



The North Shore Cyclists Newsletter

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

To subscribe to the North Shore Cyclists mailing list, send a blank message to: nsc-subscribe@topica.com

April 2001

ENHR

The North Shore Cyclists invites all area riders to a new ride this year on June 3, organized in conjunction with the Essex National Heritage Council. The Essex National Heritage Ride showcases many of the historic, cultural, and natural sites within the Essex National Heritage Area, one of 17 such federally designated Heritage Areas in the United States.

The NSC calendar listing for the ride is at the end of this article. This arrowed ride will be more of an 'event' than the typical NSC ride is. There will be food, sag support, T-shirts, waterbottles, and a number of exhibitors at the start/finish area and at the stops. There will be a nominal charge for this ride, with family groups eligible for a discount.

Of particular interest to the cycling community is the stop on the 40 and 60 mile routes at the Crane Estate at Castle Hill in Ipswich. No other ride has ever been invited onto the grounds of this beautiful and historic mansion. The ride is also an excellent opportunity for club riders to reconnect with their kids and family, with entertainment for the kids available at the Wenham Museum stop on the 15 mile route.

Pre-registration forms will be available in the near future. If you would like to help out with this ride, contact Ed Bolton, 603-382-6989 (ebolton@ttlc.net) or Eric Shaktman, 603-580-1010 (ericnsc@mediaone.net). We will need volunteers to set up and man tables on the day of the event and to arrow the ride. Volunteers get a special T-shirt and a rollicking good time (note there is a Brew Pub next to where we will be set up!)

June 3, 2001

Essex County Heritage Ride

Who: Eric Shaktman 603-580-1010 ericnsc@mediaone.net; Ed Bolton 603-382-6989 ebolton@ttlc.net

Where: Cummings Center, Beverly

When: 9:00 for 60 miles, 10:00 for 40 miles, 11:00 for 15 miles

How to get there: From 128 take exit 23 East towards Beverly. Take a left at the fork .75 miles down following Rte. 62 The Cummings Center is 2 miles from Rte 128 on the left.

What to expect: As you cycle through our historic cities and towns and natural areas, you will ride by the historic seaports and New England town commons; industrial mills and pristine beaches; renowned museums and wildlife refuges; working farms and inviting natural trails. The long routes travel along the coast with a rest stop at Crane Castle. Then follow along some of our beautiful scenic country roads back to the start. The short route travels through Beverly Farms with a stop at the Wenham Museum. There will be an antique bicycle exhibit at the Wenham Museum for all to see.

All Club Renewals are due in April. Use the back page to
renew (or join) today!

SPRING IS HERE!



So lets have some fun! We'll get together at Jakes on Friday March 30, 7:00 PM, to see old friends, make new ones, and look forward to the warm part of the year.

Directions to Jakes:

From Rte. 1 South: entrance is right off Rte. 1, just past home depot.

From Rte. 114W: enter through the Home Depot parking lot and follow the signs for Jake's.

From Rte. 128: Follow to Rte. 1 to Rte. 114W and enter through the Home Depot lot.

New Members:

Michael Corbridge - Belmont
Derrick Click - Lynn
Mary Louise O'Sullivan - Newbury
Dina Altayeb - Cambridge
Kristen Hissenbuttel - Marblehead
Christine Kirby - Beverly
Jeffrey M. Cox - Lynn
Ann Beagley - Peabody

May Newsletter:
Deadline is 4/8/01
Mails 4/24/01

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@ttlc.net
41 Maple Ave.

Membership News

Renewals are due in the month of April of every year. Look at your mailing label, your expiration date is on it. If the date is 04/01/01, then you must renew. Please mail a completed membership form with your check made out to the "NSC".

For those of you who receive your newsletter via our website please fill out our online membership form, sign it and mail it to me with your check made out to the "NSC". I will mail you your current membership card when I receive your renewal information and check.

Bicycling Bill of Rights!

