



The North Shore Cyclists Newsletter

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January 2004

Ride Leaders 2003

At the NSC Banquet in November, I was once again honored to salute the NSC ride leaders of 2003.

The leaders of the weekday rides have taken on the most demanding task in the club, in my opinion. Each week, they show up at the same place, at the same time. In addition to this time commitment, most of them also ride one or more of the other weekly rides.

Here's the list. I urge everybody to buy one of these people a beer or a coffee (as preference and situation permit) at the earliest opportunity:

Saturday:

Mike Habich
Jeff Turpel

Monday:

Paula Bossone
Dianalyn Sirota

Tuesday:

Lori Balboni
Peter McCann
Jimmy White

Wednesday:

Marie Doyle
Mike Habich
Eric Shaktman

Thursday:

Emmet Halpin
Steve Winslow

I'd like to offer a few personal notes about the weekly rides and their leaders.

I really enjoy the Saturday rides. This is riding the way it should be, in my opinion. You head out, maybe with a destination in mind, maybe not, and just go. Whoever is at the lead when you come into an intersection picks the direction. I'm really sorry I can't make these rides anymore.

When beginning riders contact me to ask about the rides, I usually

steer them to Tuesday or Thursday. Tuesday offers a relatively short route, arrows, and a wide range of abilities on roads that are less busy than anyone would expect. Thursday riders are a much closer knit group socially than can be found on the other rides and the "leave no rider behind" attitude is great for beginners. If I think I'm talking to someone who may be on the more athletic side, I steer him/her to Monday. Monday has the arrows and ability range of Tuesday, but has a more fitness-oriented "feel".

Wednesday is probably our largest weeknight ride. In 2003, many of them were rained out in June and July— the usual high season. These rides are not arrowed, and Eric provides a cue sheet each week from a pool of Wednesday cue sheets. I've listed Mike as a leader on the Wednesday night rides even though he has never sought the distinction because it is generally him that gets the cue sheet from Eric to the start of the ride.

Sunday NSC rides are where we see the bells and whistles. We don't 'require' arrows, cue sheets, and post-ride gatherings from Sunday ride leaders, but we usually get them. Every Sunday ride leader I've ever spoken with is always hoping for a big turnout. I recognize this attitude and appreciate it because I feel it myself. Someday I hope to be able to explain it to non-ride leaders and non-cyclists. As with the Wednesday rides, there were many rained-out Sundays this year.

Paula Bossone

Derrick Click

Mike Habich

Emmett Halpin

Pam Houck

Peter McCann

Bob Moccaldi

Arnold Nadler

Phil Posner

Don and Judy Roy

Tony Salerno

Eric Shaktman

Scott and Dianalyn Sirota

Dave Smith

Lenny Sullivan

Jim Trudeau

Donna Ventura

Howard and Ellen Wack (BBQ)

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Sarah Weaver

Mike Whalen

Jimmy White

Steve Zaya

Mike Whalen has led off the road season for as long as I can remember. In 2003, he was thwarted by snow and slush. Jim Trudeau once again put together the Heritage Ride with the Essex National Heritage Council. His job was harder this year as the original date featured bad weather worthy of mention in the Bible, and the event was postponed to the next weekend. Tony Salerno and Donna Ventura once again pulled off a fantastic Independence Day ride and party on a rare nice Sunday. The Wacks were not listed as ride leaders in any of the 2003 newsletters, but they came forward to throw a party at the end of Paula and Jimmy's ride.

Thanks to all, and lets hope for a drier 2004.

And now, a word from our sponsors....We need ride leaders for 2004. As explained elsewhere in the newsletter, we will be instituting a 5-ride rotation of default, leaderless rides this year in between the rides we have scheduled now. We hope that people will volunteer to lead these rides (i.e, paint arrows and distribute cue sheets) or lead other rides on those days. A volunteer to lead a ride in time for publication will knock the default ride off the schedule.

Check out the Radar Screen below, then contact Eric or myself to sign up for a ride in 2004.

-Ed Bolton

President, North Shore Cyclists

Newsletter Contributions

Contributions after the deadline (February 7) may not make it! Send contributions electronically or on paper.

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

The Radar Screen

April 4: Pothole Inspection Tour

June 6: Essex County Heritage Ride

June 27: Independence Day Ride

July 18: Emmaus House Cycle for Shelter

August 28: Blazing Saddles Century

October 3: SPNEA ride

Note: April 11, May 30, July 4 and September 5 are holiday weekends (Easter, Memorial Day, Independence Day, and Labor Day).

Other important local dates:

May 16: CRW Spring Century

July 18: CRW Climb to the Clouds

September 12: NBW TFCE

September 19: CRW Fall Century

September 25: GSW Seacoast Century

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The Top NSC Rides

At the October meeting, it was decided that we should set up a rotation of 5 road rides to use as default rides during the road season. These rides will be run essentially leaderless. It may be that the arrows be only whatever markings are already on the road. Should somebody want to run another ride on one of those Sundays and commits early enough to publicize it, the default ride for that Sunday will be replaced. It was decided to vote on the favorite rides for the rotation at the Banquet.

I went through the 2001, 2002, and 2003 newsletters to select the rides for voting. I did not include "special" rides (Pothole Inspection, Heritage, July 4, Emmaus, Blazing Saddles), concentrating on the "standard" road rides held on regular, not-so-special Sundays. I made up a poster for the banquet, including the name of the ride, the starting town, and the lengths of the loops. I arranged them in alphabetical order by ride name, and gave each a unique number for voting purposes. I did not include any ride leaders names, as the contest needed to be a referendum on the rides and not the personalities of the ride leaders. I also did not include any narrative description of the rides, partially because I did not want to intentionally bias the voting myself and partially because there are a few of the rides I have not yet done. Not including a description is a choice I continue to have doubts about in hindsight, and if we do this again I might try it with the description.

