



The North Shore Cyclists Newsletter

Visit the NSC website at: www.astseals.com/nsc
To subscribe to the North Shore Cyclists E-mailing list
send a blank E-mail to: nsc-subscribe@topica.com

April 2003

All About the NSC List

Like many organizations now, the North Shore Cyclists has an associated E-Mail list. An E-Mail list is a form of communication. In some respects it is like a physical bulletin board on a college campus. Virtually anybody can post a notice, and even more people can read the notices that are posted. In some respects it is like this newsletter: notices on the list are delivered to you— via computer whenever you download your E-Mail. You receive postings as E-Mails if you subscribe to the list.

The NSC maintains an open list. Anybody can subscribe to the list whether or not they are members of the North Shore Cyclists. Of course, people who subscribe to the list and get information and benefits from it— schedules, advice, or intangibles— really should be members of the club. This particular list would not exist without the NSC. The list was created by and for NSC members. Some of the postings might make little sense without the context provided by participation in NSC activities.

The administrator of the list is longtime NSC member Phil Hertz, phertz@shore.net. As administrator, Phil has one power I do not have— he can unsubscribe anybody from the list involuntarily. He is generally reluctant to do this and seldom has to.

The volume of traffic on our list is relatively small. Last time I checked the statistics, the average was 6 posting per week and we have 187 subscribers. During the road and MTB season, there are usually one or two schedule update notices per week. There are often notices for people looking for riding companions, informational postings (how to treat road rash, other topical subjects), and occasionally discussions that have little to do with cycling. I personally subscribe to several area bike club lists and am proud of the NSC list. The volume, while small, is of very high quality.

Most NSC members now download this newsletter from the web rather than receive a mailing. When the newsletter is ready for downloading, a posting is made to the list with a link to the download area on our web site. This allows members to download the newsletter at their convenience rather than getting the surprise of a long download when they check E-Mail.

Only subscribers to the list can post to it. But anybody who navigates to the correct web site can read the archives. An introduction to the list can be found at <http://www.topica.com/lists/nsc>. The web site for the archive is <http://www.topica.com/lists/nsc/read>. At this page, you can read all posts to the list going back to its inception.

To subscribe to the list, send an EMail to nsc-subscribe@topica.com. No subject or text in the body of the message is required. The process is automated, and the computer on the other end runs the process without human intervention. You will be sent an E-Mail with instructions on how to complete the process, and details of the policies and rules established by Topica. None of these policies or rules is restrictive for legitimate and

responsible users of the list.

Unsubscribing works the same way. You send an E-Mail to nsc-unsubscribe@topica.com.

Due to the automated nature of the process, and ever-evolving spammers and anti-spam software, certain users may not be able to take advantage of the list, or may inexplicably lose access. If both reading and posting access is lost, the problem is usually easily fixed by resubscribing.

If your EMail address changes, you need to re-subscribe with the new address. Note that Phil can take you off, but even he can't put you on. You have to do it yourself.

The program that runs the list uses information in the message header to identify subscribers. Since the message header can be altered at your computer or by your ISP without input from you, you may run into problems posting while still being able to read. We have no solution for this at present.

I encourage all members to subscribe to the E-mail list and to reap the benefits. Hope to hear from you soon.

Ed Bolton,
President, NSC

Important Note:

April is Renewal month. All club memberships established before 2002 Blazing Saddles Century need to be renewed.

Effective Jan. 1, 2003 there was be a dues change for the North Shore Cyclists. Individual memberships have increased \$5 to \$20 per year. Family memberships have increased \$5 to \$25 per year.

Also, dues exemptions for club officers has been revoked.

Please complete the renewal form on Page 6 today.

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Showing Up

A lot of cyclists are ex-runners or current runners. I am not. I have no significant running experience. But I saw a notice in my son's school newsletter that intrigued me. Parents were invited to run the school's cross-country course with their kid's PE class on a Tuesday morning in November.

