

Summer Breeze Ride For Autism – 62 mi Ride



Route Description Welcome to the Summer Breeze Ride for Autism

We hope you have a great time. **ALL** the proceeds from this event go to the SARAH Foundation and its efforts in support of people with intellectual challenges and their families here in Connecticut. The ride is run by the Southern Connecticut Cycle Club (www.ctcycle.org) and the Madison Jaycees (www.madisonjc.com)

Route Description

We have done our best to make your ride enjoyable and safe. It covers a variety of terrain, including both wooded, rural roads through the rolling hills of northern Middlesex County, and the flatter, more urban environment of coastal Connecticut. The route is, for the most part, either shaded or cooled by a sea breeze. There are some significant climbs to challenge you along the way, but nothing that an experienced rider would consider a “killer” hill. The hills are mostly in mid-ride. The ride starts with a gentle warm-up and finishes with a stretch of mostly flat or downhill terrain.

Road Safety & Courtesy

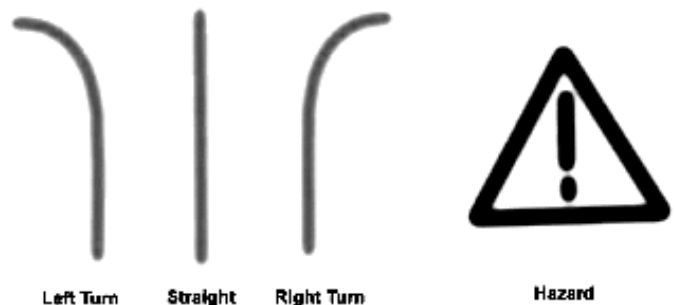
- Please ride single file whenever there is a vehicle in the area. Call out “Car Back” to warn other riders of a vehicle approaching from behind.
- Watch out for all traffic, parked cars and pedestrians & obey all traffic signs and signals
- Look out for sand and other road hazards.
- Let other riders know **BEFORE** you pass, slow down or stop.
- Please be courteous; we are using the roads with the permission of many towns in Connecticut; we would like to be able to use them again next year.

Rest Stops

- There are five rest stops on your route. NOTE: Open and closing times are listed on the Cue Sheet.
- The rest stops are marked with a red “R” on the roads and are also marked on your Cue Sheet.
- Optional unmanned rest stops with toilet facilities are marked with the symbol “---” on the Cue Sheet.

Road Markings

- The road markings for your route are **YELLOW**.
- Hazards marks are **YELLOW**. Please watch for them.
- Markings are 2 to 3 feet long.
- Each turn will have one or more warning marks before the turn, a mark at the turn, and straight confirming mark after the turn
- Straight confirming marks are also placed at intervals of about 1 mile along the route.



We will be sending out a brief survey to find out what we did right and how we could do better. Please answer it.

Ride safely, and have a good ride. We hope to see you again next year!

Summer Breeze Century Ride For Autism – 62 Mile Route

Telephone Numbers

Polson Start: **203-314-5710**

Middlesex Hospital Emergency (Middletown): **860-358-8000**
North on CT-17 (Main St), right turn to 28 Crescent St.

Middlesex Hospital Shoreline Med Ctr (Essex): **860-358-3700**
CT-9 Exit 3 or I-95 Exit 65 to 260 Westbrook Rd (CT-153)

Yale-New Haven Shoreline Med Ctr (Guilford): **203-453-7123**
I-95 Exit 59 to 111 Goose Ln

Cue Sheet Legend

L or R	Turn Left or Right (an approx. right angle turn)
BL or BR	Bear Left or Right (a less than right angle turn)
HL or HR	Hard Left or Right (a more than right angle turn)
S	Straight (continue on current roadway)
@SS	Turn "at Stop Sign".
@TL	Turn "at Traffic Light".
@T	Turn "at end" of road you are on.
+Named	Road you are on "crosses Named road"
>>Named	Road you are on "continues as Named road"
Named	Turn "onto Named road"

TURN DIST	TURN	(at) ONTO
0.0	Start	Polson Middle School
0.0	L	Remember to zero your odometer here! Green Hill Rd.
0.6	R	Nortontown Rd
1.2	BL	>>Nortontown Rd (Opening Hill forks right)
1.9	L	Murray Ln
2.5	BL	Clapboard Hill Rd
4.2	L	Goose Ln
4.3	R	SR 146 (Boston St)
5.0	BL	Lovers Ln
5.7	R	Stone House Ln
6.0	L	Old Whitfield St
6.3	R	Summer St
6.4	L	Whitfield St (New Whitfield St)
6.4	R	Seaside Ave
6.9	BL	Guilford Point Dr
7.3	Stop	Guilford Point Beach Rest Rooms
7.3	BR	Seaside Ave
7.5	L	Whitfield St (Old Whitfield St New Whitfield St)
8.4	L	SR 146 (Water St)
8.7	R	River St
9.3	L	US 1 (Boston Post Rd)
9.5	BR	Long Hill Rd
11.1	BR	Flat Meadow Rd
11.6	L	SR 77 (Durham Rd)
11.8	R	Stepstone Hill Rd

