



# The North Shore Cyclists Newsletter

August 2000

Visit the NSC website at: [www.astseals.com/nsc](http://www.astseals.com/nsc)

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## HEAR YE! HEAR YE!

### All North Shore Cyclist members...

In a few short weeks, the Blazing Saddles Century will be embarking on a long journey into the 21st Century. As the Century Co-ordinator, I have been putting articles in the preceding newsletters keeping you abreast of the planning for this year's event. The route is all set to arrow, porta-potties are ordered, water bottles have been delivered, energy bars are on the way, the pre-registrations are rolling in, etc...

The only thing we are lacking is you the member, either as volunteers or as riders. I have been fortunate this year to already sign on a complete crew for arrowing. I still need plenty of help for the rest of the two days of activities, which are -- registration, check-in, rest stops, and clean up. To entice some of you pro-

crastinators: If you volunteer, your registration fee is waived, and you ride for free.

For those members not lucky enough to get onto a volunteer list, your participation as a rider in the Century is of equal importance. Remember this is the Club's biggest event for the year, it is the only fundraiser we have, and it pays for most of the BBQs, and some of the banquet. We need the support of every member of the Club to make it truly successful.

**SO DON'T BE SHY, COME JOIN US ON AUGUST 26 & 27, EITHER AS A VOLUNTEER, RIDER, OR BOTH. THANKS AGAIN TO THOSE WHO STEP FORWARD.** For volunteering call Tony at 978-353-2524, or [Litespd1@aol.com](mailto:Litespd1@aol.com).

## A Honeymoon Ride

New NSC member Lucy Nottingham and her husband Tom will be spending their honeymoon in beautiful, scenic Alaska. But they will not be your typical tourists taking in the sites. Instead, they be participating in the Alaska AIDS Vaccine Ride, trying to raise awareness as well as funds for this good cause. From August 21-26, 2000 Lucy will be cycling and Tom will be volunteering as a crew member as a massage therapist.

A little about the Alaska AIDS Vaccine Ride: More than 1,500 bicyclists will be participating in the six-day, 510-mile Ride from Fairbanks to Anchorage, Alaska. Proceeds from this first-ever event will benefit the work of three of the world's most respected AIDS research scientists and their teams as they work to eradicate AIDS through vaccine.

In order to participate in the Alaska AIDS Vaccine Ride, Lucy has committed to raise at least \$3,900 - and then of course, to train and ride. Lucy has been doing some of her training with the NSC since the Ride will cover at least 3 mountain ranges. Lucy is looking for any hills that can be found in this region to help her prepare. She trains heavily on Saturday and Sundays, trying to do back-to-back rides. She's always looking for to meet folks who may want do rides on Saturday or other times.

If you want to sponsor Lucy or learn more about the ride, please contact her at 781-598-2557 or at [Lucy.Nottingham@us.pwcglobal.com](mailto:Lucy.Nottingham@us.pwcglobal.com).

Lucy says she will give us an update when she returns. We wish her the best!

# Project Bread's New Effort

As a member of the North Shore Cyclists, I wanted to let you know about an exciting new event coming to Boston this September.

Project Bread's Tour de Boston - The Ride for Hunger is a bike-a-thon through the neighborhoods of Boston to raise money for hungry children and families in Massachusetts. The In-City Route (approx. 40K) will go through the neighborhoods of Boston and the Tour Route (approx. 100K) will go through Newton, Weston, and Lincoln with both routes beginning and ending at the Boston Common. Lunch will be provided at the Boston Common for all participants.

And Greg LeMond is coming!

We will be holding a kick-off event at International Bicycle Center in Allston to recruit riders. On August 24th from 6:00-8:00 pm, Greg LeMond will be on hand to meet riders and help promote the event. We would love for you to come to this and bring any interested friends.

Please email me at [kelly\\_richards@projectbread.org](mailto:kelly_richards@projectbread.org) or give me call at 617-239-2502 and let me know if might be interested in the Ride for Hunger. Also check out the website, [www.projectbread.org](http://www.projectbread.org), for details and a virtual tour of the route and a downloadable Ride Guide and registration form.

Thanks! Hope to talk with you soon.  
Kelly Richards

## New Members

David and Katie Pietrowski - Swampscott  
Charlie Kay - Saugus  
Barry Grenier - Topsfield  
James Danis - Amesbury  
Carol Homiak - Wakefield

*Welcome!*

## Volunteers Needed

We have some open dates to fill up. Please let Eric know ASAP if you would like to volunteer for any of these. We have rides all set from almost anywhere that you may want to start from.

