



The North Shore Cyclists Newsletter

April 2000

Visit the NSC website at: www.astseals.com/nsc

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nsc-subscribe@topica.com

A Word from the New NSC President

I now have proof that any kid can grow up to be President ... Of something. For those of you who don't know me, I'll introduce myself here. I am one of the original members of the club, having been involved since the first organizing meeting in 1983 at the Benson's house. From then until 1991, I was a very active member and served as Vice President, Treasurer, and Newsletter Editor at various times. I married Deb in 1984. From then until 1991 she was also very active in the club, serving as Advertising Coordinator for a while. In 1991 our son Ben was born, and we ceased attending bike events pretty rapidly, though we kept our membership in the club. In 1997 when I discovered my former supervisor Mike Habich had become involved with the club, I attended his ride. In 1998, I came back for certain and rode most Wednesdays and many weekends with the club.

I have no major agenda to push on the club. Resorting to corporate buzzwords, I would say that I'm more of a believer in continuous improvement than in re-engineering. I'm very pleased with the way the club has been administered. Meg, Marie, Eric, Pam, Tony, Kathy, and Maya all did and continue to do an excellent job. They and all the other volunteers deserve thanks from all involved. To keep us moving forward, I can assure you I will make decisions when required very rapidly. They may not always be 100% the best, but they will be the best I can do with the information I have. I am always ready to consider other opinions. Please make me aware of yours.

I intend on riding each of the weekly rides at least a few times during the season. Like last year, I will have to work around Ben's Little League team during the early part of the year. I'll give some notice on the E-mail list of what I'm going to ride. At the rides, look for the red Jeep.

In closing, let me fill you in on what is going on as I

write. Some of these items may be covered in more detail elsewhere in this newsletter:

Advertising- We need a coordinator. It's basically a point of contact for the shops. Contact me to learn more.

Big Event - May 6 in Concord. I hope to see you there.

Century Series - Ride Coordinators from various New England clubs, including our own Eric Shaktman, are pondering overlaying a series award system on the individual centuries. It sounds like a fun idea and I'd like to see it announced mid-summer for this year's century season. There are some details to be worked out so it is not a certainty. By the time you read this, there may be a meeting scheduled to resolve them and inform us all.

Electronic Newsletter - In the future you may be able to choose between getting your newsletter online or on paper. Online delivery might mean you avoid the postal delay and tearing it during the de-stapling process. We are researching how to implement this.

Regards,
Ed Bolton 603-382-6989
ebolton@ttlc.net

See inside for more club news...

Tony begins training for the NSC Century
Monday & Tuesday Night Ride news
Club clothing information
The Big Event and more!

Calling All Weekday Morning Riders

Interested in a weekday morning ride? If you are interested in riding on weekday mornings such as Monday and/or Wednesday at 8:30 a.m. out of Topsfield, please contact Elizabeth Rose at (978)352-6804 or e-mail at jhull777@aol.com.

Mark your calendars...

The Big Event

May 6, 2000

Concord, MA

*A chance to clean out your
basement...*

New Members

Susan Ratyna - Andover
David and Jacqueline Tyler - N. Andover
Thomas Cassidy - Middleton
Nora Colliton - Wilmington
Nancy Ryan - Charlestown
Gayle Davis - Andover

Welcome!

Mr. Membership Talks... People Listen

"Mean Mr. Membership Guy" is back, and he is going to get you in May if you do not send in your renewal by the end of April. If your mailing label on your April newsletter is "04/01/00", and you do not send in your renewal by 4/20/00, then my itchy delete finger will strike and you will be gone. I feel so sad when I do this, but I volunteered for this duty and I have to take the bad with the good. So, turn me into "Nice Mr. Membership Guy" and send your renewal form and check, made out to the NSC for the proper amount, to me and we will all ride happily ever after (at least until next renewal year).

By the bye, the membership of the NSC has significantly rose over the last two years, and we are now pushing upwards of 270 members.