MassBike, in conjunction with State Rep. Anne Paulsen

(Continued on page 5)

Officers and Coordinators

President Ed Bolton (603)382.6989 ebolton@ttlc.net

Vice-President Marie Doyle (978)777-4455 mdoyle@phcs.com

Treasurer Pam Houck (978)388-2986

Public Relations Lucy Nottingham (781)528-2557 Lucy.Nottingham@us.pwcglobal.com

Ride Coordinators: Eric Shaktman (603)580-1010

Mtn Biking Coordinators: Lenny Sullivan (978)689-2884 Lsulli7079@aol.com

& Francesca Lewis Francesca_Lewis@bigfoot.com

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

Newsletter Editor

Newsletter Coordinator: Tony Salerno (978)352-2524

Advertising

Mileage Joe Lewis (617)472-4868

Membership Emmett Halpin (781)246-5268 emmetthalpin@mediaone.net

Web Master Mike Habich mhabich@astseals.com

Clothing Coordinator Eric Shaktman (603)580-1010; ericnsc@mediaone.net

Win Fabulous Prizes

Soon we will be riding on the road again. The good news for us mortals is that we had a snowier winter this year than we've had the previous few years. That means the Saturday crew was actually off the road for a month or two, making it more possible for the rest of us to hang on in the early Wednesday rides.

We held the "official" Spring Meeting March 9. Two factors limited the turnout. First, there was a snow/slush/rain storm that night. Second, there were not a lot of business issues to discuss. There was interest from many about a more informal, social gathering, so we've scheduled one for Friday March 30. Details are in this newsletter.

Over the winter, we put together the new NSC Ride Leader's guide. We took a tremendous amount of information collected from our insurance provider, other bike clubs, and our own members. All the club officers bounced it around for a while by e-mail, separating the wheat from the chaff and adding seeds some of them may not have even known they had. In late December, Eric Shaktman, Mike Habich, Emmet Halpin, and myself met at Mike's home and gave the document a final edit. I am completely pleased with the way it came out. It is informative, entertaining, and up-to-date. We will provide this to everybody who leads a ride in 2001. If you have not led a ride before because you think you don't know how, we can assure you this obstacle is past. When you get this document, you could lead a ride even if you had never ridden a bike in your life. Call Eric today, 603-580-1010.

FYI- I get the NSC's complimentary copies of the CRW (Charles River Wheelmen) and NVP (Nashoba Valley Pedallers) newsletters. If you want to know what is going on in either club or who the contacts are find me and I'll get you what you need to know.

For the last two years I've been carrying a small camera on most rides. Last year early on I identified a half dozen topics in particular to photograph. As the year went on, I filtered the list down to four areas:

Mailboxes- It's unreal how many really nice, original examples of folk art you can find dangling over the road to be opened, stuffed, and slammed shut every day. My own box is a plain black one from Wal-mart or some similar establishment. It is not worthy.

Statuary- My personal favorite is the 10'

squirrel in Newton. I also photographed the gorilla first spotted on Pam Houck's ride.

Boats- Specifically land yachts miles and years from any chance of floating in the water. Large, expensive boats, badges of class in their day, pulled out for the season perhaps, then for some reason left to rot till their value goes negative.

Guns- There are weapons all around us, to the point where we don't even notice them any more. Most of them are in pretty sad shape. Lots of towns and public places have WW2-era machine guns as part of a memorial. These are particularly decayed. The small features are rusted right off of every one I approached. Larger weapons and vehicles, such as tanks, APCs, and Civil War-era cannons are faring better only because they have larger parts that are slower to rust away. But there is one particularly nice piece of artillery in Haverhill that is obviously maintained. You would never see this just driving by in a car.

The mailbox pictures were mostly shot with the small APS point-and-shoot I often carry on the bike. The larger subjects were mostly taken with a Canon IX APS SLR. A few pictures were digital, taken with a Kodak DC210+ (megapixel digital camera).

I've put a few of the pictures on the web. Go to <http://members.ttlc.net/~ebolton> and select By the Side of the Road. I used my Christmas present to scan the prints into Photoshop LE 5.0. There I cropped them, and in the case of the gorilla edited out some of the tall grass in front of him. I then opened up the groups of pictures in Paint Shop Pro 6 and used the 'Print Multiple...' feature to get them on one sheet. An impromptu software review: Photoshop LE is far better for editing but Paint Shop Pro works better for printing, especially in batch.

Here's your chance to win a fabulous prize. One picture in the web collection, and one only, is NOT local to the NSC's riding area. Be the first to identify it, and I think I can get you a free ride at the Blazing Saddles Century. I think this will be more difficult than it would seem. How much do you really see when you are riding down the road?

No internet access? I'll have a copy of the web collection in the Jeep with me through the year. I'll also have the whole collection at the spring meeting.

Good luck. I'm thinking about what to shoot this year.

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

Sundays on the Road

April 1 The Y2K1 season opening pothole inspection tour.

Who: Mike Whalen (978) 927-2297

Where: Topsfield Plaza, Topsfield

When: 10:00 start for 40,20 and 10 mile rides.