September 3, 4, 10, 17  
October 8, 15, 22, 29

## Officers & Coordinators

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**11th Annual  
NYC Century Bike Tour  
Sunday, September 10, 2000**

*A fun bicycle ride for everyone!*

**Date:** Sunday, September, 10th, 2000

**Time:** Four start times (6 am; 6:30 am, 7 am, 7:30 am), depending on route

**Where:** Start/finish at Central Park Harlem Meer

**What:** A bicycle ride through Manhattan, Brooklyn, Queens, and The Bronx. Participants choose from four route lengths: 35, 50, 75, or 100 miles.

**Cost:** Various options: \$25.00 - \$45.00. The NYC Century is a fund-raiser for T.A.!

**Contact:** Request a registration form at 212-629-8080 or e-mail [events@transalt.org](mailto:events@transalt.org) or register on-line at [www.NYCCenturyBikeTour.com](http://www.NYCCenturyBikeTour.com).

**For:** First-time riders, families, cyclists of all ages and skill levels

The 11th annual New York City Century Bike Tour is happening on Sunday, September 10th, 2000. It is a touring bicycle ride through New York City's four most populous boroughs: Manhattan, Brooklyn, Queens and The Bronx.

Riders visit unique neighborhoods, beautiful parks, astounding bridges, and open waterfront vistas. The NYC Century is presented by Transportation Alternatives and is the nation's only urban century. It is T.A.'s largest fundraising event of the year.

Transportation Alternatives is metro NYC's non-profit advocacy organization for cyclists, pedestrians, and sensible transportation. Currently there are 4,500 Transportation Alternatives members.

**BIKE TO QUEBEC  
WENHAM, MA TO QUEBEC  
CITY**

**AUGUST 12-22, 2000**

**SATURDAY - TUESDAY**

Join us for the ninth almost annual tour through northern New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day (plus longer options) for eight consecutive days, through some of the most scenic country in New England and Quebec. Then enjoy Saturday afternoon to Tuesday morning in and around Quebec City. En route, experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the Mt. Washington hotel?), and the remote quiet Connecticut Lakes. Also northeast MA to Newburyport, southwest Maine, Vermont's Northeast Kingdom and Quebec's upper Appalachians. We'll enter Canada at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat terrain. Three nights en route are on lakes.

See last year's trip on the web courtesy of Rich Salter at <http://rts3.home.sprynet.com/main.htm>

\$890 includes 10 nights lodging in comfortable inns, motels and hotels (2 persons/room), 4-6 breakfasts, lunch food on 7 riding days, 2-3 dinners, sag van support, return transportation to start point, 11 days off-street parking, cue sheets and maps, and T-shirt.

Leader: Arnold Nadler: 978-745-9591.  
[ardnadler@aol.com](mailto:ardnadler@aol.com)

Co-leaders: Mike Barry: 781-762-2784, Steve Kolek: 781-674-1090.

