

The North Shore Cyclists Newsletter

Visit the NSC website at: www.astseals.com/nsc
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April 2002

Trainer Tails

I was riding my trainer the other night, accompanied only by the television and my 13 year-old yellow lab, Maui. Darkness and rain have limited my rides this early in the spring, so my ride consisted of relatively easy steady effort. However, I noticed that after about 50 minutes the resistance began to increase a bit. I thought this was odd; the resistance in my fluid trainer usually increases a bit a few minutes into a "ride" but then steadies. Shrugging it off, I attributed my perception to general lack of fitness. I continued to watch the TV. A few more minutes passed and I noticed a slight "burning" odor. Further sniffing confirmed this. I looked back at my trainer flywheel and quickly stopped pedaling. Old Maui had earlier chosen to lie down on the mat under my trainer and behind my bike. She ended up lightly touching the trainer flywheel, enough to cause slight resistance and singe a 4" curl of hair across her back above her tail! As I slid her away from the bike she woke up, now sporting a curling cowlick on her back but otherwise oblivious to the whole occurrence.

-Jim Trudeau

Training Wheels

At the time of this writing, 10-year old Ben has more miles on his bike for the year than I do on mine. I have a few more hours in the saddle, thanks to the windtrainer in the cellar, but he's ahead on the miles and as Mike Habich has pointed out, "It's the miles that count".

He is just learning now that a bike can be a form of transportation as well as a fitness tool (or instrument of torture, depending on your point of view). He has a couple of friends in the neighborhood that have also discovered this fact. Recently, we allowed him to ride away without either of us for the first time.

Thirty some years ago, I achieved this myself at a younger age. By the time I was finishing 5th grade, I had been riding my bike to school for 2 years. Either my parents were braver than I am or perhaps it was the different (ignorant?) times that made this possible. Last year I could never have conceived of allowing Ben to ride out of my sight on the public roads, and I still find it very, very difficult. I'd rather go out and ride the White Mountain Century again today by myself (with no miles in my legs) than wave goodbye as he rides off, if I had the choice.

I've always known that if Ben discovered he likes to ride, we would have several days of equivalent ability as he progresses into his teens and I advance through my forties. I've probably got a few years of slowing for him before those days occur, and then I'll be left behind for the buzzards.

Riding with the likes of Peter Bazely, Tim Dixon, and a few others has given me some hope. These guys are beyond their forties, and have the

capability to crush many studly 20-something cycling units at will. Maybe I'll be able to hang onto Ben for a week or so.

The club has started to wake up for the spring. Road rides will be starting this month (weather permitting) and many clubs and organizations including the NSC are announcing dates selected in organizing meetings thru the winter. We have the Essex County Heritage ride June 2, Emmaus on July 21, a joint ride with CRW August 11, and the Blazing Saddles Century August 24 and 25 among other events to look forward to.

See you on the road!

-Ed Bolton
President, NSC

Essex County Heritage Ride June 2

Planning is underway. Contact Ed Bolton (603-382-6989, ebolton@tclc.net) to help out.

Di and Scott's Touring Series

Looking for some biking adventure on Saturdays and some Sundays? Why not join us as we travel to great, one day (and maybe longer sometimes), biking tours outside of the North Shore area. All tours are well documented by books, maps or other bike clubs and have reached a "favorite" status by many who have ridden them. Tours will range from 35 to 75 miles; from easy as in 'real flat' to hilly as in 'not another mountain'. Some starts will take us 30 minutes by car to travel to, others maybe 2 hours. But we will always start and finish at the same location. If you enjoy touring, please e-mail us at ssirota@netway.com to get on our mailing list.

We expect to kick-off the touring series April 13, 2002 –weather permitting, of course, and hope to tour at least twice per month throughout the season. Get on our mailing list and we will share dates and ride details with you.

-Scott Sirota

Officers and Coordinators

President:

Ed Bolton (603)382-6989 ebolton@tlc.net

Vice-President:

Marie Doyle (978)777-4455 marie.doyle@verizon.net

Treasurer:

Chuck Hale (781)595-8274

Secretary:

Jim White (978)689-9847 jdwhite@mathbox.com

Clerk:

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Ride Coordinator:

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Mtn Biking Coordinators:

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Francesca Lewis fjlewis@thepersonaltrainer.net

Century Coordinators:

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(call to help out)

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Mileage:

Joe Lewis (617)472-4868

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Web Master:

Mike Habich mhabich@astseals.com

Clothing Coordinator:

Eric Shaktman (603)580-1010 ericnsc@attbi.com

Your Time is at Hand...