I've been keeping my schedule religiously on the windtrainer each morning since March. I was looking at travel for work all the next week, and wanted to maintain the gains I've achieved. But I didn't want the hassle of bringing a bike and all the stuff along. I've always known there's nothing special required for running- no machine, no helmet or other odd accoutrements, no weird clothing. Running with the 6th grade PE class and a selection of parents would be give me a data point to calibrate my level-of-effort, since I know nothing of pacing myself as a runner.

Plus, where I work, when people take half a vacation day on a Tuesday morning it's assumed they are interviewing. I intended not to confirm or deny such a suspicion.

We would be running for something called "fit feet". I didn't know what these were, but experience has taught me that whenever there is a measurable athletic event, there is competition. I asked Ben on Monday night what the course was like. He said it was about a mile long around the schoolyard, and the fastest kids do it in 2 or 3 minutes. Even with my limited knowledge, I was able to determine that was impossible. I did know I can average 20 or 21 mph on the bike on an NSC Wednesday night ride and this is better than 90% of the participants, many of whom also run. I decided to attempt a well known bike strategy - stay near the front but not at it, and see what I had left at the end for a tactical burst.

I would wear my HRM, which records data and can be downloaded. I would not use it to adjust my effort on the course, but merely to take the data so I could compare the effort to the other traces I have on record. I had no idea what the trace would look like. My favorite cross training activity, when the equipment is available to me, is rowing a Concept II style ergometer. I am relatively skilled on both the road bike and the rower, but I have found the traces from these activities always look completely different from each other. I anticipated the running trace would not look like any riding, rowing, or windtrainer curves.

Tuesday morning I was ready to go and present at the Hampstead Academy gym. I had worn clothing appropriate for a road ride on this mild winter morning- cycling tights and a tight fitting, long sleeved T-shirt over a regular T. My one pair of sneakers was very old, and a little too small for running comfort. There were half a dozen other parents there along with the 20 or so kids who would be running.

The PE teacher, Mrs. Turco, is a tall woman with long, blonde hair and the lean look of a long-distance runner. She first took us out to walk the course as a way of introducing it to the parents. The school is built on a hillside, and the course was a figure-8 that snaked around the compact grounds for 609 meters. It was basically half uphill and half downhill on fairly easy terrain. The goal would be to run as many laps as possible in 15 minutes. At the conclusion of each lap, Mrs. Turco would hand us a Popsicle stick, and at the end we would turn our sticks in for the fit feet. The fit feet were small plastic charm bracelet icons in the shape of feet. The child who did the most laps would get a larger version, called the Big Foot.

After we walked the course, Mrs. Turco had us come in the gym for warm ups and stretches. There were 10 repetitions each of three exercises. Sit-ups were a slight variation of the ones I remember from school. They hurt much more than I remembered. For those of us over
(Continued on page 3)

New Member s

The NSC wel comes:

Tim Gillette - Ipswich

Newsletter contributions

Contributions after the deadline may not make it!

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

(Continued from page 2)

40, push-ups are easier now. You leave your knees on the ground so you are lifting less of your weight, and I had no difficulty with these. The worst thing for me was a type of abdominal crunch. From lying on our backs, she had us lift our legs and torsos simultaneously, balancing on our butts. This I absolutely could not do. With supreme effort, I got partway through 1 of them before I lost my balance and rolled backwards. I tried again, got a little further but then rolled onto my legs. By then, most of the kids had successfully finished the set. This torture was followed by a few relatively easy stretches, and then we headed out to the course. I was glad to get outside; I was very hot in the gym.

I started my HRM as Mrs. Turco was giving the last minute instructions, and then we were off. A half-dozen boys were off like a shot. Another dad also took off quickly. I followed them, whizzed by my own son and his pal James, and took up a position about 3 meters behind Other Dad. By the first quarter lap, a few of the faster boys had faded, and Other Dad and I passed them. At the end of the first lap there was Other Dad, 2 boys, and myself at the front. I got my first Popsicle stick and some encouragement from Mrs. Turco.

