

SEPTEMBER 2011

AMCYCLIST



SAFE RIDING TIPS

With regards to safety, these are the most important factors that you should know and always follow:

- The bicycle is legally considered a vehicle in most states.
- OBEY ALL TRAFFIC SIGNS, SIGNALS, and directions from TRAFFIC OFFICIALS. Stop at all stop signs. Signal all turns. Cross only at intersections.
- Ride in a straight line, predictably and in control. Avoid excessive weaving back and forth.
- Ride single file, on the right, with traffic, a couple of feet from the edge of the road.
- Warn others when stopping or turning by giving required hand signals, LEFT, point your left arm straight to the left, RIGHT, point your right arm straight to the right, STOPPING, point your left arm, bent at a right angle, hand pointing down. Signal about 100 feet before turning.
- Pass on the left only, and call "ON YOUR LEFT," when passing another cyclist.
- When you are being passed by another cyclist, and you hear them call out, ride straight and steady.
- Keep a safe distance behind other cyclists. Do not follow too closely. Do not draft off of cars.
- Keep clear of road hazards such as sand, gravel, trash drains, and parked cars. Point out such hazards to fellow cyclists following you.
- Give warning to fellow cyclists such as "car back," "car up," "stopping," and road hazards.
- **DO NOT RIDE IN A PACE LINE IF YOU HAVE NOT TRAINED IN ONE.**
- **ALWAYS PULL OUT OF THE PACE LINE BEFORE SLOWING.**
- Wear bright clothing that can be seen. Do not use MP3 players, radios, etc, because they interfere with your ability to hear traffic.
- Always wear a helmet.

The AMC Bicycling Committee

Weeknight Bike Rides Tuesday—Manchester, CT**

September 6, 13, 20, 27 (RC,TR,FL/RL CUE, 11-22mph) Rides of 15-42 miles. Manchester, Connecticut, East of River, CT. Prompt 5:30p.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 9pm),
bicycling@ct-amc.org**

L Judy Borrmann (860-463-9513 Before PM)

L Rick Merritt (860-644-4467 Before 9PM),
bicycling@ct-amc.org

L Ray Taksar (860-247-0191 Before 9PM)

L David Waldburger (860-712-6747 Before 9PM)

** Tuesday rides will continue until the end of October.

Weeknight Bike Rides Wednesday—Manchester, CT**

September 7, 14, 21, 28 (RC,TR,FL/RL CUE, 11-22mph) Rides of 15-42 miles. Manchester, Connecticut, East of River, CT. Prompt 5:30p.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.
SHOW AND GO!

**L Wayne Tursi (860-282-9271 Before 9pm),
bicycling@ct-amc.org**

L Rick Merritt (860-644-4467 Before 9pm),
bicycling@ct-amc.org

** Wednesday rides will continue until the end of October.



SEPTEMBER RIDES



Thu., Sep. 1, Stony Creek, Branford, CT (SO, FI/RL, RG/CUE 12mph) 15 miles, Connecticut, West of River, CT. Meet 6 p.m. to ride at 6:10 p.m. from Stony Creek Market, 178 Thimble Island Road, Branford. Ride about 15 miles on some nice roads along the shoreline. We'll travel at a moderate pace and not leave anyone behind. I-95 Exit 56. From I-95 South, left off the exit and left onto Leetes Island Road. From I-95 North, right onto Leetes Island Road. Both directions: At the intersection with Route 146, go straight onto Thimble Island Road. Stony Creek Market is on the left at the head of the harbor, shortly past the railroad overpass. Rain cancels.

L Mike Cohen (203 208-0943 before 9:00pm, mrc06405@gmail.com) Stop for pizza after the ride.

Sat., Sep. 3. Middletown Area/Sleeping Giant Ride, Connecticut, West of River, CT. (RC,HI,Cue,12-14mph) 51.3mi. Meet at 10am for a 10:15 start. Starting Location: I-91 Exit 20 CPL on Country Club Road in Middletown. This ride winds its way to Sleeping Giant State Park in Hamden (suggested lunch stop) with an early stop-off at Lyman Orchards farm store in Middlefield. After lunch the ride travels through Hubbard Park in Meriden (there's an optional climb up to Castle Craig for anyone wanting an extra serious climb) before returning to the CPL. Rain cancels. L Mark Kiley ((203) 799-2640 (best time to call before 9 p.m.) mkiley431@aol.com

Sun., Sep. 4, South Windsor/Windsor Tour, Manchester, CT (SO, FL/RL, RG/CUE 13-15mph) 38.4 miles, Connecticut, East of River, CT. Meet 10:00a.m. for 10:15a.m. start. Buckland Hills Plaza off I-84 Exit 62; I-84 East Exit 62 (Buckland St.); left at bottom of exit onto Buckland St; left at 3rd light onto Pleasant Valley Rd; right into plaza at far end of plaza; park near former Bugaboo Creek Restaurant at west end of plaza. The ride travels through So. Windsor-Windsor visiting historic districts, crosses CT River. L Wayne Tursi (860-282-9271 before 9pm) L Terri Pappagallo (860-635-1474 before 9pm), www.ctbikeroutes.org. for cue sheet. Rain cancels.

