



The North Shore Cyclists Newsletter

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August 2002

Campaign Contributions Accepted

Not Too Swift:

I'm feeling left behind. As the president of the club I'm the CEO, and I am one of the few CEOs in the United States that does not have his own SEC probe. I may never know the thrill of an indictment or the mystery of the legalese on my own subpoena. I've proposed upping the annual dues to \$1,850,000 per year so that I might do some insider trading with the treasury and move on to the big leagues, but the response has been tepid. And I so wanted to give a deposition like Martha!

To help me get through the disappointment I've decided to run for Governor of Massachusetts. Like the frontrunner, I'm not a resident of the state but I have the advantage of residency in an adjacent state (as opposed to halfway across the country). I have paid more taxes to Massachusetts than my opponent has over the last 5 years and have actually visited the Commonwealth almost daily during that time. So remember this come fall: you want to vote for Edgar J. Bolton of Newton, NH for Governor of Massachusetts.

An Assignment:

From time to time, I get asked by non-cyclists where our membership comes from. They are curious why people spend lots of money, clothe themselves in Lycra, and expend an incredible amount of energy to ride for hours to get back to exactly where they start from. The short answer is that many of us are people who have been athletically inclined throughout our lives and gravitate to cycling for the social aspects of the sport, and/or technical fascination with the bikes. I'm interested in the longer answers, and solicited some from a select group of members. The first response, from Paula, appears in this issue. I'd like to hear and print more, so I'm opening up the question to everybody who reads this newsletter: What led you to cycling and the North Shore Cyclists? Send it on paper or electronic to my campaign headquarters at the end of this article. We'll print the best and report them all in the coming months.

Oops:

In the web issue last month we ran a picture of 3 NSC riders on the road and identified them as Frank, Kathy, and Dennis. In truth, it was Frank, Kathy, and Barry. My apologies go out to Dennis and Barry for the mix-up. I'm not experienced at

And We Like Riding with Paul a

I was always a recreational rider since moving to MA in 1972 from Utica, New York. After a few beater bikes, I thought it was a "big deal" to purchase a bike that cost \$350 in 1986 until I hooked up with Bob Williamson and Topsfield in 1994. He introduced me to "serious" cycling and to the Wednesday night rides with Bob Mak. Until that time, I thought riding around Nahant and Marblehead was great. No matter what, both Bobs stayed with me to make sure I finished the ride (it wasn't quite as fast then). It was a great feeling. After that, I upgraded to a \$1200 Trek (my folks thought I was nuts) and in 1997, to a custom ti "SEVEN" as I was having terrible back problems that I attributed to incorrect fit on the bike. (It turned out to be a cyst between two discs which was successfully removed and NO MORE PAIN). I am never happier than when I am cycling and it's been a great experience for me. I love riding with members of the club and Sundays are my favorite day of the week. I hoped to be able to instill this love of biking to others which was why the Monday night ride was organized. I hope that I can duplicate for some the same exhilaration that I felt when finishing a Wednesday night ride.

Thanks to both Bob W and Bob M. They made me believe in myself.

-Paula Bossone

identifying these guys from in front of them.

Blazing Saddles:

Hope to see everybody at the Century this month. As I write this, Tony and Eric are finalizing the cue sheet to give to the arrowers. We've got new pavement on some nice roads we have not dared to use for the last few years so it should be a great route!

Regards,

-Ed Bolton

President, North Shore Cyclists

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Pedros 2002

2002 Pedro's-Harpoon Mountain Bike Adventure Series is Presented by MetroSports Magazine and the New England Mountain Bike Association.

Come ride on great trails and support good causes! Each Pedro's-Harpoon MTB Adventure Ride will allow you to follow marked courses at your own pace. There will be lots of prizes, and best of all Harpoon will be hosting a post-Adventure party at a local pub after each event! The cost will be \$10 per ride, \$3 for members of the New England Mountain Bike Association and free to anyone who joins NEMBA at that event. All money raised will benefit a charity or go directly back to the trails!

July 21 Connecticut, Location to be announced
August 25 Wompatuck State Park, Hingham MA
Sep. 8 White Mtns NH, Location to be announced
Oct. 20 Great Brook Farm SP, Carlisle MA

For more info on these upcoming MTB rides go to the web site:
<http://www.mtbadventureseries.org/>

-Forwarded by Lenny Sullivan

Northern Vermont Labor Day Getaway

Enjoy 3 days of bicycling through the quiet, bucolic countryside of Vermont's Northeast Kingdom Aug. 30 - Sept. 2. Rides of approx. 30-65 mi. each day. Stay in a charming B&B overlooking spectacular, idyllic Lake Willoughby. Low gears and helmets strongly recommended. Cost of \$190 per person (double occupancy) includes 3 nights lodging, 3 hearty breakfasts, 2 multi-course dinners, happy hour snacks, maps, cue sheets, and access to canoes on the lake. Leaders Robin & Bill Inman (781 324-8826 before 9:00 pm; rock-rob@att.net).

