

Bloomin' Metric th

Sound Cyclists Bicycle Club

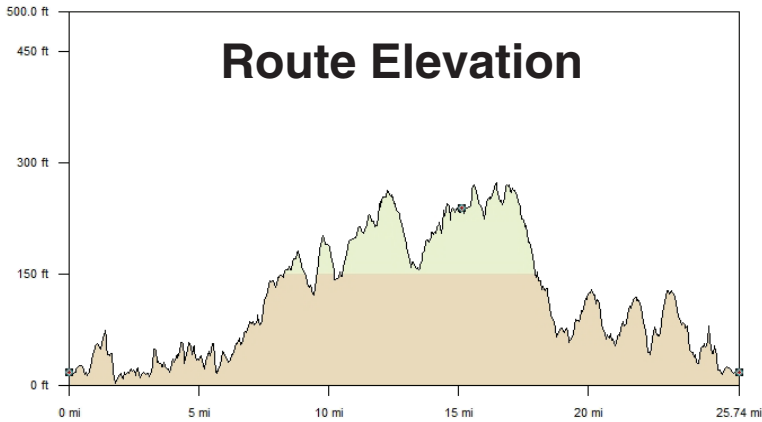
Outdoor Sports Center
Route Sponsor

40 Kilometers

Bicycle Tour



Presented by
NAVIGATORS



IMPORTANT NOTE:

Please help SCBC Club make this a safe and enjoyable day for all:

- Obey all cycling Rules of the Road:
 - Obey all traffic signs and lights
 - Ride no more than 2 abreast and then only when traffic permits
 - Use proper hand and voice signals for turns and warnings
 - Call "Car Back" when cars are approaching from behind
 - Call "On Your Left" when passing other cyclists
- Follow any instructions given to you by any police officers or SCBC Ride Marshals
- Wear your helmet at all times
- Please, DO NOT wear headphones.

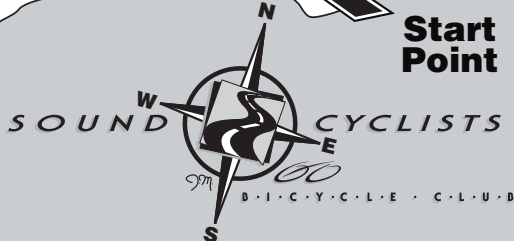
IMPORTANT SERVICE INFORMATION:

Cyclists on this route WILL NOT FIND ANY SERVICES at the Rest Stops after 2:00 pm. All services on the route and at the end stop at 3:00 pm



Joel Barlow
Food Stop Sponsor
Diddel & Diddel
Wealth Accumulation Strategies
Since 1986

For emergencies or to leave a message on the message board at the beach call
203-293-3361 and 203-216-9551



Long Island Sound