Mon., Sep. 5, Old Wethersfield Ride Created by Terri and Wayne, Wethersfield CT (SO, RL/HL, RG/ 12-13mph) approx. 34.0 miles, Connecticut, West of River, CT. Meet 10:00a.m. for 10:15a.m. start. Wethersfield Cove; From I-91, exit 26, follow Great Meadow Road to Marsh Street. Follow past cemetery on the right into Old Wethersfield. Go right on Main Street at flagpole and brick church to the end at Wethersfield Cove. L Terri Pappagallo (860-635-1474 before 9pm), L Wayne Tursi (860-282-9271 before 9pm) Rain cancels. **Note: Mileage is not exact, could be slightly longer or shorter. This ride is not cue and route is to be determined by leaders.**

Sat., Sep. 10. Middletown Area/Sleeping Giant Ride, Connecticut, West of River, CT. (RC,HI,Cue,12-14mph) 51.3mi. Meet at 10am for a 10:15 start. Starting Location: I-91 Exit 20 CPL on Country Club Road in Middletown. This ride winds its way to Sleeping Giant State Park in Hamden (suggested lunch stop) with an early stop-off at Lyman Orchards farm store in Middlefield. After lunch the ride travels through Hubbard Park in Meriden (there's an optional climb up to Castle Craig for anyone wanting an extra serious climb) before returning to the CPL. Rain cancels. L Susan Grant ((860) 748-7796 Before 9:00PM, sremele@comcast.net)

Sun., Sep. 11. Salisbury Sojourn (RC,HL,RG 11-13mph, CUE) 42 miles. 10:00AM start. Very scenic, rural ride in northwest Conn., and eastern New York. Most of the ride is flat to rolling, but there is an 8 mile, steep climb over Riga Mountain in the middle of the ride. Lunch will be at Copake Falls State Park in New York, which will be after we climb (and descend) the mountain. Possible swim stop at lunch if the weather is warm. Bring or buy lunch. Directions: From southern and western Conn., take Route 7 north, past Cornwall. Turn left on to Route 112 in Lime Rock. Go 4.5 miles, then turn right on to Route 41. Then turn right on to Route 44 in Lakeville. Go 1.5 miles to Salisbury and turn left at the town hall. Park behind the fountain. From central and northern Conn., take Route 44 west to Salisbury. Turn right at town hall. Park behind the fountain. L. Mike Ceruzzi ((203) 261-5369 (best time to call: Before 9:00PM) mceruzzi@snet.net)



SEPTEMBER RIDES & TRIPS



Mon., Sep. 12. Roseland Cottage Tour, Brooklyn, Connecticut, East of River, CT. (RC,HL, Cue, 11-13 mph) 36.8 scenic miles. Meet for prompt 10:00AM start at Park & Ride lot on Rte. 6 in Brooklyn, 0.2 mile west of the Rte. 6/69 junction. L Carol Hassett (chassett46@yahoo.com)

Mon., Sep. 19. Amenia, New York to Sharon, CT Ride, Connecticut, West of River, CT. (SO,RL,Cue,10-12) 33.1miles. Prompt 10:00 AM start. Scenic ride includes Harlem Valley Rail Trail, some hills, 3.5 mi. dirt road portion. Meet at Rail Trail trailhead, Mechanic St., Amenia, NY, Rt.4 west to Sharon, CT, at clock tower, take Rt.343 west to Amenia, NY, Left on Mechanic St. (Across from Cumberland Farms) Rain Cancels. Print detailed cue from link provided. L Dick Ruddock ((203) 925-8452 Before 9PM, rhiker2000@aol.com) www.ctbikeroutes.org.

AMC FORMATTING FOR RIDES

Please use the AMC formatting listed below, including all those codes, as it makes life easier at this end. It's also helpful to riders to give them an address for the starting location, so they can GPS the directions, and also give directions from common highways.

Day of Week, Month and Date, Name of Ride, (RC, RI, Cue. 13-14 mph), 25 miles, Meet at 10 a.m. to ride at 10:15 a.m. from I-95 Exit 56 CPL in Branford. Scenic tour of the shoreline in Branford and Stony Creek. RL Name (203) 123-4567 or yourname@yahoo.co

The codes/abbreviations are on the back cover.