How to get there: From Rte 95 N, take Exit 50 to Route 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. What to expect: This ride will be covering flat to rolling terrain. Come join in Mike's annual season opening ride. POTHOLE, DIRT, CYCLOCROSS, maybe a new road, IF they pave it in time.

April 8 Ponds and Cows

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

Where: Ipswich River Park, North Reading

When: 10:00 am for 40-50 miles or 25 miles

How to get there: The park is in North Reading center on Central St between Chestnut St and Rt. 62. From Rt. 128, take exit 40, follow Haverhill St 3 miles north, left on Chestnut St, 1/2 mile to park. From Rt. 62, Central St is 1/2 mile west of Haverhill St/Batchelder School. What to expect: Through Harold Parker State Forest, Middleton, Boxford, North Andover by a somewhat familiar route with no new twists and the same old cows.

April 15 Easter Show & Go

Who: Show and Go format.

Where: Centerville School, Beverly

When: 9:00 AM for distance to be determined by participants.

How to get there: 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 22 Going North

Who: James Danis 978-388-2193, jamesdanis@earthlink.com

Where: Amesbury Elementary School, So. Hampton Rd., Amesbury

When: 9:00 for 55 miles, 10:00 for 30 miles

How to get there: Rte 95 to exit 58 for Rte. 110 Amesbury. Go to the 1st traffic light and take a right onto Elm Street. At the rotary take the 1st right onto Market St. (Rte. 150). Go about .5 mile, bear left onto South Hampton Road. From Rte. 495 take exit 54 for Rte 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rte. 150. Go about .5 mile, bear left onto South Hampton Road. The school will be on your left.

What to expect: The rides go through the scenic farm country of southern New Hampshire. Both loops go through Philips Exeter Academy in Exeter, N.H. and the long loop going through the University of New Hampshire in Durham. Don't worry about the hills, they are offset by the descents. Arrows and cue sheets. Chili and chowder will be served after the ride at the ride leader's home, directly across the street from the school parking lot.

April 29 Olde North Andover Ride

Who: Lenny Sullivan (978) 689-2884 lsulli7079@aol.com Scott Sirotta (978) 686-5475 KidKoop@aol.com

Where: Olde North Andover Common

When: 9:30 for both 30 and 50 mile loops.

How to get there: Rt.495 to Rt. 114. Left at lights onto Rt.125 (Bertucci's Pizza). At next set of lights right on to Mass. Ave. Follow to the common. Park on left side of common. From Rt. 95 to Rt.114 take right at Rt.125 (Bertucci's Pizza) then same as above. What to expect: We are told this is a NSC ride from the early 90's. The long loop goes to Topsfield and Ipswich. Short loops cuts out Ipswich. Maps, Arrows, cue sheets.

May 6 Merrimack Valley Gulls Who: Eric Shaktman (603) 580-1010 ericnsc@mediaone.net Where: Aries Sports, Newbury When: 10:00 AM for 25 & 50 miles How to get there: 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 w/refreshments after. What to expect: Scenic tour of the Merrimack. The 25 mile ride will be mostly flat while the 50 will be varying.

May 13 Annual Mothers Day Ride Who: Mike Whalen (978) 927-2297 Where: Masconomet Regional High School, Boxford When: 9:00 for 12.28 and 45 mile rides. How to get there: From Route 95 take exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the far end parking lot from I-95. What to expect: This ride is a Whalen tradition choreographed by Mr. Map himself!

Ride Coordinator Notes

The Wednesday rides will be starting on April 4th at 6:00. Anyone that would like the cue sheets e-mailed to them please e-mail me at ericnsc@mediaone.net. The ride will move to 6:30 on May 9th. I will be arriving by 5:30 as of May 9th to do a pre-ride. It will be either a paceline or hill ride. I hope you all had a productive winter.

RIDE LEADERS NEEDED

We need to fill up the Sunday ride calendar again this year. I want to thank everyone who led a ride last year. We filled almost every Sunday with a ride leader last year and I hope to do that again this year. I would like to have a clinic for all current and future ride leaders and anyone interested in just getting ride leader information. You can either call me at 603-580-1010 or e-mail at ericnsc@mediaone.net.