The second lap was where I screwed up. Most of the lap went according to plan, but my attention was drifting and I went for the wrong flag on the last leg, following the beginning of the route back to the start/finish instead of the home stretch. My consciousness was occupied by an urgent desire to shed some clothes. I was boiling. I would have gladly tossed the tights and both shirts, but I thought I'd be arrested if I ran nude. I slowed a little and regained thermal equilibrium without resorting to streaking. While distracted, I had bypassed Mrs. Turco with the Popsicle sticks and had lost contact with Other Dad. In cycling parlance, I was dropped. From the start/finish line I backtracked the homestretch back to Mrs. Turco, picked up my Popsicle stick, and then got back on track. My time off-course must have been when Emily got by.

I completed a third lap without incident. Kids and parents were all over the course by then, in evenly distributed little clumps. Emily must have been up front, as was Other Dad, and at some point she, Other Dad, and myself passed the boys who had been up front before. On the hill on the far side of the gym, I passed Ben's other pal Spencer who had just enough energy to high-five me as I went by. I passed Ben and James for the second or third time, and saw other kids I sort of knew all over the place. It was impossible to tell who was on what lap, and in some places what part of what lap they were on.

I started a fourth lap. Time was called as I was going behind the school the first time, so I finished with three and a half laps in the 15 minutes. Emily had done 4 laps. She got the big foot. Other Dad had also completed 4 laps. So I was 3rd overall, and second in my category.

My feet were killing me, my toes bruised where they had been whacking the inside of the shoes on each footfall. I was hot and drenched with sweat, like when you have to stop on the bike at an intersection and its 90° out. I had done about a mile and three quarters.

I rode home with the AC on full-blast. When I got home, I was drier. I did the math and discovered I had achieved about an 11-minute pace. As expected, the HRM trace was different from any of my others. There was a dip corresponding to my thermal crisis but in general it was an exact analog of the route profile. The hills were much easier to see on the running trace than on my typical cycling traces.

As a point of comparison, I know that 3 hours is an excellent time for a well-trained athlete running a marathon and is probably the equivalent effort to a 4:45 flat century. That's a 7-minute pace for 26 miles in a row. It is almost twice as fast as I was running and 15 times the distance. Very humbling.

When I went to work in the afternoon, I discovered my assumptions

about the perception of my absence were correct. The bosses were treating me pretty well.

Minor Lessons Learned (or reinforced):

I can run. Maybe not very well, but I can do it.
My instinct is to put on too many clothes. I need to dress lighter.
Run in sneakers that fit. I need a new pair.
The corporate guys know who makes the place go.

And the major lesson, transposable to cycling events and for everybody:

- Just show up. It was a fun experience, and I never would have known if I wasn't there.

-Ed Bolton
President, North Shore Cyclists

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.

For Sale

<http://home.tiac.net/~rbhayes/4sale.htm>

Tomasini Racing Bike - 56 CM - Dura Ace Components - Flite Saddle - Mavic Reflex wheels - no pedals - good for somebody 5' 10" \$500

Fischer RC4 Pro Race Skis - 181 cm - Salomon S92 bindings - used one season \$150

Fischer XC skis - Salomon SNS Pro bindings - 200 cm \$50

Swix Carbon Glass XC ski poles - 155 cm - never used \$25

Contact me at rbhayes@tiac.net if interested

-Bob Hayes

April NSC Road Schedule

April 13 Ponds and Cows

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

Where: Ipswich River Park, North Reading

The park is in North Reading center on Central St between Chestnut St and Route 62. From Route 128, take Exit 40, follow Haverhill Street 3 miles North, then left on Chestnut Street, follow 1/2 mile to the park. From Route 62, Central Street is 1/2 mile west of Haverhill Street and the Batchelder School (Tuesday Night ride start).

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

What: Through Harold Parker State Forest, Middleton, Boxford, North Andover by a somewhat familiar route with no new twists and the same old cows.

April 20 Easter Sunday Georgetown Show-and-Go

Where: Georgetown Park 'N' Ride. Route 95 to Exit 54w (Route 133 to Georgetown). The Park 'n Ride parking lot is on the left just before the lights at Route 97.

When: 9:30 AM.

