



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

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PRESIDENTS REMARKS

Well, spring ahead is the word! Our spring meeting is now behind us I think it went very well. At least all of the spring rolls got eaten! We had a good turnout and some great participation and suggestions. So, what's up for 2006 you ask? Well, first and foremost is our new Treasurer, Nancy Cole., who is replacing Chuck Hale. Thanks for everything Chuck and welcome aboard Nancy! There are several things our committee members are actively discussing, such as:

- Whether to change the start location of the century to accommodate more people.
- We're also preparing for some enhancements to our web site - stay tuned for more on that.
- Another topic that came up was to see if there was interest in a new NSC jersey design. Several people are conjuring up ideas, and if you would like to see and buy a new jersey, just drop me an email with your name and thoughts on the subject.
- See the minutes inside for more details!

So, get ready for another great year with the NSC!

Howard

WHO'S WHO

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WHAT'S INSIDE

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SPRING SAFETY CHECK

When getting out the bike for the first time since last year, don't just pump up the tires!

- Clean the chain, cassette & chainrings
- Lube the chain with a bike lube (not WD40)
- Verify proper operation of shifting & braking
- Always wear a helmet and make sure it's fitted properly! Seek professional help if needed!
- Do a short test ride before going long!
- Carry spare tubes and a pump and know how to use them! Ask a fellow cyclist if you're unsure!

WEEKLY RIDE SCHEDULE

These rides occur each week as listed until otherwise noted. Non-members are always welcome on all NSC rides.

Monday *** Starts May 1st, 6:00PM ***

Topsfield Plaza, Topsfield. Leaders: Paula Bossone (978)-887-0688 paulajbossone@comcast.net and Dianalyn Sirota. There are always riders available that know the way. **Please note there's a new route!!!**

Beginner & intermediate, 15, 20, 23 & 27 mile loops with hill options. Average speeds around 14-18 mph-a social paced ride. Focus is on having a good time. New members encouraged to attend. 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.

Tuesday *** Starts May 16th, 6:30PM ***

New Start Location is Union Congregational Church in N. Reading Leader: Jimmy White (978) 689-9847 jwhite.2@netzero.com, Peter McCann (781) 245-8115 mccann_peter@yahoo.com

This location is only an 1/8 of a mile North of the previous Batchelder School location and the route will be the same. The Tuesday Night ride accommodates both experienced paceline riders at 18-21 MPH as well as novice to intermediate riders at 14-17 MPH. It is a hilly 15 mile ride that provides a good conditioning workout in an hour or less thru the Harold Parker State Forest yet is minutes from Rt 128 and I-93. We always have someone to pair you off with so no one rides alone. Try us out!

Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Continue straight across Rte 62 and turn left on Hill St; the second street on the left and just after the Union Congregational Church. Park in the upper Church parking lot, your first left on Hill St. From I-93, Take Rt. 62 EAST to Haverhill St, (cross Rt 28 to North Reading H.S.), left on Haverhill, 2nd Left on Hill St., left into Church parking lot.

Wednesday *** Starts April 5th, 6:00 PM ***

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman (603) 580-1010 ericnsc@verizon.net & 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 *** Starts April 27th, 6:00 PM ***

Bill & Tom's Excellent Bike Ride

Wakefield Center, Wakefield. Leaders: Tom Keane huknpuff@comcast.net 781-477-0834; Bill Cioni 978-397-5675

This is a fun ride with a great club feel; we go for pizza and laughs several times during the season. It is a 20 mile loop with multiple groups, come try to beat an hour! There is also a 13 mile cut off for our beloved turtles; you too should try for the hour! We usually finish together.

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 am for April, then 8:30 am through the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jaturpel@verizon.net. 40-60+ miles at 17-19 mph during the summer. 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).

UP COMING ROAD RIDES

Sunday, April 2nd - The Season Opening Pothole Inspection Tour

Who: Mike Whalen bikermike42@yahoo.com 603-512-1122

Where: Topsfield Plaza, Topsfield, MA

When: 10:00am for 10, 20 & 40 miles

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 turns right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

What to expect: This ride will cover flat to rolling terrain. Come join in Mike's annual season opening ride. POTHOLES, DIRT, CYCLOCROSS and maybe a new road if they pave it in time.