-Robin Inman

New Members

The NSC welcomes:

Richard Faraci - Rowley

David Richman - Lynnfield

Joy and John Sackrison - Melrose

Tim Sullivan - Newburyport

Colin Johannan & Family - Wakefield

Darlene Prinz & Family - Boxford

Bruce & Jesse Kapsten - Gloucester

Larry A. Dunn & Family - Swampscott

Bill Steelman - Newburyport

Michael H Silverman - Marblehead

Richard & Mary Paganelli - Georgetown

Jay Hydren - Rowley



Frank, Barry, and Kathy

Get Ready for Century Season!

The Bike-

The bike is much less of a factor than any self-respecting bike shop will advise. The bike should be fitted properly. Bike shop personnel are usually cyclists themselves and do this pretty well. When you get out on the road ask *experienced* riders how your position looks. With the bike shop fit as a starting point and your own perception and those of other riders for guidance, you should be able to home in on a good fit. You want clipless pedals and properly fitting, lightweight shoes that can take the cleat for the pedals. For typical road riding the exact pedal system (Look®, Shimano SPD®, Speedplay®, Time®, or others) makes little difference. Integrated controls (shifters on the brake levers) are a big plus. Bike, pedals, and shoes should be bought at a local shop. Frames: "Chrome-Moly" or "Cro-Mo" frames are simply a tasty flavor of steel. Steel, aluminum, titanium, and carbon-fiber all work fine in appropriate designs as a frame material. Steel bikes may be the heaviest but only by 2 lb or so over the lightest similarly equipped machines. This amount of weight in anything other than wheels will not be a factor in anything below the highest levels of competition.

Wheels: Money spent on light wheels, on the other hand, is money well spent. Light wheels make a major difference, noticeable by any level of rider.

Using Gears-

Ride in as high a gear as you can while staying on top of the gear. "Staying on top of the gear" is a feeling you can learn quickly but is hard to describe. You should not be conscious of hard effort on the pedals nor of a lot of RPM's. When you are on top of the gear, you should have reserve to increase either torque or RPM's with ease.

Pedaling-

You should be "pedaling circles". Most of the torque comes from the downstroke of the pedal, but you should be lifting the rising leg enough to unload the crank from the weight of your leg and at the bottom (and top) of the stroke making a motion like scraping mud off your shoes. It takes at least a full season for most people to get this to be instinctive.

Hills-

For long ones, get in a rhythm, and pick phone poles, driveways, mailboxes, or whatever you can to establish as psychological landmarks, and don't worry about people going by. For short hills, don't shift down, or else just drop a gear or two and stand on the pedals to get over them.

Wind-

Wind can be worse than hills. Stay low by keeping your hands in the drops, keeping your elbows bent, and sliding back in the saddle. When racing sailboats, you try to stay out of the lee of the other boats. Not on bikes...

Drafting-

The ideal situation is to be in a paceline with 3 or 4 other people, everybody taking short pulls. Stay 5 or 6 *inches* from a good rider in front and an inch or two off to the side in case he has to brake. Bear in mind there will be somebody else behind you, so you have to ride steady- hold your line and maintain your speed as best you can even if it means hitting some rough spots in the road. Complain if the rider behind is "half wheeling" you- pulling up beside your wheel so you can't move to the side without hitting him. If the rider in front of you is less capable (unsteady) you need to give him more room for your own safety. The usual protocol is

for the rider in front to "pull" for awhile, then swing out to the left and fall back to the end of the line. If you are holding the rider in front of you ("your wheel") tight you'll be feeling pretty good when you get to the front, but resist the urge to blast off. Keep your speed steady, take a short pull, then swing left and drop back. If you exhaust yourself at the front you risk not having enough left to make the little jump you need to make to get back on the end of the line. When falling back, stay in tight to the line and soft pedal. On wide shoulders you may get in a double paceline. When you reach the front of the right side immediately swing to the left and drop back in the left line. The usual mistake here is not dropping back fast enough. With people who don't know each other these almost never work out, but almost every time there is the opportunity people want to try. Bear in mind when I say "him" I mean "him or her".

