

Summer Breeze Ride For Autism – 15 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

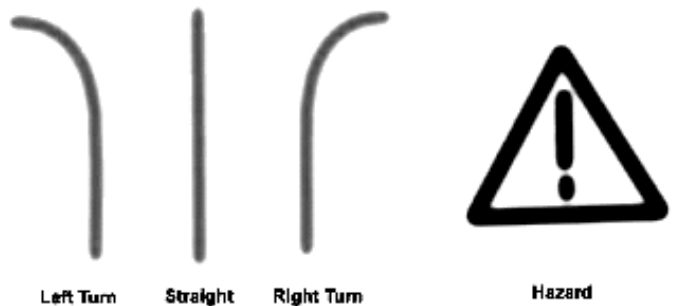
- Please ride single file whenever there is a vehicle in the area. Call out “Car Back” to warn other riders of a vehicle approaching from behind.
- Watch out for all traffic, parked cars and pedestrians & obey all traffic signs and signals
- Look out for sand and other road hazards.
- Let other riders 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 – 15 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
12.2	BR	@T Copse Rd (at West end of parking lot)
12.4	BL	Fort Path Rd (unmarked, Copse Rd forks right)
13.1	BR	Fort Path Rd
13.4	L	Johnson Ln
13.7	R	Mungertown Rd
14.4	R	Green Hill Rd
14.8	Finish	Polson Middle School

TURN DIST	TURN	(at) ONTO
0.0	Start	Polson Middle School
0.0	R	Remember to zero your odometer here! Green Hill Rd
0.2	L	Copse Rd
0.5	BR	@T @SS Warpas Rd (unmarked)
2.4	R	Caution! High speed traffic @T @SS CT-79 (Durham Rd)
2.5	L	Chestnut Hill Rd
2.8	STOP 7:00 12:00	<i>Rest Stop (facilities) on right shoulder, just before Hammonasset River bridge</i>
2.8	R	>>Chestnut Hill Rd (exiting rest stop)
3.4	R	River Rd
7.8	R	@T @SS Scotland Rd
8.2	L	Acorn Rd
8.8	L	@T @SS Hull Rd
9.1	BL	>>Hull Rd (Saxon Rd goes right)
9.2	BR	Laurel Crest Rd
9.4	R	@T @SS Signal Hill Rd
9.6	S	Caution! High speed traffic @SS +US-1 Liberty St
10.0	L	Waterbury Ave
10.2	R	Seaview Ave >>Middle Beach Rd
10.6	Stop	East Wharf Beach -- not an official rest stop, but toilet facilities are available
11.4	BR	Island Ave
12.0	S	@TL +US-1 Meeting House Ln(then left thru municipal ctr parking lot to West end)