



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0508

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August 2005

PRESIDENTS REMARKS

OK, the Blazing Saddles Century is closer than you think, so if you haven't registered you can find the registration form at <http://www.nscyc.org/centform.htm> or at the end of this newsletter. Just print it out or fill it out and mail it in with your check. As previously mentioned, call Gerard "Hozz" Hosman at (978) 744-3332 if you'd like to help out; we'd all appreciate it! More information is inside, so keep reading.

I want to thank the ride committee for filling the ride calendar with rides through the end of the road riding season, which is October 30th. This isn't to say the road riding ceases, just the scheduled organized Sunday rides. I realize we repeat some rides, but this is far better than a bunch of "show-and-go's". I also want to thank Don & Judy Roy, Marty Silvia and especially Gordon Harris for their contributions. New leaders can mean new routes and perspectives, or just give the regulars a break so they can enjoy their "own" ride. I personally realize the effort it takes to pull off a ride and wish more of you would get involved and help us out. It's regretful to see the same people leading rides year after year and I'm sure you all have ideas as to where would be a nice place to ride; so get involved! See you on the road!

Howard

WHO'S WHO

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CENTURY UPDATE

It's here! Just 3 weeks until the NSC Blazing Saddles Century! Sign up now while it's fresh in your mind! New roads! New options! New T-Shirts! Bring your friends! Bring you family! Details are inside!

THINK LIKE AN ANIMAL

We've all been in a position of coming up on horses or other wildlife either on or off the road. I just talked to a friend who had a black bear run across the road in front of him and his wife. A few seconds later and he would have hit it. Let's hope it's still in a hibernation state if that happens! Here are the laws from the Mass. Registry of Motor Vehicles.

- Always yield the right of way.
- Animals are easily frightened, **SLOW DOWN!** It amazes me to see so many cyclists just fly by at 20mph without a concern. This is blatant ignorance and unacceptable behavior.
- If the animal is coming towards or crossing in front of you, stop and allow it to pass.
- If the animal is moving in the same direction as you, allow plenty of room and **SLOW DOWN!**
- Do not make abrupt loud noises while approaching or passing, but don't be absolutely silent either. That's like "sneaking up" on the animal and can startle it. Many have suggested announcing your approach and asking the rider if it's ok to pass.
- If the animal appears startled or frightened, **STOP** and go again when the rider says it's ok.
- You **MUST STOP** if a rider or drivers tells you to do so.
- In rural areas, use care when passing "hay rides" as they are horse drawn and full of passengers.

WELCOME NEW MEMBERS!

Antero DaSilva - N. Andover
Michael Ross - Haverhill
Erika Sargent - Stoneham
David Selden & Family - Salem
Joe & Kathy Marino - N. Andover
Judy Insalaco - Wilmington
Len Wenyon - Wakefield

HELP WANTED!!!

WE DESPERATELY NEED SOMEONE TO TAKE CHARGE OF OUR ADVERTISING AND MARKETING. PLEASE CONTACT ME ASAP IF YOU CAN HELP! THANK YOU!

Howard

PERSEVERANCE

Ann Pernice and I rode out to Ipswich Neck on a glorious, warm sunny day. We decided to "attack" the hills on Great Neck and at some point Ann went one way and I another. For us to "hook up" again I climbed a short, steep section and right at the top - the sound we all dread to hear - *whoosh* - a flat tire - rear wheel! Expecting to see Ann at the crest all that met me was heat and sunshine - no shade. I pulled over to a grassy area and was struck by the beautiful ocean views. No time to enjoy - I had to get down to business. After finally getting the rear tire off, I checked the tire for an obvious reason for the flat, but saw nothing. I pumped up the old tube to find the source of the massive air leak, but there was no leak. So I replaced the tube and started pumping. In the process, the valve stem came off and another *whoosh!* No patch kit was going to fix that! That is if I carried one. Nothing left in the bag but a gel pack and the cell phone so I did the obvious and called Ellen Wack for rescue. Bring me another tube I pleaded. I gave her directions on how to find me but had no clue how to tell her where I was in that maze. So I walked the bike down from that beautiful crest of the hill to a place where she would pass. It was fortunately downhill. In the meantime, Ann had biked to a store and called. I told her where I would be and she also came to the rescue with a tube. Once again I removed the tire from the rim and inserted a new tube. Unfortunately, my rims require a long stem and Ann had the short, so that wasn't going to work. She had a CO2 cartridge pump and that didn't work either, so I was back to taking the tire off yet again to wait for Ellen. In the distance the red getaway car/support vehicle was approaching. Of course, I had forgotten to ask her to bring a floor pump, which would have made life easier. In addition, after checking the tire again (in the shade I might add) I found a cut in my sidewall - another dilemma. Fortunately I remembered Mike Whalen saying years ago that to fix a hole in a tire, insert a dollar bill (or other denomination - the tire isn't fussy) against the cut and it would hold, and IT DID!!! At this point I was feeling great as this was the FIRST TIME IN 12 YEARS that I had to fix a flat myself and the 3 times of getting that rear tire on and off did wonders for my self confidence! I've always been pretty lucky in not getting that many flats but always had some man come to the rescue!!! (The first was Dave Merritt on a Wednesday night ride many, many years ago). My suggestion for those who may also be so challenged - get used to taking the rear tire off the bike and changing a tube. Don't wait to get a flat and learn on the fly. It's not difficult once you get the hang of it.