Sunday April 9th - Ponds and Cows

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

Where: Ipswich River Park, North Reading, MA

When: 10:00am for 40-50 miles or 25 miles (shorter option planned too)

Directions: The Park is in North Reading Center on Central St. and Rt. 62. From Rt. 128 take exit 40, follow Haverhill St. 3 miles north, take a left on Chestnut St., $\frac{1}{2}$ mile to Park. From Rt. 62, Central St. is $\frac{1}{2}$ mile west of Haverhill St./Batchelder School.

What to expect: Through Harold Parker State Forest, Middleton, Boxford and North Andover by a bit different route with new cows.

Easter Sunday April 16th - Easter Show-n-Go; Location to be announced via email; check the web site for details.

Sunday April 23rd - Tour the Merrimack

Who: Eric Shaktman ericnsc@verizon.net 978-948-7156

Where: Cushing Park, Newburyport, MA

When: 10:00am for 25 and 50 miles

Directions: From Route 95, take Exit 57 for Route 113 East. Go for 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right. From Route 1 go onto Merrimack Street (at the Newburyport end of the bridge over the Merrimack). Go $\frac{1}{4}$ mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

What to expect: Scenic tour of the Merrimack River; the 25 mile loop is fairly flat; the 50 mile loop is varying.

Sunday, April 30th - Divorce Court Hill Ride

Who: Tom Keane huknpuff@comcast.net 781-477-0834

Where: South Lynnfield Post Office, Lynnfield, MA

Directions: From Route 95/128 take exit 43 (Walnut St) east towards Lynnfield/Wakefield. Take your first left onto Salem Street and follow it about 1 mile. The post office is on your left at the intersection of Summer and Salem Streets.

When: 10:00am for 25 and 40 miles

What to expect: This is a great short ride that will seem as if you are seeking as many hills in as short a time as possible. There are lots of small stores along the route for refueling.

Sunday, May 7th - Location to be announced via email; check the web site for details.

Sunday, May 14th - Annual Mother's Day Ride

Who: Mike Whalen bikermike42@yahoo.com 603-512-1122

Where: Montserrat Train Station, Beverly, MA

Directions: Route 128 to exit 18 (Route 22). Take Route 22 towards Beverly. The train station is on the right about 1 mile from the highway.

When: 9:00am for 25 and 45 miles

What to expect: This ride is a Whalen tradition! The route travels towards Cape Ann, choreographed by Mr. Map himself!

JUDGMENT DAY

Hello everybody, my name is Emmett and I am a cycling junkie. I have come to realize that I am addicted to my bicycle. That realization came to me, after nearly 20 years of denial, when without a second thought I dressed, prepared my bike for a ride and went out into 20 degree weather with a bone chilling 20 mph wind in my face. I knew that if I didn't ride that day, the symptoms of withdrawal would appear; twitching leg muscles; constant gazing out the window, whining and depression.

This addiction started quite harmlessly in 1986 when I innocently dug out my old ten-speed and took a 5 mile round trip to visit my mom. Three hours later, five rest stops during the ride and total exhaustion, I was hooked. Wouldn't anybody be?

It got worse. I bought my first hybrid and started to commute to work during the summer. It felt good. Then I did something I would regret, even now. In 1989 I agreed to ride for the MS Society. I raised funds for MS and rode 150 miles in two days. I did that for 12 years. I tried to do the ride in 2001 but I had been hit by a car while commuting to work in the winter of 2000 and I was not totally mended. For the next three years I did a shorter ride for the cause.

2004 was a low point in my biking addiction. I was almost cured of it. I rode less than 500 miles that year, and my blood sugar spiked so high that my doc wanted to start me on insulin. I asked for an alternative and he said "diet and exercise!" Gee, have you ever heard that before? It worked! Less than a year later I am 60 lbs. lighter and my blood sugar is in line.

Now having told you about my addiction, I will now relate the joys and pain of my experience of winter riding. This year there were 89 days of winter. I rode 66 of them. There was only one day when I didn't go because of the temperature (12 degrees with gale force winds). The rest of the no-riding days were because of snow, rain or unplowed streets. During that time I rode four miles short of 1400 miles. Since last April I have ridden over 5600 miles and trashed my Trek. I bought a new bike for a new year and hope to do 6500 miles.

