



The North Shore Cyclists Newsletter

July 2000

Visit the NSC website at: www.astseals.com/nsc

To subscribe to the North Shore Cyclists mailing list, send a blank message to:
nsc-subscribe@topica.com

The News According to Emmett

Well, most of the officers, and some ex members of our club have decided to get our newsletter from the Internet. Last month I asked our members if they wanted to do this and this is the tepid response I get!!! Let's get with it gang, if you could get the newsletter on the Internet, faster than snail mail, saving the club enough postage and printing expense, as well as saving Tony Salerno's love life wouldn't you do it? Please, if you have Internet access and Adobe 4.0, volunteer to receive your newsletter online.

Oh yeah, you can still send your money in to me for renewal on April 1st of every year. You all should have your club ID cards and that has your expiration date on it. Any ex-members I see on rides will be harassed by me or my agents. Please, do it for Tony.

I was on the great Mass Getaway for the Multiple Sclerosis (MS) Society to P-Town this weekend (June 24 & 25), so I'm forcing myself to write this column now (It hurts to sit, stand, walk, etc.). I did 160 miles with the group of 1200. There were several NSC riders on the ride: Janine and Paul DeGusto (bro and sis), Bill Stevens, Janet Nestor, Frank Roberts and myself. There were ex-members there too, but I will not mention their names. If I missed any other members, please harangue me. Special thanks to Janine and Paul for stopping and helping me with a flat I got at the beginning of the ride. Paul found a staple (yeah, we've got that!) in my tire and removed it, so I had to do the whole ride (dammit). Thanks, Paul, I owe you!

Ride safely,
Emmett

Be Safe, Be Careful

I just want to let you know what happened to us this evening on our ride recently:

We left Newburyport and headed up the coast and turned up Rte. 286 from the water. We stopped at Hodgies 2 for a much needed ice cream. It started to rain just after we left and headed towards the Chain Bridge in Newburyport. We crossed the first bridge that is relatively flat with just a few wiggles on the wet pavement. It was just enough to rattle my cage on the tandem. We decided to walk across the Chain bridge. That meant crossing the road to the sidewalk on the other side. We got across the bridge without any problems walking the bikes. On the other side there was enough of a break in the traffic to get back across the road. A car coming across the bridge slammed on his brakes sliding on the metal bridge and hitting the

pavement coming to a stop. there was about 5 to 10-second lapse when a small pickup came sliding across the bridge unable to stop from hitting the stopped car. They collided and then another car hit the pickup about another 5 to 10 seconds after that. Nobody was hurt, thankfully. It should be a reminder that cars cannot stop at all on wet metal bridges and do not cross the road too close to the bridge. This is the first time that I ever felt my bike wiggle on a wet bridge. I do not know if it was because of the tandem or just all weather conditions combined. I may think twice on my single next time also. This is just a reminder to be completely aware of all possibilities when out there riding.

Let's all be safe out there,
Eric Shaktman

VOLUNTEERS

DON'T PUT OFF TODAY WHAT SHOULD HAVE BEEN DONE YESTERDAY...in my case I had forgot to post an article in earlier newsletters looking for volunteers for the club Century coming up in August. I have already heard from the always faithful members who volunteer every year, but there a lot of new members who are dying to get involved with the Clubs biggest event. We are looking for members to fill positions in route marking, registration, check-in, rest stops, and clean up. This is a two day affair, so there are plenty of jobs for everyone. So get involved, and call either Bob, 978-887-3855, or Tony 978-352-2524, to enlist your services for THE BLAZING SADDLES CENTURY, AUGUST 26 & 27.

New Members

James Trudeau & family - Beverly
Larry White - Peabody
Judy Miller - Porthsmouth, NH
John Taylor - Beverly
Caroline Lucas - Manchester-by-the-Sea
Diane Stringer - Wenham
Debra Longo - Newbury
Lucy Nottingham - Lynn
Ann McLaughlin - Sudbury
Kenneth Zwirble - Medford
Leo Kenneally - Newburyport

Welcome!