**August 26-27 North Shore Cyclists BLAZING SADDLES CENTURY · Sept. 10 -- Nashoba Valley Pedalers 2000 Fall Century Classic** [www.ultranet.com/~nvp](http://www.ultranet.com/~nvp) · **Sept. 10 -- THE FLATTEST CENTURY IN THE EAST** [www.nbwclub.org](http://www.nbwclub.org) · **Sept. 17 -- SOUHEGAN RIVER TOUR** [www.crw.org](http://www.crw.org) · **Sept. -- WHITE MOUNTAIN CENTURY**, Casco Bay Bicycle Club · **Sept. 17 -- DON McCULLOCH MEMORIAL RIDE**, 25, 62 or 100 miles, Massachusetts Military Reservation, Route 28, Falmouth, Mass.; \$22 members, \$25 nonmembers by Sept. 7. Contact: Mad About Cycling, [mac@cape.com](mailto:mac@cape.com), 13 Bell Rd., Bourne, MA 02532, (888) 235-2300 or (508) 759-3723. · **Sept. -- FRYEBURG FROLIC CENTURY**, Casco Bay Bicycle Club, 100 miles, Westbrook High School, Spring Street, Westbrook, Maine; \$15, \$17 after Sept. 18. Contact: Maggie Guthrie, (207) 772-3860. · **Sept. 24-25 - Granite State Wheelmen Tri-State Seacoast Century Weekend** [www.geocities.com/Colosseum/Loge/9605](http://www.geocities.com/Colosseum/Loge/9605) · **Sept. 24 MAJOR TAYLOR CENTURY** by the Seven Hills Wheelmen - Bicycle 25, 62 or 100 miles on quiet, rolling back roads in central Massachusetts as the seasons change. All new routes this year! All rides leave from Sovittaja Finnish Society (Finn Park) on Demond Pond, Finn Park Road off Pleasantdale Road, Rutland, Mass. Seven Hills Wheelmen: <http://members.aol.com/shwworc/index.html> · **Oct. -- CADILLAC MOUNTAIN CHALLENGE**, Maine Freewheelers, 25, 62 or 100 miles, Acadia National Park Visitors Center, Mount Desert Island, Maine; free. Contact: Tony and Anne Mourkas, [mourkas@telplusnet](mailto:mourkas@telplusnet), 171 Patterson Road, Hampden, ME 04444, (207)862-5990. · **Oct. -- GREAT RIVER RIDE**, Northeast Sport Cyclists, 25, 62 or 100 miles, Park Square, Westfield, Mass.; \$25. Contact: New Horizons, (413) 562-5237. · **Oct. -- ROUNDQUABBIN**, 100 kilometers around Quabbin Reservoir. Watch for details in The Ride magazine, [www.ridezine.com](http://www.ridezine.com).

# North Shore Cyclist Weekday Rides

**Monday**

**Topsfield Plaza, Topsfield**

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

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

*Two groups -- Beginner & Intermediate -- tradition-*

*ally 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.

**Tuesday**

**Batchelder School, North Reading**

Start time 6:30 PM Starts the first Tuesday in June.

Co-leaders: **Lori Balboni** (978)685-1859 and Jimmy White (978)689-9847 jdwhite@mathbox.com

*Intermediate. 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 described below...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.**

Start Time: 6:30 p.m. - beginning August 23rd, 6:00p.m.

Co-leaders: **Eric Shaktman** 603-580-1010 ericnsc@mediaone.net & **Marie Doyle** 978-777-4455 mdoyle@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 & mid-August-Sept.; 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.

**Saturday**

**Masconomet Regional High School, Boxford**

Start: 9:00 AM in April, 8:30 AM May through September, then 9:00 October through mid-November, 10:00 AM through the winter. (It's a good idea to call or e-mail during the winter to confirm... we might ride on Sunday now and then too.)

Leaders: **Mike Habich** (978)664-0187 mhabich@astseals.com & **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 speed play 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 Rte 95).

# Sundays On the Road

**August 6**

## *Some More Cheese with your Whine*

**Who:** Pam Houck (978)388-2986

pah@exceloncorp.com & Ann Pernice (978)373-6647

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

**When:** 8:00 for 65 miles. 10:00 for 25 and 35 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:** All rides go through scenic back roads through some beautiful farm country of southern New Hampshire. These are new loops and the long loop goes up to Durham, NH. The loops will have some hills which could not be helped (they're perfect as they are).

*There will be a BBQ at Pam's house after the ride. Bring lawn chair, food or \$5--call for ideas.*

**August 13**

## *Rattlesnake Rendezvous*

**Who:** Jim White

**Where:** Greater Lawrence Votech in Andover

**When:** 9:30 for 62 M, 10:00 for 25 & 40 M

**How to get there:** I-93 NORTH, Exit 45 River St. (1st Exit North of I-495), Left at 1st set of Lights onto River Rd., Left at 3rd set of Lights into School Parking. I-93N is Exit 40B off of I-495

**What to expect:** Twisty, scenic ride through Andover-Tewksbury area, moderate hills

**August 20**

## *Bruce Feindel Special*

**Who:** Bruce Feindel (978)-462-4832

**Where:** Aries Sports, Newbury (978)-465-8099

**When:** 8:00 for 68 miles, 9:00 for 50 and 30 miles

**How to get there:** Rte. 1 South: Aries is on right about 1 mile south of the Newbury traffic circle/Newburyport District Court. Rte. 95 N/S: Take Exit 57 to Rte. 113 E in Newburyport. Turn right at the Shell station onto Low St. Follow Low St to Rte. 1 (about 2 miles), turn right, and follow directions for Rte. 1 S.

