

# BONESHAKER

## QUARTERLY

V01

Commentary and News Affecting Cyclists Throughout Connecticut

Volume 2

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### Upcoming Cycling Events

While many cyclists ride all through the winter, finding organized bike events in Connecticut at this time of year is challenging. If you are looking to advocate for winter cycling, check out [www.bikewinter.org](http://www.bikewinter.org).

#### March 2, 2014

Carpe Diem Racing  
Criterium  
Bethel, CT

#### April 26 2014

Rock to Rock  
20, 40, MC  
New Haven, CT

#### May 10, 2014

Sharon's Ride  
20, 50  
West Haven, CT

#### May 18, 2014

Tour de Lyme  
55, 26, 20, 10  
Lyme, CT

#### May 24-25, 2014

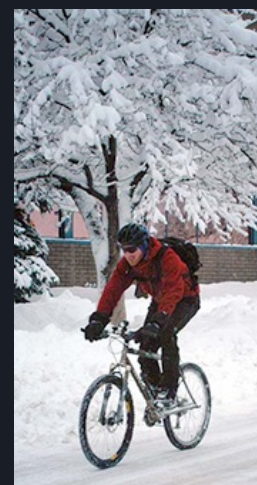
Angel Ride  
140, 52, 25, 6  
Norfolk, CT

#### June 1, 2014

Sound Cyclists  
25m, 75k, 100k  
Westport, CT

## YEAR ROUND CYCLING

This issue is being published in the dead of winter, when cycling can sometimes be a challenge in Connecticut. However, despite the cold temperatures, there are still many cycling activities going on throughout the state. At Mills Law Firm in New Haven, we focus on cycling all year round, keeping up with the latest cycling news and things that matter to anyone riding a bike in Connecticut.



## Why Cyclists Need Adequate Car Insurance

Many cyclists, especially those living in cities like New Haven, use a bike as their primary mode of transportation. Many of these bike riders do not have any auto insurance. Many others, who do own a car, do not realize that their auto insurance can provide valuable protection to them while riding a bike.

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## Riding Errands in 2014

New Year, new resolutions. In 2014 a great resolution would be to ride your bike when running errands, instead of getting in the car. Not





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only will that help the environment, lower your stress, and reconnect you with your neighborhood, it also has significant health benefits.



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## Cool Product of the Quarter



**Road ID bracelet.** It has your name and emergency contact information on the front, but detailed medical information and other contacts can be added to your on-line profile that is easily accessible if you are seriously injured while riding. The look is simple and rugged, and for \$30.00, it's a great investment.

[www.RoadID.com](http://www.RoadID.com)

## BICYCLE TRIVIA

In 1972, bicycles outsold cars in the United States.  
**It can happen again!**



[www.MillsLawFirm.org](http://www.MillsLawFirm.org)

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