Voters got to pick up to 5 rides by writing the numbers on an index card. About 1/3 of the banquet attendees voted. Since at least 1/3 of the banquet attendees are not regular cyclists and would not have any preferences, the response was probably about 50% of the potential. That is actually a pretty good number for any type of bike club vote. There were 92 individual votes for rides, as not everybody selected a full pick of 5 rides. Nevertheless, very single ride on the list got at least 2 votes.

The most popular ride, with 14 votes, is Let's Go Coastal. This ride, run most recently by Eric Shaktman and Scott Sirota, starts at Cashman Park in Newburyport and goes up the coast to Fort McClary in Maine. I believe it is adapted from Arnold Nadler's Tri-State ride, and shares much road with the GSW Seacoast Century. The ride loops are 35 and 65 miles.

Two rides tied for second place, Pam Houck's Cheese & Whine ride and Jimmy White's Rattlesnake Rendezvous, each ride getting 9 votes.

Cheese & Whine starts in Amesbury and goes up to Durham NH, 65 miles for the longest loop with some great peaks at Great Bay on the far end. It also has 25 and 35 mile loops. It has started at the Elementary School and from Lake Gardner in various years. As a default ride, it would probably need to start at the school or the public parking lot near the Millyard. Jim Danis' Going North ride, which is a very similar Amesbury-Durham ride, also finished high on the list. Combining votes for the two puts a generic Amesbury-Durham ride in a tie for first.

Rattlesnake Rendezvous starts at Lawrence Regional Voke-Tech, and heads west. The longest of the 25, 35, 45, and 62 mile loops goes through Concord Center, always a nice ride on a good day.

In fourth place, with 7 votes, is Cape Ann. This ride was most

recently run by Mike Whalen from the train station at Manchester By The Sea. At 25 and 50 miles, rides around Cape Ann were a staple for the NSC early on but have been run less frequently in recent times.

In fifth place is Let's Go Northwest, with 6 votes. This is the only one of the top 5 rides that starts in Topsfield. It heads northwest to the Merrimack River Valley. Paula Bossone and Jimmy White adapted this 25, 40, and 70 mile ride and have run it the last several years.

Tied for sixth place with 5 votes was Going North (Jim Danis), Park N' Ride (Ed Bolton), and Tour of the Merrimacks (Eric Shaktman). The Flattest Metric (Carlisle, Jimmy White) got 4 votes. Excellent and Easy (Emmett Halpin, Steve Zaya, Phil Posner), Olde North Andover (Lenny Sullivan), Ponds and Cows (Mike Habich), Sarah's New Ride (Sarah Weaver), Weeknights on Sunday (Peter McCann), and Applecrest (Ed Bolton) all got 3 votes. Grub, Sweat, and Gears (Howard Wack), Rockingham County Ride (Jeff Turpel), Long and Hilly (Mike Habich), and North Shore Coast-to-Coast (Arnold Nadler) all got 2 votes.

Thanks to everyone who voted. I found the results interesting, and some aspects unexpected. With a few tweaks, we may make this an annual event!

-Ed Bolton
President, North Shore Cyclists

President's Award

At the banquet in November I was pleased to present a special Thank You to Paula Bossone.

In 2003, Paula was once again a co-leader of the Monday night ride, a Sunday road ride leader, and a Sunday MTB ride leader. And she organized our excellent banquet, as she has done for many years.

Paula is a great NSC member and I hope everybody joins me in wishing her a happy and healthy 2004.

Ed Bolton
-President, North Shore Cyclists

Assignment for February

What are you doing, if anything, to keep active this winter? Will you be flying or fried when we hit the roads in the spring?

See Page 2 for submission instructions.

NSC APPLICATION FORM

Membership in the North Shore Cyclists (NSC) includes the monthly newsletter, club meeting events, bike shop discounts and a number of other social activities. The NSC is affiliated with the League of American Bicyclists.

Dues (Payable to North Shore Cyclists): Individual \$20 Family \$25 Supporting \$35 Patron \$75

Name: _____ Phone: _____

Optional: E-mail _____ Occupation: _____

Address: _____ City: _____ State _____ Zip _____

Include in Membership directory (circle): Yes No

Release Form

**Notice: The Release Form Is A Contract With Legal Consequences.
Please Read It Carefully Before Signing.**

In consideration of being permitted to participate in any way in North Shore Cyclists ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards or traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. Fully understand that (a) Bicycling Activities invoke risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and Dangers may be caused by my own actions, or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "release's" named below;
- (c) There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.
3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the club, the LAB, their respective administrators, directors, agents, and employees other participants, any sponsors, advertisers, and, if applicable, owners and leases of premises on which the Activity takes place, (each consideration one of the "release's" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "release's" or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurances of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by LAW and agree that if any portion of this agreement is held to be invalid the balance notwithstanding, shall continue in full force and effect.

Signature: _____ Date: _____ Printed Name: _____

Parent/Guardian (if rider is under 18): _____ Please circle: New Member Renewal Address Change

Please Circle: I can help with: Rides Newsletter Special Events Publicity Map Making
Other _____

Please Circle: Interest: Mountain Biking Road Biking Both Road and Mountain Newsletter Format: Paper Electronic

Mail to: NSC c/o Emmett Halpin, 541 Lowell St., Wakefield MA 01880. If possible mail this whole page to Emmett.

The North Shore Cyclists strongly recommends that all riders wear helmets, obey the rules of the road, keep their bikes in good working order and ride defensively.

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