**What to expect:** 68 mile route is rolling to hilly: northern Mass and southern NH as far as Exeter and return via the Merrimack River and the llama farm. 50 mile route is rolling, also into northern Mass and southern NH, and 30 mile route is lightly rolling but easy. Arrows and cue sheets.

*Aries Sports will be open before the ride for mechanical support (come early) and your shopping pleasure. Refreshments will be served by our host, Aries, after the ride*

**August 26 and 27**

## *North Shore Cyclists 1998 Blazing Saddles Century*

Ride along beautiful rivers, lakes, and bridges, and see New England churches, town halls, and farms. The scenic routes will travel through the North Shore of Massachusetts and into southern New Hampshire including Amesbury, Georgetown, Merrimac, Newbury, West Newbury, historic Newburyport (site of our 50-mile stop) and many more beautiful towns and sights. The 100-mile loop swings through Ipswich, Essex, Manchester-by-the-Sea, and Beverly. The terrain includes rolling hills, long flats, and rural roads. The nearby ocean furnishes cool breezes, trees along the route provide plenty of shade, and the sun lends warmth on those open flats.

There are three loops: the 100-mile ride starts at 8:00 AM, the 62-mile loop at 9:00 AM, and the 25-mile ride at 10:00 AM. Registration starts at 7:00 AM.

If you register before August 22, the cost is \$12 for NSC members and \$14 for non-members. Ride day registration is \$15 for everyone. The fee covers cue sheets, maps, arrowed route, sag wagon, 50 mile stop with food and refreshments, after-ride refreshments, and water bottles (first 300 registrants). Massage therapists will be available after the ride for a nominal fee. T-shirts are available to early registrants for \$10 each (sizes S, M, L, XL). Only the first 500 entries will be accepted so sign up early!

All rides start at Georgetown High School (new location!). From I-95, take exit 54B (Rte. 133 west) toward Georgetown center. After about 2 miles, turn right onto Winter Street...the parking lot is directly in front of the high school.

**Sunday Ride Coordinator: Eric Shaktman**  
(603) 580-1010, ericnsc@mediaone.net

**Picnic rule-of-thumb:** Please call the ride coordinator about a food to bring (salads, dessert, chips, etc.). If you cannot bring food, a \$5 donation is to be given to the cookout host. Lawn chairs are always welcome!

# Presidential Notes

## That's It...

**"Yeah, I've heard of that":** One of the drugs the doctors have been giving my father-in-law as he struggles with cancer is recombinant EPO, as used illicitly by so many professional cyclists. FYI: the legitimate use is to boost red blood cell count when the bone marrow has been creamed by chemotherapy.

**"I wish I'd brought some of that":** A good thing to pack for taking to bike rides is toilet paper. Even when the start features portable facilities, they are not always well-supplied and in the woods, there are only leaves. You don't want to have to use your socks for this chore. Change the toilet paper at home when you still have about 1/2" thickness over the tube, put it a plastic sandwich bag, and put it with your bike gear. You'll be good to go for a month to all season depending on your particular "schedule".

**"Been there, done that":** In the 80's, the NSC teamed with the Bensons of the late shop Bicycles of Salem to run an annual overnight ride from Topsfield to Lake Winnepesaukee and back. The ride took place in August about the same weekend the Blazing Saddles Century runs now or maybe a week or two earlier. We would leave Topsfield Saturday morning and stop for a snack at McDonald's in Haverhill. Lunch was at Papa Gino's in Rochester, NH. In the early afternoon, the first riders would have reached the goal of the barn hostel in Alton Bay, NH and would be taking the ceremonial swim in Winnepesaukee. Late afternoon, the Benson's Bicycles of Salem van would pull in to the hostel with the riders' overnight gear and other vehicles would arrive carrying family and friends. Supper was at a small Italian restaurant in Alton. We took up most of the 40 or so seats in the place. Sunday morning breakfast was prepared in the barn and was a huge eggs-bacon-sausage-pancakes affair. The trip back was punctuated by stops at McDonald's in Rochester and sometimes Larry's Clam Bar in Plaistow. Ride length was about 75 miles each way, quite hilly at the Winnepesaukee end but nothing unusual for the NSC elsewhere. As nutritionally shocking as this ride was, it was a heck of a lot of fun. The accommodations were unsanitary, but the camaraderie in the restaurant and barn Saturday night and on the road remains unequalled within the NSC. You would be