For those of you who have not renewed. The NSC Membership Police will be watching. With his, oops, I mean, with the sophisticated video technology that they employ, you will not escape detection! So forget the hassle and renew today! (or else)!

Now the serious news. The roads suck! Sand, glass, potholes, you name it, it's there. Call your local DPW and get them out on your favorite route before you break your bike or something more important... like you.

For all my friends in the five (5) communities of Reading, North Reading, Lynnfield, Wilmington and Wakefield, the North Suburban Bicycle Plan is coming to the forefront. Nathan Atwater of Weston and Sampson Engineers, Inc. is gathering information from interested people from those communities who wish to be involved in the planning of this project. You can contact Nathan at 978.977.0110, ext. 7458 and atwater@wseinc.com. Our Wakefield members can contact me, as I am attempting to form a committee of interested parties to help plan this project in Wakefield (Emmett Halpin, 781.246.5268 and emmetthalpin@attbi.com). For those NSC'ers in the other four communities, may I suggest you contact the Town Planners of your town. For North Reading that person is Bob Rodgers who is also the chairman of the committee that is made up of representatives from the five communities. He can be reached at 978.664.6050 and brodgers@tlc.net. For Reading, Ann Krieg is the contact at 781.942.9012 and akrieg@ci.reading.ma.us. Wilmington's town planner is Lynn Duncan at 978.658.8238 and LDuncan@town.wilmington.ma.us. I have no contact for Lynnfield. Wakefield's town planner is Paul Reavis. He can be reached at 781.246.6397 and preavis@wakefield.ma.us.

Ride safely,

-Emmett

Emmaus Ride July 21

July 21 has been announced as the 2002 date for the Emmaus House fund-raising ride Cycle for Shelter (formerly Heels & Wheels Century). The ride benefits Emmaus Inc., the provider of shelter & services for the homeless in Haverhill. Cycle for Shelter is a significant charity event that supports one of the largest and most comprehensive nonprofit organizations in northeastern Massachusetts.

Emmaus is committed to keeping administrative overhead costs to the barest minimum. At least 90% of all money raised will go directly to the people who need it most homeless women, men, and children. Last year, about \$22000 was raised for the shelter, making this event Emmaus's largest fund raiser! It's a landmark event on the calendar of many NSC riders.

This event is a grass roots effort put together by NSC members along with a few others. What we really need to make this ride a success is participation! Please help us to get the word out by telling your friends! For more information, or if you are interested in helping as a volunteer, contact Bob Makowiecki, 978-352-2407 (robert.makowiecki@vsea.com.) More details will appear in future newsletters.

-Bob Makowiecki

New Members

The NSC welcomes:

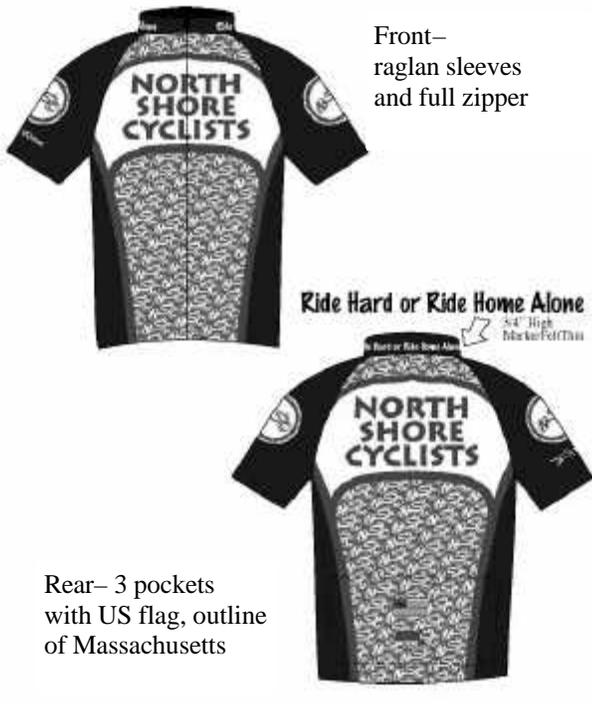
David Lapenson - Winthrop
Christopher Murphy - Lowell
Christina Hibbs - Salem
Karen Tichy - Beverly
Bruce Lomas - Malden

Download Your Newsletter

Get it earlier, make less stapling and mailing for your friends, and print out as many copies as you want. From time to time there may be extra content in it as well. Let Emmett know you are downloading, then subscribe to the E-mail list. A notice goes out when it's ready and you can download it any time.