Want to share something about a previous ride? An upcoming trip? Share your thoughts with other riders! Jot down your ideas or a little something about your experiences and SHARE! Give others ideas or insight into how it felt to do something different.

Officers & Coordinators

President Ed Bolton (603)382.6989 ebolton@ttlc.net
Vice-President Marie Doyle (978)777-4455 mdoyle@phcs.com •
Treasurer Pam Houck (978)388-2986 •
Public Relations Peter Del Sette, Jr. •
Ride Coordinators: Eric Shaktman (603)394-0090 •
Mtn Biking Coordinators: Lenny Sullivan (978)689-2884 Lsulli7079@aol.com & Francesca Lewis (978)452-3099 Francesca_Lewis@bigfoot.com
Century Coordinators Tony Salerno (978)352-2524 & Bob Williamson (978)887-3855
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Advertising Ed Bolton •
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Membership Emmett Halpin (781)246-5268
Web Master Mike Habich mhabich@astseals.com
Clothing Coordinator Eric Shaktman (603)394-0090; ericnsc@mediaone.net

12th Annual
**HEELS
 WHEELS
 'n
 HARMONY**

*A Summerfest to
 Benefit the Homeless*

Sunday, July 23, 2000
(Rain or Shine)

◆
**WALK 5 Miles or
 CYCLE 20, 62 (100K),
 or 100 Miles**
 ◆

Live Concert Featuring
ENTRAIN

Plus
**COPPERTREE
 MICHIGAN BLACKSNAKE
 SMOKE POETIC**

Produced By
Riversedge Productions & Mark Sgro

**ADVANCE SALE TICKETS AVAILABLE AT
 Strawberries or Emmaus**

◆
Starting Point:

**NORTHERN ESSEX COMMUNITY COLLEGE
 Sport & Fitness Center
 Elliott Way . Haverhill, MA**

July 16 *Climb to the Clouds* www.crw.org ·
August 26-27 *North Shore Cyclists BLAZING SADDLES CENTURY* · **Sept. 10** --
Nashoba Valley Pedalers 2000 Fall Century Classic www.ultranet.com/~nvp · **Sept. 10** --
THE FLATTEST CENTURY IN THE

**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

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

EAST www.nbwclub.org · **Sept. 17** -- **SOUHEGAN RIVER TOUR** 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, 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 · **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, 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.** -- **ROUND-QUABBIN**, 100 kilometers around Quabbin Reservoir. Watch

Sundays On the Road

July 9

Al & Rita's Cape Ann Ride

Who: Al & Rita Sauvageau 978-922-3257 or rsauvageau@mediaone.net

Where: Centerville School Beverly

When: 9:00 AM For 60 mile ride 10:00 AM for 25 & 35 mile ride

How to get there: Take Rt. 128 N to exit 18, left at end of ramp to Rt. 22N (toward Essex), follow approximately 1 mile, then right onto Hull Street at curve and 1st right into school parking lot.

What to expect: Ride the roads of Cape Ann.

Directions: The ride will start at Centerville School in Beverly, MA. Picnic afterward, grill provided; so bring food, drinks, snacks, salad or dessert for all to share.

July 16

Let's Take the Train

Who: Pam Dieterich 781-944-9990

Where: Reading train station

When: 10:00 am for 30 and 45 mile rides

How to get there: Take Rt 128 to Exit 38B (Rt. 28N) Turn left at Mobil Station onto Summer St. Right at first light onto Prescott St. Follow straight to train station.

What to expect: Ride goes through Wilmington, Andover and No. Andover. Long ride adds some pretty roads in Boxford. Drinks and snacks after the ride. Cue sheets, maps and arrows.

July 23

Let's Get Loopy

Who: Ralph Cooper 978-774-8029

Where: Topsfield Plaza

When: 9:00 for 60 miles, 10:00 for 35 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: A nice pleasant ride heading north into New Hampshire on the long loop. We'll be checking out the Merimack River on the short.