Ride safely,

Emmett

Officers & Coordinators

President Ed Bolton (603)382.6989 ebolton@henschel.com

Vice-President Marie Doyle (978)834-0949 •

Treasurer Pam Houck (978)388-2986 •

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Ride Coordinators: Eric Shaktman (603)394-0090 •

Mtn Biking Coordinators: Lenny Sullivan (978)689-2884 Lsulli7079@aol.com & Francesca Lewis (978)452-3099 Francesca_Lewis@bigfoot.com

Century Coordinators Tony Salerno (978)352-2524 & Bob Williamson (978)887-3855

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Membership Emmett Halpin (781)246-5268

Web Master Mike Habich mhabich@astseals.com

Clothing Coordinator Eric Shaktman (603)394-0090; ericnsc@mediaone.net

The NSC Newsletter Goes Online!

It began as a debated issue 2+ years ago during a Spring Kick-off Meeting... and now it's come to fruition. Starting with this issue, the NSC newsletter is available for your perusal and printing at the NSC web site, www.astseals.com/nsc. For now, it's available to everyone; we may password-protect it later to restrict distribution to members. We'll send a note on the e-mail list when each month's newsletter is posted. More details on the web site.

Check it out!

Spring Training Begins

The North Shore Cyclists' Year 2000 riding season. That's right and I would like to welcome all members old and new to this new millenium of cycling. Once again, I have assumed the position as Century Co-Coordinator for the 2000 Blazing Saddles Century. The 1999 Blazing Saddles Century was a huge success. It also seemed that last season was a banner year for members to complete 100-mile rides. For those cyclists out there who have never done a century, I would like to take the opportunity to urge every rider, not to let another century go by without doing at least one century -- hopefully, it will be the Blazing Saddles Century. This date for this year is August 26 & 27, 2000.

To help first timers and those hoping to improve their riding, I have included two training charts reprinted from Bicycling Magazine 1996. A copy of the complete article is available for the asking from (978)352-2524.

Mark it on your calendars... Start some early season training... And I'll see you all out on the road soon.

Tony

Program 1 (To Survive)

Program 2 (To Thrive)

Week	Mon (easy)	Tues (pace)	Wed (brisk)	Thurs	Fri (pace)	Sat (pace)	Sun (pace)	Weekly Mileage	Week	Mon (easy)	Tues (pace)	Wed (brisk)	Thurs	Fri (pace)	Sat (pace)	Sun (pace)	Weekly Mileage
1	6	10	12	OFF	10	30	9	77	1	10	12	14	OFF	12	40	15	103
2	7	11	13	OFF	11	34	10	86	2	10	13	15	OFF	13	44	17	112
3	8	13	15	OFF	13	38	11	98	3	10	15	17	OFF	15	48	18	123
4	8	14	17	OFF	14	42	13	108	4	11	16	29	OFF	16	53	20	135
5	9	15	19	OFF	15	47	14	119	5	12	18	20	OFF	18	59	22	149
6	11	15	21	OFF	15	53	16	131	6	13	19	23	OFF	19	64	24	162
7	12	15	24	OFF	15	59	18	143	7	14	20	25	OFF	20	71	27	177
8	13	15	25	OFF	15	65	20	153	8	16	20	27	OFF	20	75	29	187
9	15	15	25	OFF	15	65	20	155	9	17	20	30	OFF	20	75	32	194
10	15	15	25	OFF	10	5(easy) Century		170	10	19	20	30	OFF	10	5(easy) Century		184

Sunday Rides - Out of the Woods and onto the Road

April 2, 2000

The Y2K Season Opening Pothole Inspection Tour.

Leader: Mike Whalen (978)927-2297

Location: Topsfield Plaza, Topsfield

Time & Distance: 10:00 start for 18 & 40 mile rides.

Directions: From Rte 95 N, take Exit 50 to Rte 1 North. In Topsfield, turn left onto Rte 97 North. At stop sign, go left (Rte 97 continues right). Topsfield Plaza is 1/4 mile on right.

Ride Description: *This ride will be covering flat to rolling terrain. Come join in Mike's annual season opening ride.*

April 9, 2000

Ponds and Cows

Leader: Mike Habich (978)664-0187
mhabich@astseals.com

Location: Ipswich River Park, North Reading

Time & Distance: 10:00 am for 40-50 miles or 25 miles

Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Left on Rte 62, then left on Central St at sign for park (about 1/2 mile).