FELICITA

Paula Bossone

MORE CENTURY INFO

The club's century will be held on Saturday August 27th, and will start and end at Georgetown High as it has in the past. However, there are several changes. In addition to 100-mile and 62-mile loops, we are introducing a Flat Fifty. We are offering a 50-mile ride for those who are used to riding shorter distances, but want to challenge themselves. We are keeping the Half Metric loop (you do the math) and adding a 15 to 20 mile novice distance. Putting on the century takes a lot of time both in preparation and on the day of the event. More hands make the work go quicker. IF YOU CAN HELP, EVEN FOR A FEW HOURS, THERE ARE STILL PLENTY OF OPPORTUNITIES TO GET INVOLVED. You can contact me or one of the other coordinators:

Jimmy White - Rest Stops
Pam Houck - Arrowing
Paula Bossone - T-shirts & Sundry

The costs will be \$12.00 members/\$14.00 non-members for pre-registration (before 8/20/05) and the day of the show will be \$15.00 for everyone. There are also T-shirts available for \$15.00. Supplies are limited so order early! We hope to see you all there!

Hozz

HEART RATE MONITOR SPECIALS

FS1 - \$39.99	F11 ----- \$139.99	S720i - \$269.99
FS3 - \$59.99	S210 --- \$169.99	S725 -- \$299.99
FS4 - \$69.99	S610i - -\$249.99	M32 --- \$99.99
F5 --- \$69.99	S625x - \$339.99	M61 ---- \$129.99
F6 --- \$89.99	Bike Mount - \$7.99	
Power Output Sensor - \$299.99		
Cadence Sensor - \$35.99	Speed Sensor Set - \$35.99	
IR USB Interface Kit - \$35.99		

- Prices good for AUGUST only

Call Bob Munroe at (978) 387-7562 and mention the NSC

NEWSLETTER CONTRIBUTIONS

Please send any articles of interest or suggestions to:
Howard Wack
meandew@comcast.net
175 Haverhill Road
Topsfield, MA 01983

LE TOUR DE LANCE

Stage-1: Dave Zabriskie takes 1st and the Yellow by 2" over Lance. Lance passes Ullrich enroute to 2nd place.
Stage-2: Tom Boonen wins. Zabriskie and Lance 1st & 2nd.
Stage-3: Tom Boonen wins again. Zabriskie and Lance still 1st & 2nd. Robbie McEwen is penalized to 186th after leaning on Stuart O'Grady during a sprint.
Stage-4: Zabriskie crashes a mile from the finish and loses 1 ½ minutes, but Team CSC crossed just 2" behind Team Discovery. 500 yards later and they'd be tied. Lance takes the Yellow.
Stage-5: Robbie McEwen wins. Lance refuses to wear Yellow for Zabriskie and gets warned. He puts it on.
Stage-6: Lorenzo Bernucci wins. 25mph climbing!
Stage-7: Robbie McEwen wins again. Lance still 1st.
Stage-8: Team Discovery falls apart but Lance still 1st. Zabriskie bonks and loses 51 minutes!
Stage-9: Rasmussen wins. Jens Voight takes the Yellow.
Stage-10: Valverde wins. Voight bonks and loses 38 minutes. Rasmussen in 2nd now. Lance back in Yellow.
Stage-11: Vinokourov wins. Lance still in yellow by 38".
Stage-12: David Moncoutie wins. Team Discovery Manuel Beltran crashes and is out of the race. Lance still 1st.
Stage-13: Robbie McEwen wins again. Valverde drops out due to knee problems. Lance still 1st.
Stage-14: Georg Totschnig wins. Ivan Basso catching up. Lance still in 1st.
Stage-15: George Hincapie wins. Lance still 1st.
Stage-16: Cadel Evans wins. Lance still cruising along.
Stage-17: Paola Salvoldelli wins. Vinokourov announces he's leaving T-Mobile and would consider Discovery.
Stage-18: Marcus Sarrano wins. Rasmussen opting for King of the Mountains loses 37" to Lance. 3 more days.
Stage-19: Giuseppi Guerini wins. 2 more days.
Stage-20: Lance takes the stage and seals the Yellow. Poor Rasmussen crashes twice and uses 4 bikes & 8'.
Stage-21: What a finish! Rain and crashes stop the GC. Lance finishes 118th with his 83rd Yellow jersey. The End.