Sep. 16-18. Upper Connecticut River , Valley Biking, Fairlee, Vermont, Green Mountains, Vermont Ride options 20-65 miles along country roads. Stay at Hulbert Outdoor Center in 3-4 bedroom cabins, 2/room. Cost is \$145 includes 2 nights lodging, 2 full breakfasts, Saturday dinner, bedding & towel. Optional Friday ride. Send address/email/phone to register with check for full amount payable to Finlay Ferguson. Fee non-refundable unless Leaders find replacement. L Finlay Ferguson (860-767-8547, Before 9 PM, finlayferguson@msn.com),L Mark Henebry, R Finlay Ferguson (46 Mitchel Terrace, Ivoryton, CT 06442)

Please check with Leaders for availability.

Appalachian Mountain Club
Connecticut Chapter
32 Highland Ave.
Redding, CT 06896



Abbreviation Legend

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

Bicycle Committee 2011

Rick Merritt, Committee Co-Chair
Bruce Ebbets, Committee Co-Chair
Tom Ebersold, Committee Member
Susan Grant, Committee Member
Jo Ann Hewett, Ride Coordinator
Terri Pappagallo, Newsletter Editor
**Wayne Tursi, Committee Member and
CT Chapter Vice 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..



What Types of Bikes are There?

Are you confused by all the different types of bicycles there are? There are so many varied styles that it seems difficult to know which one to use. There are four main types of bikes that you can get:- **Mountain** , **Road recreational/racing** , **Touring** and **Hybrid**.

Mountain bikes

- Originally made to go along rough mountain tracks.
- They have fat tires with lots of grip, wide handlebars and lots of gears.
- Are easy to ride.
- Ideal for using on rough ground and also in towns and cities.
- If you want to ride long distances on good roads, these are not the best to use.

Road Recreational/Racing bikes

- Made for speed. The wheels are thinner for speed and maneuverability.
- These are very light. They have very thin tires, drop handlebars and not so many gears. Made for aerodynamics.
- Not made for comfort or carrying any type of load. However, with the proper fit, will allow you to perform better.
- If you ever see pictures of the famous bike race *The Tour de France* , these are racing bikes.

Touring bikes

- These look almost the same as racing bikes.
- The main difference is that they are stronger and can carry loads.
- The shape is slightly different and this makes them more comfortable.

Hybrid bikes

- This may look like a mountain bike, but it has some of the features of the touring bikes.
- It is designed to be able to go on rough ground like a mountain bike, but not over very bumpy ground.
- It can be used for touring, but is not as fast as a touring bike.

Excerpt from www.bicyclingforbeginners.org.uk
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Bike Fit, Making your bike fit you.

After you have decided which bike is right for you, the most important thing is that your new bike should be fitted so it feels like a natural extension of your body, and you can feel good riding for hours. If a cyclist's bike fits he/she well, they ride more comfortably and efficiently, and with greater performance power. However, getting the right sizing and positioning for the ideal fit takes time and is not easy to attain. A professional fit-kit done from a local bike shop can cost from \$150 and go up to about \$300 or more. Below are aspects of what are the most important elements that go into a good fit for a road bike.

- 1) **Inseam and Frame Size/Determine Your Proper Frame Size:** Determine the proper **Frame Size**. Frame size refers to the length of the frame's seat tube. To determine your frame size, you need an accurate **Inseam Measurement**. Stand with your back against a wall, your bare feet 6" apart on a hard floor, looking straight ahead. Place a book or carpenter's square between your legs with one edge against the wall, and pull it up firmly into your crotch, simulating the pressure of your saddle while riding. Have a helper measure from the top edge of the book to the floor, in centimeters. (You can convert inches to centimeters by multiplying inches by 2.54.) Repeat two or three times, for consistency, and average the results to get your inseam length.
- 2) **Frame Size and Frame Dimensions:** Your **Frame Size** and **Frame Dimensions** will determine the size of your bike. Pro frames are measured along the seat tube in one of two ways, center-to-top (C-T) or center-to-center (C-C). C-T measures the distance from the center of the bottom bracket to the top of the top tube or seat lug. C-C measures from the center of the bottom bracket to the center of the top tube. The frame size should have enough length horizontally to allow a stretched out, relaxed upper body.
- 3) **Saddle Height:** With the right frame size, you'll be able to set your correct **Saddle Height**, which will be within a centimeter of $.883 \times$ inseam length, measured from the center of the bottom bracket to the low point of the top of your saddle. This allows full leg extension, with a slight bend in the leg at the bottom of the pedal stroke. Former Tour de France Winner, Greg LeMond recommends if using clipless pedals, that you then shorten this length by 3mm. Also, you might consider a slightly taller saddle height if you ride with your toes down and your heel raised. Most importantly, make any changes in saddle height gradually, and give your body time to adapt to the new position.