Ride Description: Through Harold Parker State Forest, Middleton, Boxford, North Andover by a somewhat familiar route with some new twists and new cows.

April 16, 2000

Time to Log Some Miles!

Leader: Kathy Ahern (978)499-8823

Location: Park N Ride, Georgetown

Time & Distance: 10:00 for both 25 and 45 mile loops.

Directions: From 95 get off at exit 54. Take 133W to Georgetown Center. Park'N'Ride lot is on your left across from Bank Boston

and just before the traffic lights.

Ride Description: Head north for a quick visit to Southern N.H. and return via Newburyport and Maudsley. Cue sheets and arrows.

April 23, 2000

Show & Go

Leader: Anyone who wants to lead this ride please contact Eric 978-463-9632

Location: Centerville School, Beverly

Time & Distance: 9:00 AM for distance to be determined by riders or ride leader

Directions: Take Rt. 128 N to exit 18, left at end of ramp to Rt. 22N (toward Essex), follow approximately 1 mile, then right onto Hull Street at curve and 1st right into school parking lot.

April 30, 2000

Looking for April Flowers

Co-Leaders: Kathy Ahern & Dennis Ryan (978)499-8823

Location: Aries Sports, Newbury

Time & Distance: 10:00 AM for 25 & 50 miles

Directions: From Rte 95, take the Rte 113 exit into Newburyport. Right turn at 2nd lights. 3rd lights take right Rte 1 South 1 mile. Aries Sports is on right. Aries will be open before the ride and refreshments will be offered after.

Ride Description: Scenic tour of the Merrimacs. The 25-mile ride will be mostly flat while the 50 will be varying. possible x-rating for the long ride, no minors please.

NSC Sunday Ride Coordinator: Eric Shaktman (603)394-0090

NSC Weekday Evening Rides

Monday

Topsfield Plaza, Topsfield

Start Time: 6:30pm June-beg. August; 6:00pm after August 16.

Co-leaders: **Paula Bossone** 978-887-3855, gregio@aol.com & **Dianalyn Sirota** 978-686-5475, KidKoop@aol.com

Two groups -- Beginner & Intermediate -- traditionally

under 15 mph. Arrowed. This is a social-paced ride. Focus is on meeting new people and having a good time. New members encouraged to attend this ride.

Directions: From Rte 95N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At Topsfield Center, go left (Rte 97 continues right). Topsfield Plaza lot is 1/4 mile on right.

Wednesday

Topsfield Plaza, Topsfield.

Start Time: 6:00 p.m. after April 5th

There will be a 5:30 group paceline practice training ride starting on May 5th prior to the regular ride for those interested in honing their skills.

Co-leaders: **Eric Shaktman** 603-394-0090
ericnsc@netway.com & **Marie Doyle**
978-777-4455mdoyle@phcs.com.

Intermediate w/cue sheet -- ride averages 15+ speeds.

Mix of flat to rolling terrain. Lengths vary from 18-35 miles depending on daylight w/shorter options available.

Bring \$\$ for pizza following the ride.

Directions: From Rte 95N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At Topsfield Center, go left (Rte 97 continues right). Topsfield Plaza lot is 1/4 mile on right.

Thursday

Wakefield Center

Start Time: 6:00 May & Aug. 19-Sept. 9; 6:30 June-August.

Co-leaders: **Emmett Halpin** 781-246-5268,
ehalpin@email.msn.com and **Steve Winslow**
781-397-6893.

All riders welcome -- speeds average 10-13 mph. This is a leisurely, joint ride with Bike-to-Sea. The focus is on cycling in a group. Cue sheet.

Directions: Rte 128 to Exit 40. Follow Rte 129 (Wakefield) to the head of the lake. Or take Rte 1 to Walnut Street. Follow Rte 129 to Wakefield and the head of the lake. Meet at or near the gazebo.

Friday

Saturday

Masconomet Regional High School, Boxford

Start: 9:00am for April, 8:30am starting in May.