SPECIAL EVENTS

Blazing Saddles Century, August 27th
CRW Nautical Tour of NH/ME, September 9th-18th
Nashoba Valley Pedalers Fall Century, September 10th
Flattest Century in the East, September 11th (filled)
GSW Tri-State Seacoast Century, September 24th- 25th
CRW Fall Century, September 18th

Bold - NSC events

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 *** Starts May 2, 6:30PM ***

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 6:30PM through September***

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

This location is only 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; take 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 13, 6:30 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 *** August starts at 6:00 PM ***

Wakefield Center, Wakefield. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@comcast.net 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

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 cancels.

Masconomet Regional High School, Boxford. Start time 8:30 May & through the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jaturpel@verizon.net. 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 AND COMING RIDES

August 7th - Going North III

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

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

When: 9:00 for 50 miles, 10:00 for 20 and 30 miles

Directions: Rt. 95 to exit 58, Rt. 110W-Amesbury. Right at 1st light(Mobil) 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. The school is on your left. From Rt. 495 take exit 54 for Rt 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rt. 150. Go about .5 mile bear left onto South Hampton Road. The school will be on your left. BBQ after the ride at Jim's house across the street. Bring a chair. Call for menu items to bring or donate \$5

August 14th - Don & Judy's Mental Health Ride

Who: Don & Judy Roy 978-766-0855

Where: Don & Judy's House, 324 Maple Street, Danvers, MA

When: 9:00 for 60 miles, 9:30 for 45, 10:00 for 30

Directions: Route 1 to route 62 east, go $\frac{1}{2}$ mile and house is on the right, park in yard

What to expect: Easy ride on familiar roads through Danvers, Middleton, Boxford, Topsfield & Ipswich; BBQ after the ride at Don & Judy's. Call for menu items to bring or donate \$5

August 21st - Some Cheese With Your Whine

Who: Marty Silvia crazydog71@comcast.net

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

When: 9:00 for 25, 35, 50 and 65 mile loops

Directions: Rt. 95 to exit 58, Rt. 110W-Amesbury. Right at 1st light(Mobil) 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. The school is on your left. From Rt. 495 take exit 54 for Rt 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rt. 150. Go about .5 mile bear left onto South Hampton Road. The school will be on your left.

What to expect: The loops go through scenic back roads some beautiful farm country of southern New Hampshire. The long loop goes up to Durham, NH.

August 27th - THE NSC BLAZING SADDLES CENTURY AND NEW FLAT FIFTY!!!

Who: The NSC Century Committee

Where: Georgetown High School

When: 8:00 for 62 & 100, 9:00 for 32 & 50 miles

Directions: From I-95, take exit 54B (Rt 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.

What to expect: 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. 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.

Registration: \$12 members, \$14 non-members before August 20th, \$15 after that <http://www.nscyc.org/centform.htm>

August 28th - Let's Go Coastal

Who: Howard & Ellen Wack 978-887-6338 meandew@comcast.net

Where: Cushing Park, Newburyport

When: 9:00 for 35, 50 & 70 mile loops.

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 Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go j mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

What to expect: Beautiful ocean views through Hampton, Rye, and Portsmouth NH. Mostly flat with a few small hills. All rides feature NH coastline and rural inland. Long ride goes to Fort McClary, Maine

September 4th - Ride to the Sea, Georgetown, MA - Details later on the website

LACTATE THRESHOLD (PART 1)

With permission, this is excerpted from a series of articles written by Exercise Physiologist Dr. Stephen Seiler. Visit his website at <http://home.hia.no/~stephens/exphys.htm> With

What is Lactic Acid and where does it come from? When you consume carbohydrate, it consists of several different sugar molecules; sucrose, fructose, glucose to name a few. However, by the time the liver does it's job, all of this sugar is converted to glucose which can be taken up by all cells. Muscle fibers take up glucose and either use it immediately, or store it in the form of long glucose chains called glycogen. During exercise, glycogen is broken down to glucose which then goes through a sequence of enzymatic reactions that do **not** require oxygen to proceed. All of these reactions occur out in the cell fluid, or cytosol. They can occur very rapidly and yield some ATP in the process. This pathway is called the **anaerobic (no oxygen) glycolysis (glucose breakdown) pathway**. Every single glucose molecule must go through this sequence of reactions for useful energy to be withdrawn and converted to ATP, the energy molecule, that fuels muscle contraction, and all other cellular energy dependant functions. There is a critical metabolic fork in the road at the end of this chemical pathway. At this fork, glucose has been converted from one 6 carbon molecule to two, 3 carbon molecules called pyruvic acid, or pyruvate. This pyruvate can either be shuttled into the mitochondria via the enzyme pyruvate dehydrogenase, or be converted to lactic acid via the enzyme lactate dehydrogenase. Entry into the mitochondria exposes the pyruvate to further enzymatic breakdown, oxidation, and a high ATP yield per glucose. Conversion to lactate means a temporary dead end in the energy yielding process, and the potential for contractile fatigue due to decreasing cellular pH if lactic acid accumulation proceeds unchecked. Like a leaf floating in a river, the pyruvate molecule has no "say" in which metabolic direction is taken.