NSC Clothing

We ordered a small inventory to come with the pre-ordered clothing. To get outfitted, you can contact Eric Shaktman for availability and to get an order form. The order form is also available on the NSC web site (<http://www.astseals.com/nsc>). When the new clothing comes in, we will place it in shops also as in the past. Details will be available. You will pay no more buying NSC clothing from the shops and may find it more convenient. As a reminder, when paying individuals for clothing or membership, checks should be made out to "North Shore Cyclists" and not the individuals. When buying clothing at the shops you pay the shop.



Front—
raglan sleeves
and full zipper

Rear— 3 pockets
with US flag, outline
of Massachusetts

Away Trip to Southern Maine

May 4-5, 2002: Beyond the North Shore Bicycle Ride. (Int/Adv) Cycle from the North Shore of Massachusetts to southern Maine for a weekend of fun, new friends, great cycling, and an enjoyable evening at one of our favorite campgrounds! Trip involves a total mileage of 125 miles over two days, pace is 15-17 mph, and cost (per person) is \$42. Join us for Saturday dinner (not included in fee) and feel free to place your tent and other items in the sag wagon! Limited to 10, please register by 4/27/02. For further information, contact John Taylor at john_e_taylor@hotmail.com or 978-922-3493 until 9 pm.

-John Taylor

Tour de Cure June 9, 2002

This ride benefits the American Diabetes Association. I do hope that some of you join us! Its a great tour, with a beautiful view the entire trip to make it all worth it. There is breakfast and lunch, with a DJ, massage therapists, prizes and raffles so its a fun day to be had all around. The Seabreeze Tour de Cure takes place June 9th, 2002, on a Sunday, and it circles the entire Cape Ann area, offering a 25K, 50K and a 100K. Any questions just give me a call.

Vanessa C. Kortze, District Manager
American Diabetes Association
249 Canal Street
Manchester, NH 03101
603.627.9579, x. 3680
603.669.1477 (fax)
vkortze@diabetes.org

Seabreeze Tour de Cure

Date: Sunday, June 9th, 2002

Time: registration begins an hour before your ride's start time

Check-In Times:

100 K route: 7:00-8:00am
50 K route: 8:00-9:00am
25 K route: 9:00-10:00am

Start Times:

100 K route: 8:00am
50 K route: 9:00am
25 K route: 10:00am

Place:

O'Maley Elementary School
32 Cherry Street
Gloucester, MA 01930
Gymnasium/Cafeteria

Diabetes: The Silent Killer

Nearly 16 million Americans have diabetes, or about one of every 20 people in America. Adults, teens, seniors and children: diabetes can affect anyone at any age. It is projected that 180,000 people will die this year because of diabetes, more than from AIDS, breast cancer, or many other life-threatening diseases. The sixth leading cause of death by disease, diabetes has no known cure. Often the disease is not detected until it causes other health complications such as blindness, kidney and heart disease, strokes, and amputations. For more information on diabetes, contact your physician or your local ADA.

-Vanessa C. Kortze

Blazing Saddles August 24

Planning is underway. Contact Tony Salerno (978-352-2524
litespeed1@aol.com) to help out.

On The Road

April 7

The Y2K2 Season Opening Pothole Inspection Tour.

Who: Mike Whalen 603-512-1122

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 or two.

April 14

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 21

Going North

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

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

When: 9:00 for 55 miles, 10:00 for 30 & 20 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 miles, then 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 with the long loop going through the University of New Hampshire in Durham. Arrows and cue sheets. Chili and chowder will be served after the ride.

April 28

Tour of the Merrimacs

Who: Eric Shaktman 603-580-1010 ericnsc@netway.com

Where: Northeast Bikes, 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. Northeast Bikes is on right.

What to expect: Scenic tour of the Merrimacs. The 25 mile ride will be mostly flat while the 50 will be varying. Snacks and drinks after the ride.