TURN DIST	TURN	(at) ONTO
12.2	BL	Stepstone Hill Rd
13.7	BR	N Madison Rd
14.3	ST	Bradley Corners Rd
14.4	R	Podunk Rd
15.8	L	Orcutt Dr
16.2	L	@T Squaw Ln (unmarked)
16.3	BR	>>Blinshed Rd (at Guilford/Madison town line)
16.4	L	Quail Run
17.0	R	@T Bartlett Dr
17.2	BL	>>Bartlett Dr (Pheasant Ln forks right)
17.9	R	@SS Woodsvale Rd (unmarked, Winding Rd continues straight)
18.2	R	@T @SS Opening Hill Rd (unmarked)
18.4	L	@SS Overbrook Rd
19.0	S	Colonial Rd (Overbrook turns left)
19.6	L	@T @SS Warpas Rd (unmarked)
19.9	R	Caution! High speed traffic @T @SS CT-79 (Durham Rd)
20.0	L	Chestnut Hill Rd
20.3	STOP 7:15 12:00	<i>Rest Stop (no facilities) on right shoulder, just before Hammonasset River bridge</i>
20.3	L	Summer Hill Rd (R out of rest stop, then immediate L onto Summer Hill Rd)
22.7	S	Caution! Dangerous highway crossing +CT-80 >>Summer Hill Rd
24.6	BL	>>Summer Hill Rd (Bunnell Bridge Rd forks right, ignore Summer Hill sign pointing right)
26.6	R	@T @SS County Rd (unmarked)
28.0	S	Caution! Highway crossing at bottom of hill @SS +CT-148 >>Little City Rd
30.0	S	>>Sima Rd (at Killingworth/Higginum town line)
30.7	L	@SS Little City Rd (which also continues straight)
31.3	2:00	Little City Rd (Schuller Rd continues straight)
32.2	STOP 8:30 2:00	<i>Little City Rd, at bottom of hill, on left, just before intersection with Candlewood Hill Rd</i>
32.2	L	>>Little City Rd (exiting rest stop)
32.3	R	@SS Candlewood Hill Rd (Eastbound)
34.3	S	>>Candlewood Hill Rd (Maple forks right)
35.6	S	@SS Join CT-154 (Saybrook Rd, Middlesex Tpk)
36.5	BR	Walkley Hill Rd

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TURN DIST	TURN	(at) ONTO
36.8	BR	Clark Rd
37.2	BR	@T @SS Walkley Hill Rd
38.0	BR	Russel Rd
38.4	L	@T @SS Timms Hill Rd
38.4	BR	<unnamed>
38.4	R	@T @SS Hayden Hill Rd
38.6	BL	>>Hayden Hill Rd (Bamforth Rd goes straight)
39.2	R	@T @SS Beaver Meadow Rd (Jail Hill Rd to left)
40.2	S	Caution! Traffic entering/exiting CT-9 +CT-9 >>Beaver Meadow Rd
42.7	L	@T @SS Parker Hill Rd (unmarked, Beaver Meadow goes right)
43.1	S	>>Old County Rd
43.2	R	Parker Hill Rd South (Old County becomes dirt)
43.7	S	>>Parker Hill Extension (entering Killingworth)
44.8	R	Parker Hill Rd
45.2	BL	@T @SS N Roast Meat Hill Rd (N Parker Hill Rd goes right)
46.1	S	Caution! High speed traffic +CT-148 >>Roast Meat Hill Rd
48.4	S**	** NOTE: Porta Potty at Irene Sheldon Mem Park, 0.1 mile right on CT-80. @SS +CT-80 >>Roast Meat Hill Rd
49.1	R	Stevens Rd
49.7	S	Caution! CT-81 and hardware store traffic @SS +CT-81 >>Stevens Rd
49.8	L	@T @SS Green Hill Rd
50.2	L	Chittenden Rd
50.7	L	@T Cow Hill Rd
53.4	BR	Airline Rd (Cow Hill forks to left)
53.4	R	@T >>Airline Rd
53.8	STOP 7:45 4:30	Heser's Pond, on left
53.8	L	>>Airline Rd (exiting rest stop)
53.9	L	Old Nod Rd
55.0	R	@T @SS Nod Rd
55.9	L	@SS River Rd (unmarked -- cross over bridge)
56.0	L	@SS >>River Rd (then under I-95 and RR bridges)
56.0	R	@T @SS Scotland Rd
56.4	L	Acorn Rd
57.0	L	@T @SS Hull Rd

TURN DIST	TURN	(at) ONTO
57.2	BL	>>Hull Rd (Saxon Rd goes right)
57.4	BR	Laurel Crest Rd
57.6	R	@T @SS Signal Hill Rd
57.8	S	Caution! High speed traffic @SS +US-1 Liberty St
58.2	L	Waterbury Ave
58.4	R	Seaview Ave >>Middle Beach Rd
59.1	----	<i>East Wharf Beach -- not an official rest stop, but toilet facilities are available</i>
59.6	S	Island Ave (unmarked, Middle Beach Rd turns left)
60.2	S	@TL +US-1 Meeting House Ln (then left thru municipal ctr parking lot to West end)
60.4	BR	@T Copse Rd (at West end of parking lot)
60.6	BL	Fort Path Rd (unmarked, Copse Rd forks right)
61.3	BR	Fort Path Rd
61.6	L	Johnson Ln
61.9	R	Mungertown Rd
62.6	R	Green Hill Rd
63.0	Finish	Polson Middle School