Here are the joys of winter riding:

No mosquitoes, no motorcycles, no bees
No bicyclists, no dogs, or geese
No skaters, no skate boards, no joggers to face,
Clear roads, few cars or trucks to race.

Here is the pain:

It's freaking cold outside, and windy, too!
10 pounds of clothes with tearing eyes on cue.
Cold toes, cold nose and water to ice.
Getting home to warmth, that'd be nice.

Emmett Halpin

Summary of minutes of the NSC Meeting, March 23, 2006

1. Allocating funds to organizations other than charities-
 - a. Proposed: Bike to the Sea, Mass Bike, Union Congregational Church (Tues Night start), Llama Farm
 - b. \$500 approved for up to 5 organizations to be decided by the Board.
2. Special discount for Century riders who become new members at sign-up-
 - a. \$5 discount for a membership when signing up for the century.
 - b. Mike Habich and Nancy Cole to investigate auto sign-up software to permit sign-up from the web.
3. Treasurers Report, Chuck Hale-
 - a. The club had a \$6655 balance; equal contribution of profit between membership dues and the Century.
 - b. Nancy Cole introduced as our new treasurer to replace Chuck Hale who has resigned in good standing.
4. Ride calendar, Eric Shaktman-
 - a. We are trying to fill 32 ride dates this year and 16 dates are filled.
 - b. Ride Committee: Eric Shaktman, Ann Pernice, Mike Habich, Phoebe Roberts, Pam Houck, Jim Danis
5. Changing the start for the Century -
 - a. Discussed the virtues of Triton in Byfield vs. Georgetown H.S.
 - b. Triton has more parking and we could hire their janitor to keep the restrooms available so Porta-potties would not be needed. There were disadvantages to accessibility and route and no decision could be made. It was agreed to have the Century committee make the start location decision.
 - c. Century Committee: Eric Shaktman, Paula Bossone, Pam Houck, Jimmy White, Ellen Wack, Nancy Cole, Phoebe & Frank Roberts, and Tony Salerno.
6. Membership, Emmett Halpin -
 - a. 201 members; 70 members did not renew 2004-2005, over 40% non-renewal rate. Jay Batson suggested implementing Survey Monkey software on the website that would ask prior members why they didn't renew. It was decided that it was more important to have on-line enrollment enveloped first since this would make it easier to enroll and renew plus there would be other features with on-line enrollment software that would help enhance the whole process. It was agreed that Mike Habich and Nance Cole would be responsible in developing an on-line enrollment process.
 - b. We also confirmed that for now memberships will continue to expire 3/31 with the exception of new members who sign-up in August or later who will be subscribed thru the following year. We also discussed how the membership e-mail list is updated.
 - c. Membership forms used to update e-mails but only make a document. The e-mail list is independent of the on-line sign-up for NSC e-mail which can include non-members. Agreed that any on-line registration process would inherently help us maintain a membership e-mail list.
7. Marketing-
 - a. It was agreed that new brochures and a team of people to properly distribute them to bike stores, health clubs with spinning classes, etc. was needed. Also, getting our club info to other clubs as well as local publications were marketing basics the club was not utilizing to promote itself effectively.
 - b. Marketing Committee: Jim White, Jay Batson, Ann Pernice, and Marty Silva
8. Newsletter, Howard Wack -
 - a. Need contributions - Gordon Harris and Jimmy White so far.
 - b. Advertisements? Past revenues insufficient to justify the effort. Not pursuing ads for now.
 - c. Marketing Committee to develop a list of club benefits to promote.
 - d. We also agreed to not charge any extra fee's for people who still request a hard copy of the newsletter.
9. Clothing
 - a. New jersey design interest? Jay Batson to get prices and concepts and submit to Board.
 - b. Much inventory of past designs. Need to make a bigger effort to sell off the clothing. Eric to contact bike shops for interest in selling on consignment. Jim White to market at the Monday, Tues, and Thurs, night ride. The Marketing Committee to aggressively market. Howard and Eric to provide an inventory of availability and send out e-mail to our web subscribers offering them for sale.
 - c. New reduced prices were agreed upon: \$40 for short sleeve or sleeveless shirts, \$45 for long sleeve shirts, and \$50 for jackets.
10. Web site
 - a. Email pics to Mike Habich for possible posting; additional enhancements coming.

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