What: The Easter Sunday Show-and-Go moves to Georgetown this year. Show-and-Go format. Distance and direction determined by the participants. We have not had a Show-and-Go from Georgetown in the 21st century!

April 27 Olde North Andover Ride Revisited

Who: Lenny Sullivan 978-689-2884 lpsullivan@attbi.com
Scott Sirotta 978-255-1774 ssirotta@netway.com

Where: Old North Andover Common

From Route 495 take Exit 42A to Route 114. Left at lights onto Route 125 (Bertucci's Pizza). At next set of lights right on to Massachusetts Avenue. Follow to the common. Park on left side of common. From Route 95, take Exit 47A to Route 114. Take right at Route 125 (Bertucci's Pizza) then same as above.

When: 9:30 for 18, 26 or 44 mile loops.

What: Short loop goes through Harold Parker S.F. and Andover. The medium loop is last years short loop that heads out to Georgetown. Combine the medium and short loops into the 44 mile long loop. Arrows and cue sheets. Refreshments after the ride.

May 4 Tour of the Merrimacs

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

Where: Northeast Bikes, Newbury

From Route 95, take the Route 113 exit into Newburyport. Bear right at 2nd lights. At 3rd lights take right Route 1 South. Northeast Bikes is on right about 1 mile down.

When: 10:00 AM for 25 & 50 miles

What: Scenic tour of the Merrimacs. The 25 mile ride will be mostly flat while the 50 will be varying.

May 11 Annual Mothers Day Ride

Who: Mike Whalen 603-512-1122

Where: Montserrat Train Station. From Route 128 take Exit 18 (Route 22). Take Route 22 towards Beverly. The train station will be on the right about 2.9 miles from the highway.

When: 9:00 for 20 & 45 mile rides.

What: This ride is a Whalen tradition! Route travels towards Cape Ann. Mike's other tradition, the first ride of the year, was snowed out this year.

Saturday Road Rides

Note: Saturday rides go through the year as long as the roads are rideable. There is no fixed route. They may follow old Sunday ride arrows or go somewhere of interest to the leaders or other participants. Rain, snow cancel.

Masconomet Regional High School, Boxford. Start time 9:00 in April. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. A *Bicycling magazine* "Hot Road Ride". Maps? 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).

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.

The Radar Screen

2003 dates for popular events among NSC riders:

CRW Spring Century May 1
Essex County Heritage Ride June 1
Independence Day BBQ ride June 29
CRW Climb to the Clouds July 13
*Emmas House Cycle for Shelter July 20
Blazing Saddles Century August 23
NBW Flattest September 7
*White Mountain Century September 14
CRW Fall Century September 21

* date unconfirmed
Bold- NSC events

BOVINE LITE

July 3-6, 2003

Enjoy three days of classic Vermont cycling, staying in one of my favorite hotels and towns in Vermont -- the Capitol Plaza in downtown Montpelier. Choice of about 30-60 miles each day, varying from flat to hilly. Most of the rides will start from our hotel, but we'll offer some rides starting outside of Montpelier. Options include the (in)famous Appalachian Gap. Lots of good restaurants in town, plus the holiday fireworks. \$210 includes 3 nights lodging with 2 persons/room, lunch food each day, and maps and cue sheets. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com, Co-leader: Paula Bossone, 978-887-0688, paulajbossone@attbi.com.

-Arnold Nadler

Weekly Ride Schedule

These rides occur each week as listed during the road season. They will be back in the spring. Non-members are always welcome on all NSC rides.

Monday

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@attbi.com and Dianalyn Sirota. 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 ****Starts April 15 5:45 PM****

Batchelder School, North Reading. Leader: Jimmy White (978) 689-9847 jdwhite@mathbox.com, Peter McCann (781)-213-2204 mccann_peter@yahoo.com, and Lori Balboni

Rolling hills. Arrowed, map. Ride length options of 15 & 25 miles. Average speeds 12-19. Tuesday is a great night to try an NSC ride!

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 ****Starts April 9 6:00 PM****

Topsfield Plaza, Topsfield. 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 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. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@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.

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 \$20 Family \$25 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