BICYCLE INFORMATION



Continued from Page 5

- 4) **Neutral Knee Position:** When you sit on your bike, it is recommended that you put your bike in a stationary trainer, raising the front wheel to level the bike. It is important to check your **Neutral Knee Position**. Check your position with a video camera or mirrors in front and to the side, or with the help of a friend. Position your cleats with the ball of your foot directly over the pedal axle, and in line with any natural "toe-in" or "toe-out" foot position. (See picture below) Warm up by riding easily for 8-10 minutes. Then, as you continue to look ahead, slowly stop pedaling, and bring the cranks to rest at horizontal, parallel to the ground. Check the position of your forward knee relative to the pedal spindle for a "**neutral knee position**," you'll be able to drop a plumb line from just below the front of the forward kneecap, and have it bisect the pedal spindle and ball of your foot below. Remember to not raise or drop your heel or hip as you check this. Then, move the saddle fore or aft, as needed, to achieve this neutral position. The **neutral knee position** should serve as a good starting point, and then adjustments can be made from here to position your saddle back or forward, depending upon your riding style and comfort level. Moving the saddle back by 1cm or more, can give a racer more power, and sprinters may move it forward, getting on top of the gear for quick acceleration. The **neutral knee position** will make you aware that if you cannot move the saddle back far enough to get your knee to the neutral position, then you should look for a frame with a more relaxed seat tube angle, or consider a slightly larger frame; if you have trouble moving the saddle forward enough, look for a steeper seat tube angle on your next frame, or consider a smaller frame. For most frames, a seat tube angle shallower by 1° moves the seat lug 1cm back, relative to the bottom bracket. Finally, recheck your saddle height. If you've moved your saddle forward or back, you've effectively shortened or lengthened your saddle height, and will need to readjust it.
- Position your cleats with the ball of your foot directly over the pedal axle, and in line with any natural "toe-in" or "toe-out" foot position.
- 5) **Top Tube and Stem Length:** The ideal position also means having the correct "reach" to the bar, or horizontal fit. The proper reach allows easier breathing, better comfort in the lower back and neck, better weight distribution, and bike handling. The measurement of the **top tube and stem length** determines the upper body position of a cyclist and this varies here more than anywhere else amongst cyclists. The more hours you spend in the saddle, the upper body position evolves more. In other words, as your flexibility and fitness improves, you may find that you develop a lower, longer back position. Tour de France cyclist, Davis Phinney notes that though it may be difficult to achieve a flat back, we cyclists should all strive to clinger across the top of the bike. However, for recreational cyclists, the "ideal position" may vary from racers, but still needs to factor in frame geometry, riding style, flexibility, body proportions, and other factors. There is not an easy formula for sizing the top tube and stem, it is all in how it feels. However, if you do ride in the "drops" a lot, you can use one indicator, which is to glance down at the front hub while riding in the drops; your view of the front hub should be obstructed by the handlebar. LeMond recommends that your elbows, bent at 65-70° with your hands in the drops, should be within an inch or two of your knees at the top of your stroke. If you feel that your reach is not right, then measure your current bike's top tube and stem. Then, decide how you'd like to alter that fit; add the top tube length to the stem length to get your overall top dimension. Stems come in 1cm increments, from 7cm to 14cm, is just to let you dial in your best top tube and stem length.
- 6) **Handlebar Size:** After you have achieved the proper top tube and stem length, you need to focus on the **handlebar size**, which also helps achieve the "ideal position." Road handlebars come in several widths and bends. Most cyclists select a bar that is just as wide as their shoulders, measured as the distance between the shoulder joints. A wider bar opens the chest for better breathing and more leverage, but is less aerodynamic. You'll need to find your own balance between the two.
- 7) **Crank Length:** Choosing the right crank arm length, like the rest of this, comes down to your size and riding style. Longer cranks give you more leverage, helpful if you like to push big gears at a low cadence (climbing, time trialing, etc.). On the other hand, if you like to spin at a high cadence, you'll do better with standard cranks. There is a wide range of chainrings and cassettes. The ratio that you choose to have depends upon your strength, the terrain you prefer to ride, how aggressive you want to ride. Racers generally prefer a close-ratio gearing and wider ratios are used for hilly terrain or more recreational riding. Road bikes and mountain bikes tend to differ in the ratio of what is used for cranksets and cassettes. There are different brands used for the cranksets and cassettes depending upon type and style of the bike.