Experienced people who know each other and ride together a lot do pacelines and only rarely use their brakes.

You'll hear warnings for "car back", "walker up", "slowing", "stopping" etc. that are obvious. You may also see a rider in front of you pointing to the road. Usually that means there's a hole or other hazard. A circular motion with the right index finger pointing down means the rider who is pulling is done and is going back to the end. Some riders signal this with a "come on up" motion with the right hand. A waving motion with the right hand behind the rider from right to left usually means there are cars parked or some other obstacle ahead and the line should move to the left.

Food and Drink-

You should be going through a big water bottle in 50 miles at a *minimum* and way much more if the weather is hot. On a hot day on a hard ride two bottles in 30 miles is not unreasonable. Eat as often as you can, preferably things high in sugars and easy to digest. Bananas are popular because they have a lot of potassium and can stall cramping. Grapes and other fruit are good because of the sugars. Fig Newtons have both and are probably the ultimate non-engineered cycling food, but many get sick of them pretty easily. A lot of riders use powerbars, gels, and other concoctions. Fig Newtons or a banana are cheaper, natural, taste better, available anywhere, and do the same thing.

After 50 miles, as often as you can drink a Coke®. The kind *with* caffeine and sugar. Don't drink it while riding, and wait a few minutes after you drink it for the gas to come out of you (one end or the other) before you get back on your bike. This makes a big, big difference.

After a Long Ride-

Don't stand if you can avoid it- if you can lay down don't sit, and if you can sit don't stand. If at all possible, go out for a very easy ride the next day- 20 miles or less, no more than 15 MPH. You will feel much better at the end of this than at the start, and it will accelerate your overall recovery.

Good Luck,

Ed Bolton

President, North Shore Cyclists

On The Road

August 4

Let's go Northwest

Who: Eric Shaktman 603-580-1010 ericnsc@mediaone.net

Where: Topsfield Plaza, Topsfield

When: 9:00 for 70 and 10:00 for 25 & 40 miles

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 slightly hilly terrain. The long ride heads into New Hampshire. Cue sheets and arrows.

August 11

Jeff's Awesome Adventure

Who: Jeff Turpel jat@nii.net

Where: Haverhill High School

When: 9:30 am for 35 and 60 mile rides

How to get there: From Rte. 495 north, take exit 50. At end of ramp go straight across Broadway onto Monument St., then go straight through 4-way stop, H.H.S. is on the right. From Rt. 495 south, take exit 50. At end of ramp take a left onto Broadway, then take next left onto Monument St., then go straight through 4-way stop, H.H.S. is on the right.

What to expect: A scenic N.H. ride. Quiet roads, rolling terrain & moderately hilly - do your homework! Arrows, maps and cue sheets. This is a joint ride with the Charles River Wheelmen. It is in their calendar as "Have-A-Hill"

August 18

Let's Go Coastal

Who: Scott & Dianalyn Sirota 978-255-1774 kidkoop@aol.com

Where: Cushing Park, Newburyport When: 9:00 for 65 & 35 miles.

How to get there: From Rte. 95 take exit 57 rte 113 east. Go for 2 miles and take a left onto Kent St. parking lot is 2 blocks on right. From Rte 1 go onto Merimac St. 1/4 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

What to expect: Beautiful Ocean views, and Portsmouth NH. Mostly flat with a few small hills. All rides feature NH coastline and rural inland. Long ride goes to Fort McLary, Maine. There will be a BBQ at Scott's house after the ride. Contact Scott for what food to bring or bring a \$5 donation.

August 24 and 25

North Shore Cyclists 2002 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, West Newbury, Newbury, [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. 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.

Weekly Ride Schedule

These rides occur each week as listed. Non-members are always welcome.

Monday

Topsfield Plaza, Topsfield. starts at 6:30 PM up until August 12. From August 19 on, starts at 6:00. Leaders Paula Bossone (978)-887-0688 paulajbossone@attbi.com 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. Starts at 6:30 PM thru August 13. Starts at 6:00 from August 20. 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

Topsfield Plaza, Topsfield. Starts at 6:30 PM thru August 14. Starts at 6:00 from August 21. 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. Start time 6:00 PM in August. Last ride for season is August 29. 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.

Saturday Road Rides

Masconomet Regional High School, Boxford. Start time 8:30 thru the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 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 end near I-95...the other end is under construction).

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.

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.

September 2002

Newsletter:

Deadline is 08/14/02

Mail date 08/29/02

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@tlc.net

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