Leaders: **Mike Habich** (978)664-0187, mhabich@astseals.com & **Jeff Turpel** (978)774-3854, jeffritu@venus.star.net

We'll ride about 40-50 miles at average 17-19 mph--conversational pace, but with a bit of speedplay when the pavement's just too smooth to resist. We might visit the llamas, go out to Ipswich neck for the view, or cruise along the Manchester-Beverly coast--wherever

the sun shines and the wind is at our back. Maybe a quick stop for water, but otherwise we'll just pause to regroup. We'll be back at Masco by noon or so.

Maps? Yup, you might want to bring one. Cue sheets? Arrows? Nope.

Directions to Masco: From Route 95 take Exit 51 (Endicott St) East towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot (at the far end from I-95).

Monday Night Update

WELCOME BACK TO MONDAY RIDES It's been a long winter, but the good weather is on the horizon. We will be starting the Monday night rides on Monday, May 15 at 6pm. We look forward to seeing all the regulars back to our "casual" ride format and welcome all new riders to the club to join us. Once again, the focus is on including riders of all abilities to be able to ride in a group format. We generally meet at Topsfield House of Pizza after the ride to refuel! We look forward to seeing you.

Paula Bossone
gregio@aol.com

Tuesday Night Update

The Unofficial (but still as fun) Tuesday night rides will begin April 7 at 6pm and will continue into June. Mid-June, Lori Balboni and Jimmy White will take over and the official ride begins. Maps may be available for the early season rides, but the route will probably not be marked except with any markings left over from last year.

Come join us and get warmed up for the season!

Peter McCann
pmccann@comversens.com

Ride Leaders Needed

It is that time of year again to think about Sunday rides. I have May 7, 28 & 29 open. I need these dates filled by April 5th. I also have the whole month of June available. It would be nice to get some picnics in June. Call or e-mail me at 603-394-0090 or ericnsc@mediaone.net. Thinking about leading a ride? The club has a collection of rides -- all you have to do is be a leader!

The Big Event Comes Around Again

The Big Event, (bicycle flea market, rides and lectures), will be held on Saturday, May 6th.,2000 at the Hunt recreation Center, 90 Stow Street, Concord Center, MA. It will be open to the public from 9:30am to 4:00pm.

Bring your old or extra stuff! Don't just give it away!

Each club will set up a table of sports related items to sell, complete bikes are dealt with separately outside on the basket ball courts. Fifteen percent of all sales go to the Big Event and will be divided between participating clubs after paying expenses; the remaining

NSC Clothing

North Shore Cyclists club jerseys should arrive the second week of May and will be available from Eric Shaktman at (603)394-0090 or at all Wednesday and Monday night rides, and at some Sunday rides. After approximately May 15th they will also be at the following locations:

Aries Sport

100 Route 1
Newbury, MA 01950
(978)465-8099
Monday - Friday 10-6
Thursday 10-7
Saturday 10-5

The Bicycle Shop of Topsfield

17 Main Street
Topsfield, MA 01983
(978)887-6511
Monday - Friday 9-6
Thursday 9-7
Saturday - 9-5

Northeast Bicycles

124 Broadway Route 1
Saugus, MA 01906
(781)233-2664
Monday - Friday 10-6
Thursday 10-7
Saturday 10-5

85% of each sale goes to the seller.

"I", as in Peter Bazeley will be your, "Table Captain", ably assisted by Pam Reynolds and others and I will be available to gather your sale articles from April 10th on. I intend to be at the Monday night ride on April 17th and Wednesday April 19th at the PROCTOR School Topsfield and will have covered transport and secure storage for your sale articles.

Articles may also be dropped off at my house during the period of April 10th through 30th., 8:am to 10:00pm.. Directions :- Rte 128N to Gloucester, exit 14, Rte 133N towards Essex. Approximately 2 miles see the Red Barrel Pub on the left, turn right on Harlow St., go 1/2 mile, bear right on Concord St., sixth driveway on the left is #357 Concord St. I will not be available from 23rd March to 6th April.

Please label your article clearly and securely with best price and method of communication with you.

Home phone (978)281-0899, calls before 8:00 am and after 10:00pm will be ignored.

Thanks.

Peter V.R. Bazeley