The Muscle Cell at Work: In a single contracting muscle fiber the frequency and duration of contractions will determine ATP demand. ATP demand will be met by metabolizing a combination of two energy sources: fatty acids and glucose molecules (ignoring the small contribution of protein for now). As ATP demand increases, the rate of glucose flux through glycolytic pathway increases. Therefore at high workloads within the single fiber, the rate of pyruvic acid production will be very high. If the muscle fiber has a lot of mitochondria (and therefore more Pyruvate Dehydrogenase), pyruvate will tend to be converted to Acetyl CoA and move into the mitochondria, with relatively little lactate production. Additionally, fatty acid metabolism will account for a higher percentage of the ATP need. Fat metabolism does not produce lactate, ever! If lactate is produced from glucose breakdown, it will tend to diffuse from the area of high concentration inside the muscle cell to lower concentration out of the muscle fiber and into extracellular fluid, then into the capillaries.

The Whole Muscle at Work: Now let's look at an entire muscle; say the vastus lateralis of the quadriceps group during cycling. At a low workload, glycolytic flux is low and the pyruvate produced is primarily shuttled into the mitochondria for oxidative breakdown. Since the workload is low, primarily slow twitch fibers are active. These fibers have high mitochondrial volume. As workload increases, more fibers are recruited and recruited fibers have higher duty cycles. Now ATP demand has increased in the previously active fibers, resulting in higher rates of pyruvic acid production. A greater proportion of this now is converted to lactic acid rather than entering the mitochondria, due to competition between LDH and PDH. Meanwhile, some Fast twitch [motor units](#) are starting to be recruited. This will add to the lactate efflux from the muscle due to the lower mitochondrial volume of these fibers. The rate of lactate appearance in the blood stream increases.

The Body at Work: The vastus is just one of several muscles that are very active in cycling. With increasing intensity, increased muscle mass is called on to meet the production requirements. All of these muscles are contributing more or less lactic acid to the extracellular space and blood volume, depending on their fiber type composition, training status and activity level. However, the body is not just producing lactate, but also consuming it. The heart, the liver, the kidneys and inactive muscles are all locations where lactic acid can be taken up from the blood and either converted back to pyruvic acid and metabolized in the mitochondria or used as a building block to resynthesize glucose (the liver). These sites have low intracellular lactate concentration, so lactic acid diffuses INTO these cells from the circulatory system. If the rate of uptake or disappearance of lactate equals the rate of production or appearance in the blood, then blood lactate concentration stays constant (or nearly so). When the rate of lactate production exceeds the rate of disappearance, lactic acid accumulates in the blood volume, then we see the ONSET of BLOOD LACTATE ACCUMULATION (OBLA). This is the "Lactate Threshold" (LT).

ANN PERNICE



NORTH SHORE CYCLISTS

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, cost, 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, and keep their bikes in good working order and ride defensively.

North Shore Cyclists Blazing Saddles Century

Name(s) _____

Address-1 _____

Address-2 _____

City _____ State _____ Zip _____

e-mail address _____

Emergency Contact Name _____ Emergency Phone _____

Registration Fee: Member Pre-registration ----- \$12.00 Small T-Shirt ---- \$15.00

Non-member Pre-registration -- \$14.00 Medium T-Shirt --\$15.00

Member after August 20th ----- \$15.00 Large T-Shirt ----\$15.00

Non-Member after August 20th - \$15.00 XL T-Shirt ----- \$15.00

In consideration of being permitted to participate in any way in the North Shore Cyclists (NSC) sponsored Bicycling Activities; 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 of 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 involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death. (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 other participants. (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 NSC, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the participants 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 participants 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 and inducement or assurance 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.

EVERY HOUSEHOLD MEMBER WHO WILL PARTICIPATE IN CLUB ACTIVITIES MUST SIGN THIS RELEASE

Signature: _____ Date: _____

Additional Signatures: _____

Parent/Guardian (if rider is under 18): _____

I plan to ride 32 50 62 100 miles

Send your check or money order payable to: **North Shore Cyclists**
along with this completed form to:

North Shore Cyclists
c/o Chuck Hale
30 Savoy Street
Lynn, MA 01904

% Emmett Halpin
541 Lowell Street
Wakefield, MA 01880

TO:

BIKE BITS
NEWSLETTER OF THE
NORTH SHORE CYCLISTS