



Ever Biked To Work? No?
 Want To Give It A Try?
 We Have A Bike Buddy Who Can Help!

What's a Bike Buddy? A volunteer who regularly bikes to work and can answer your questions about how to make a bike commute-ready, routes to take, and how to safely ride in traffic. Bike Buddies can even accompany you on a ride.

Town of Origin	Contact Info	Commutes To
Broad Brook		
• John Ivanisin	jivanisin@ctgcorp.com	East Hartford
Canton		
• Micheal Ignatowicz	pedalmike@comcast.net	Farmington
East Hampton		
• Peter Aarrestad	peter.aarrestad@po.state.ct.us	Hartford
East Hartford		
• Tony Bezzini	tbezzini@stpaultravelers.com	Hartford
• Tony Cherolis	webmaster@wecyclect.org	E. Hart.
• Holly Reed	528-2210	East Hartford
Enfield		
• Timonthy Roaix	timbikes@cox.net	Hartford
Farmington		
• David Zevin	DZEVIN@nehceu.org	Hartford
Granby		
• Larry Hunt	Lhunt310@cox.net	Hartford
Glastonbury		
• Bill Doyle	w.c.doyle@cox.net	Hartford
• Robyn Guimont	robynware@yahoo.com	Hartford
• Jerry Ledger	jjldgr@ieee.org	Windsor

Town of Origin	Contact Info	Commutes To
Hartford		
• Rodney Bynoe (Sigourney St.)	527-5200	Hartford
• Mary Sherwin (West End)	mary.sherwin@po.state.ct.us	Hartford
Manchester		
• Anthony Adamczyk	anthony.adamczyk@snet.net	Windsor
• Denise Clavette	dclavett@spt.com	Hartford
• Ed Zakowicz	zakowicz@cox.net	Hartford
Mansfield		
• Randy Semogin	423-8161	Hartford
Middletown		
• Jeffrey Sowa	jsowa@stpaultravelers.com	Hartford
• Tim Roaix	timbikes@cox.net	Hartford
Meriden		
• Peter Polack	ppolack@earthlink.net	Middletown
Newington		
• Gary St. Amand	gary.stamand@po.state.ct.us	Hartford
• David Balzer	david.balzer@po.state.ct.us	Newington
Plainville		
• Joyce Fritz	fritz@up.uchc.edu	Farmington(uchc)
Roxbury		
• Joyce Fritz	AEngel@taunton.com	Newtown
South Windsor		
• Rick Zitkus	rick.zitkus@cigna.com	Bloomfield
Storrs		
• Lynn Stoddard	Lynn.stoddard@po.state.ct.us	Hartford
Tariffville		
• David Westcott	david.westcott@po.state.ct.us	Hartford
Tolland		
• Al Iacobucci	albert.iacobucci@po.state.ct.us	Hartford
Unionville		
• Steven Karp	skarp@vanzelm.com	West Hartford
Wallingford		
• Robert Gravener	rgravener@aol.com	North Haven
West Hartford		
• Dave Mourad (Elmwood)	nnnnnn@neglect.com	Hartford
• Rich Raport	Richard.raport@po.state.ct.us	Hartford
• David Ringquist	mringquist@snet.net	Hartford
• Richard Roland	lsuzus@aol.com	Hartford
• Ronald Weiner	reweiner@snet.net	Farmington
Wethersfield		
• K. Sullivan	kevin.t.sullivan@po.state.ct.us	Hartford
Windsor		
• Bob Hartman	rwhartman@hotmail.com	Hartford

Check our web-site: www.wecyclect.org for the most up to date Bike Buddy List.
 E-mail webmaster@wecyclect.org to sign-up for the Buddy List or update your listing.