Eric

(Continued from page 2)

has introduced A Bicyclist's Bill of Rights and Responsibilities. It is known as HB 2101 and is in the Joint Committee on Transportation. It's progress can be tracked at www.Jw.state.ma.us/legis and performing a search for HB 2101. My own State Rep. Brian Cresta (Lynnfield, Wakefield & Middleton) has written to me that he supports this important piece of legislation. Anyone seriously interested in promoting this bill can find out more about it from the MassBike website at www.massbike.org. If you support this legislation, please, contact your state rep. and senator about your support for this bill.

Finally, I am feeling much better and I'm back in the saddle again! I have compiled 17 miles for the year 2001 and they are the most important miles I have done in my life.

Ride safely!
Emmett

Weekday Ride Schedule

Saturday Masconomet Regional High School, Boxford
Start: 9:00 AM March 31+, 8:30 AM May. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jturpel@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 Topsfield Plaza, Topsfield
6:00 PM starting April 9 6:30 starting May 7
Leaders: No ride leader for April and May
Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15--a social paced ride. Focus is on having a good time. New members encouraged to attend.
Directions: From Rte 95 N, 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 a block ahead on the right...we park at the far end of the lot.

Tuesday Batchelder School, North Reading
6:00 PM starting April 10 6:30 PM Starting May 8

Leader: Peter McCann (781)-213-2204
pmccann@comversens.com. Rolling hills. Arrowed, map. Ride lengths 15 & 25 miles. Average speeds 14-18. Note: If you show up early, don't confuse this with the 6:00 ride leaving from the same location...you might get more than you bargained for! Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Rte 62. Parking lot is ahead on the left, across from the gazebo.

Wednesday Topsfield Plaza, Topsfield. 6:00 PM starting April 4 6:30 PM starting May 9. Leaders: Eric Shaktman (603) 580-1010 ericnsc@netway.com & Marie Doyle (978) 777-4455. Average pace for these 18-35 mile rides ranges from 15-21 mph; multiple groups, including a tandem paceline! Length depends on daylight. An alternate shorter route is available each week. Cue sheet and map. Mix of flat, rolling, and hilly terrain. Routes vary from week to week. Bring \$\$\$ for pizza after ride. Directions: From Rte 95 N, 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 a block ahead on the right...we park at the far end of the lot.

Thursday Wakefield Center. Start time 6:00 PM in May and August 6:30 PM June and July. Co-leaders: Emmett Halpin (781) 246-5268 emmethalpin@mediaone.net and Steve Winslow (781) 397-6893. Beginner, intermediate. Leisurely ride, 10-13 mph. Less than 20 miles. This is a 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 south (Wakefield) to the south end of the lake. Meet at or near the gazebo.

NSC APPLICATION FORM

Membership in the North Shore Cyclists(NSC) includes the monthly newsletter, club meeting events, bike shop discounts and a number of other social activities. The NSC is affiliated with me League of American Bicyclists.
Dues (Payable to North Shore Cyclists): Individual \$15 Family \$20 Supporting \$35 Patron \$75

Name: _____ Phone: _____

Optional: E-mail _____ Occupation: _____

Address: _____ City: _____ State _____ Zip _____

Include in Membership directory (circle): Yes No

Release Form

**Notice: The Release Form Is A Contract With Legal Consequences.
Please Read It Carefully Before Signing.**

In consideration of being permitted to participate in any way in North Shore Cyclists ("Club") sponsored Bicycling Activities("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards or traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. Fully understand that (a) Bicycling Activities invoke risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and Dangers may be caused by my own actions, or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "release's" named below;
(c) There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.
3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the club, the LAB, their respective administrators, directors, agents, and employees other participants, any sponsors, advertisers, and, if applicable, owners and leases of premises on which the Activity takes place, (each consideration one of the "release's" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "release's" or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurances of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by LAW and agree that if any portion of this agreement is held to be invalid the balance notwithstanding, shall continue in full force and effect.

Signature: _____ Date: _____ Printed Name: _____

Parent/Guardian (if rider is under 18): _____ Please circle: New Member Renewal Address Change

Please Circle: I can help with: Rides Newsletter Special Events Publicity Map Making
Other _____

Please Circle: Interest: Mountain Biking Road Biking Both Road and Mountain Newsletter Format: Paper Electronic

Mail to: NSC c/o Emmett Halpin, 541 Lowell St., Wakefield MA 01880. If possible mail this whole page to Emmett.

The North Shore Cyclists strongly recommends that all riders wear helmets, obey the rules of the road, keep their bikes in good working order and ride defensively.

North Shore Cyclists
c/o Emmett Halpin
541 Lowell Street
Wakefield, MA 01880