecticut, West of River, CT. (SO, FL/RL, CUE, 10-12mph) 32.4 miles. Meet for a 10:00am start at the CPL at I-95 Exit 56 (Leete's Island Road). This is a very pleasant ride with only a few short easy hills - no killer hills. Ride will go through sections of Branford and Guilford, which will highlight some of the best ocean views on the Connecticut coastline. The lunch stop will be at beautiful Stony Creek. Bring or buy lunch. Inclement weather cancels the ride, call if there is any question. L Carl Mueller (860 621-5902 before 9:00pm)

Sat., Jul. 10. Long Island Winery Ride, New London, Connecticut, East of River, CT. (RC, FL, CUE, 15mph) 53 miles. Meet at 8:30am, Cross Sound Ferry terminal, New London, to catch the 9:00am ferry (approximately \$33 RT cost). Ride from Orient Point to Mattituck and back, passing numerous wineries on return trip. Lunch and street festival at Mattituck. Optional fireworks after return to New London. L Mark Kiley (203-799-2640, mkiley431@aol.com), CL Rick Merritt (860-644-4467, mascetti@aol.com)

Mon., Jul. 12. Route 7 Roundabout, Falls Village, Connecticut, West of River, CT (FL/RL, Cue, 11-13mph) 35 miles. 10:00am start. Scenic ride in Berkshire area of northern Connecticut and southern Massachusetts on back roads with very little traffic. Meet at Housatonic Valley Regional High School in Falls Village. From southern and western Connecticut, take Route 7N past West Cornwall. Just after the junction with Route 112 in Lime Rock - after crossing the Housatonic River - turn left at the traffic light on to Warren Turnpike. The high school will be on the left. From northern or central Connecticut, take Route 4W to Route 7, then north to Falls Village. Or take Route 44W to Route 7, then south to Falls Village. Bring or buy lunch. L Mike Ceruzzi (203 261-5369 before 9:00pm, mceruzzi@snet.net)

Sun., Jul. 18. Over the Bridge- Old Saybrook to Old Lyme, Connecticut, West of River, CT. (FI/RI, Cue, 12-14mph) 50 miles. Meet for 9:00AM start (Note early time) at CPL at the junction of Rt 154 & Bokum Road in Old Saybrook. Rain cancels. Bring lunch. Print the cue sheet for use on the ride. L Barbara Rutigliano (860-767-1855 Before 9PM, barbara39@juno.com), CL Terri Pappagallo

Mon., Jul. 19. Ride to York Lake - Barkhamsted, Connecticut, West of River, CT. (SO, RL, Cue, 10-12mph) 37.8 miles. Scenic ride alongside Farmington River and Sandy Brook to York Lake. Prompt 10:00am start. Meet at Whittemore Recreation Area, People's State Forest, East River Road, Barkhamsted. Take Route 44 to Route 181 in New Hartford, then right on Route 318 and left on East River Road (after the Farmington River bridge). Rain cancels. L Dick Ruddock (203-925-8452 Before 9:00pm, rhiker2000@aol.com)

Mon., Jul. 26. Latham's Eastford Meander, Eastford, Connecticut, East of River, CT. (SO, HL, Cue, 11-13mph) 30 miles. Picturesque ride in Connecticut's "Quiet Corner", through towns of Eastford and Woodstock. Lunch at Sweet Evalina's Stand. Prompt 10:00am start. Meet at the Eastford Town Office/Elementary School parking lot. From Route 44, take Route 198N for two miles and turn left onto Westford Road. The parking lot is 200 yards ahead on the right. L Tom & Nancy Mann (860-643-1648 Before 9:00pm, tomandnance@netzero.net)



UPCOMING WEEKEND TRIPS



**Weekend Excursion
August 26-29, 2010
Cape Cod Bike Trip, Massachusetts
Cape Cod, MA**

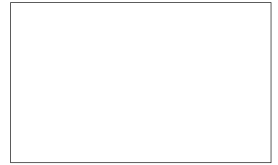
Stay at a house on the beach with ocean views. Open to intermediate/advanced cyclists. We'll be biking on trails and roads with a possible long ride to Provincetown. Average 30-50 miles. Accommodations include bunk beds (some dorm-style, some accommodate 4-6 people). Cost is \$110 and includes three breakfasts, two dinners, snacks, and social hour munchies. Limited to 30 participants maximum. No refunds unless Ls find a replacement. L Terry Bludeau (terrybb@msn.com), L Susan Wallen (swallenster@gmail.com), R Terry Bludeau (2 Hearthstone Dr, Simsbury, CT 06070)

**Weekend Excursion
September 17-19, 2010
Road Bike Upper Connecticut
River Valley Biking
Fairlee, VT, Green Mountains, VT**

Sep. 17-19. Road Bike Upper Connecticut River Valley Biking - Fairlee, VT, Vermont, Green Mountains, VT. Ride options of 20-65 miles along quiet country roads. Stay at the Hulbert Outdoor Center in 3-4 bedroom cabins, with two per room. Optional Friday ride. Cost is \$135 and includes two nights lodging, two full breakfasts, Saturday dinner, bed linens and towel. Send your name, mailing address, email and phone number to Registrar with full amount payable to Finlay Ferguson. Fee is non-refundable unless Ls find a replacement. L Finlay Ferguson (860-767-8547 Before 9:00pm, finlayferguson@msn.com), L Mark Henebry (mhenebry@sbcglobal.net), R Finlay Ferguson (46 Mitchel Terrace, Ivoryton, CT 06442)

Appalachian Mountain Club

Connecticut Chapter
32 Highland Ave.
Redding, CT 06896



Abbreviation Legend

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|---------------|------------------------------------------|
| <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 2010

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 up-
coming 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.*