Weekly Ride Schedule

Monday

Topsfield Plaza, Topsfield. 6:00 PM starting April 8, 6:30 starting May 6. Leaders: No ride leader for April. Starting May 13, Paula Bossone (978)-887-8688 paulajbossone@attbi.net and Dianalyn Sirota. The route was arrowed last year and there are always riders available that know the way.

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 9, 6:30 PM Starting May 7. Leader: Peter McCann (781)-213-2204 mccann_peter@yahoo.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 3, 6:30 PM starting May 8. 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, sometimes even a tandem peline! 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@attbi.com 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.

Saturday Road Rides

Masconomet Regional High School, Boxford. Start time 9:00 AM in April, then 8:30 thru the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jat@nii.net.

We'll ride about 40-60+ 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).

AMC Bike Repair Clinic

Saturday, April 6. BICYCLE REPAIR WORKSHOP. Come to the AMC Boston Chapter Annual Bicycle Repair Workshop from 9:45 am until 3:30 pm, at AMC headquarters at 5 Joy Street, Boston. Workshop sessions include basic bicycle equipment, general bicycle maintenance, "hands-on" fixing flat tires, adjusting brakes, and derailleurs. Participants may attend 4 of the 5 sessions of their choice. There is also a panel discussion and an extensive handout. Workshop is useful for beginners as well as experienced cyclists desiring a refresher. No registration necessary. Arrive on time; a full day is planned. Bring your lunch, but NOT your bike; space is limited. Cost is \$10 for AMC members and \$12 for non-members. For information call Mike Barry at (781) 762-2784 (before 10 pm). Five Joy St. is in the heart of Beacon Hill, a short walk from the Park Street or Downtown Crossing T stations or from the Boston Common Garage (entrance on Charles St.).

-Robin Inman

May 2002 Newsletter:
Deadline is 04/12/02
Mail date 04/24/02

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@tlc.net
41 Maple Ave.
Newton NH 03858

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 the 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



North Shore Cyclists

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Address: _____ City: _____ State _____ Zip _____ Phone: _____

Optional: Occupation: _____ E-mail _____

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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 inactions, the actions or inactions of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "releasees" 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 "releasees" 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 "releasees" 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

I would like newsletter: Paper Electronic

Mail this completed form and your check payable to North Shore Cyclists to NSC c/o Emmet Halpin, 541 Lowell St., Wakefield MA 01880

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.

Extra E-Newsletter Pages

The new NSC jersey, in living color...

Actually, a note about colors. Colors on any computer monitor and from any color inkjet printer are an approximation at best. Colors vary quite noticeably from monitor to monitor and printer to printer. The only way to know the exact colors is to see the fabric samples.



Thanks to all members who pre-ordered the clothing at the Spring Meeting and through the mail. We did order a small inventory in excess of the pre-orders, so it's not too late to sign up for a sharp new jersey. Order form is included among these pages. Contact Eric for availability.

North Shore Cyclists Clothing Order Form

Please send a check *payable* to the *North Shore Cyclists* with this completed form.
 Completed forms and check should be mailed to:

Eric Shaktman
 242 South Rd.
 Kensington, NH
 03833-6704

Questions? Contact Eric at ericnsc@attbi.com
 or call 603-580-1010--Be sure to leave your name
 and number if you have questions and would like
 someone to return your call.

Short Sleeve Jersey	Small	Medium	Large	Extra Large	XXL, 3XL or 4XL*	Cost	Quantity	Total
Mens						50.00		
Womens						50.00		
Long Sleeve Jerseys								
Unisex						75.00		
Vests						50.00		
Windbreaker						64.00		
Shorts								
Mens						39.00		
Womens						39.00		
Arm Warmers							23.00	
Headbands							4.00	
Socks						5.00/pr		
							Total	

Short sleeve jerseys are Microdry fabric and the long sleeve jerseys are Fieldsensor fabric.
 These prices are for pickup; shipping via USPS adds \$3.50/ 1 item or \$5.00 for multiple items.
 *Please specify which size you would like. Also, 3XL and 4XL sizes cost an additional \$9.00 per jersey.
 Please be sure to add that to the base price of the jersey.

NAME: _____
ADDRESS: _____
CITY, STATE, ZIP: _____
PHONE #: _____