amazed what you can actually do after 55 miles and a pepperoni pizza. I'd like to propose August 11/12, 2001 as the date for the return of the Winnepesaukee ride. Some changes are appropriate. I would like to route the ride away from Haverhill and Plaistow on Rt. 125. I'd also like to avoid the critter-ridden hostel barn in Alton Bay we used before, unless it's been cleaned up. I'm looking to a Newburyport start and a stay over near the Gunstock ski resort or perhaps Wolfeboro on the other side of the lake. That would give a slightly longer ride (and hillier). I can provide the route, publicity, and sag/gear wagon support for that weekend if somebody can secure reasonably priced accommodations for about 35 people that Saturday night. (I wouldn't rule out the hostel if it is still open; I haven't been there in 10 years and it may well have been cleaned up). There would be a charge for the ride to recover the costs and we naturally want to keep it low. I anticipate limiting the ride to around 20 riders and 30 to 40 overall depending on accommodations. Call me to volunteer.

**"Gotta brag about that":** Little League season ended the week I'm writing this. Ben's team was undefeated through the regular and playoff season and then won the championship game 5 to 4 in a game that could have gone either way till the final batter flied out to 3rd. The Diamond League Minors league covers the southern New Hampshire towns of Newton, Kingston, East Kingston, and Kensington. (Here is a weak bike connection: the NSC rides through Newton, East Kingston, and Kensington sometimes). Last year, Ben was also on the championship team. That team was the first Newton team to win a championship anyone could remember, and they only lost a couple of games along the way. This year's team was the first undefeated team anybody could remember. Next year, he and many of his teammates move to the Diamond League Majors. For this baseball season, Ben has added two trophies, a medal, and a game ball to his collection which is now bigger than the shelf we built for it. Hats off to all the Newton Expos.

**Ed Bolton**  
603-382-6989  
ebolton@ttlc.net

# *Help Free The Rails*

As many of you know, I have been researching the possibility of a bike and pedestrian path on abandoned Rail right-of-ways (ROWs) in Wakefield. Over the past year and a half I have been stone-walled by the TRA which is an agency that oversees real estate transactions for the MBTA. In the latest Mass Cyclist (MassBike's newsletter) an interesting article caught my eye and may shed some light upon the reason I may have been ignored by the TRA: "MBTA got cake and now wants to eat it too. Future bike paths threatened by greed."

In the early 1970s, the Commonwealth of Massachusetts purchased many of the state's railroad rights of way. These unused rail beds and related properties, paid for by the taxpayers' money, were then handed over to the MBTA for safekeeping for possible future transportation use. One use favored by the general public is shared-use paths such as the Minuteman Bikeway.

The MBTA is now engaged in activities that are tantamount to theft of public assets. In order to balance operating deficits (MBTA revenue covers only one-third of its operating expenses), the MBTA is planning to sell off these rights-of-way (ROWs) to the highest bidders. What this means is that public agencies such as cities and towns find themselves bidding against private indi-

viduals and developers for property that was already paid for by public money.

A bill (actually a "House Docket" at this point) HD4742 which would forbid the MBTA from selling off its disused ROWs to private interests is stuck in the House Rules Committee. The key representative holding it up is Angelo Scaccia, the committee chair. We urge you to write (or phone) the chairman and pass the word onto others to contact him to pressure him to authorize Rep. Anne Paulsen's petition as a bill so that it can be entered into the legislative process.

Contact State Rep. Angelo M. Scaccia, Room 167, State House, Boston, MA 02133. Tel. 617.722.2692. If you want to start helping out with the development of bike and pedestrian paths, a letter to Rep. Scaccia may help.

For those of you that want to be more politically active, or want more information on what is going on with cycling in Massachusetts, contact: MassBike at [BikeInfo@massbike.org](mailto:BikeInfo@massbike.org) or log on to their website at: [www.MassBike.org](http://www.MassBike.org), or call 617.542.2453. Every single cyclist can make a difference!!!

Ride safely,  
**Emmett**

*Do not forget --*

*The NSC Blazing Saddles Century will be held August 26 & 27. Did you pre-register? Did you get this year's t-shirt? Did you volunteer to help? Mark it in your calendars!*