July 30

Ride to Eat or Eat to Ride?

Who: Mike Habich (978-664-0187)

mhabich@astseals.com

Where: Ipswich River Park, North Reading, MA

When: 8:00 am for 65-70 miles, 9:00 am for 40 miles, 10:00 am for 25 miles

How to get there: The park is in North Reading center on Central St between Chestnut St and Rte.

62. From Rte. 128, take exit 40; follow Haverhill St 3 miles north, left on Chestnut St, 1/2 mile to park. From Rte. 62, Central St is 1/2 mile west of Haverhill St / Batchelder School.

What to expect: New routes with some different roads. Long route has some nice vistas and good downhills. Short routes have fewer scenic heights. Picnic after the ride at Mike and Betsy's, 1/2 mile from ride start. Bring swimsuit, lawn chair, food or \$5--call for ideas.

August 6

Some 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 68 miles. 10:00 AM for 27 and 36 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 0.5 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. Contact Pam for what food to bring or bring a \$5 donation.

Sunday Ride Coordinators: **Eric Shaktman** (603)394-0090, ericnsc@mediaone.net & **Bob Makowiecki** (978)352-2407, bobmak@netway.com

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!

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: 6:00 p.m., beginning April 5th. After May 10th, 6:30 p.m. There will be a 5:30 group pacerline practice training ride starting on May 5th prior to the regular ride for those interested in honing their skills.

Co-leaders: **Eric Shaktman** 603-394-0090 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).

Presidential Notes

Please don't bite my volunteers department.- The volunteers of this bike club do a lot. They lead rides, publish newsletters, maintain a web site and E-mail list, and fill out insurance forms that could put any ADHD poster child into a coma. Please cut them some slack. If the ride leader included some bumpy roads, or the newsletter is a little late, or the web site has a bum link, don't sweat it. It's just recreation. The folks who do this stuff fit it in among careers and family. They don't deserve a continuous thrashing. Thank them because the ride is scenic, the newsletter has a decent schedule, and the web doesn't leave a cookie. It could be worse- you could be driving to Brockton this weekend to ride with CRW. For real complaints, my number is listed.

Mechanically challenged dept.- On a mid-May Tuesday night ride, a new rider showed up ready to go, except she couldn't get her bike out of her car. It was a compact car with the rear seat folded down, and the bike spanned the trunk and rear seat areas. Riders were gathered in the middle of the parking lot getting ready to start the ride. One by one people drifted over to her car to help and did not come back. Eventually everybody (including myself) was working on the puzzle, including one who wasn't even going to ride. By this time, the owner of the bike and car was completely out of the loop. A dozen or more bike riders were totally goal-fixated on getting that bike out of that car. Finally a group decision was made to start disassembling the bike in-situ. That looked easier than taking the car body apart. The call went out from inside the car for wrenches. At that point, the owner had enough. She firmly but politely thanked everybody and chased the group away from the vehicle, telling us she would try again another week. I hope she does; I'd love to learn how she finally did get the bike out of the car. It was like one of those puzzles with the intertwined bent nails- you know there has got to be an easy way but it sure doesn't jump out at you.

New tech department- now this is cool. I'm doing this dispatch on my Palm IIIe. I got a GoType keyboard that hooks to the docking port of the Palm. The Palm is on or near me most of the time (but I don't ride with it). The keyboard is larger but also easily carried. The rig functions sort of like a laptop, but boots up in 1/100 of the time and costs 1/20 as much. I can do most of what I need to do anywhere (like in the Jeep before a ride), then synch it up to my PC at home and e-mail the results wherever they have to go. Can't do much actual engineering work this way (could do more with a laptop) but this works great for spinning out text. The keyboard is just a little too small for fast accurate typing, and it seems to accelerate the battery drain on the Palm unit, but I recommend the rig to anybody with stuff to do and not enough time to do it.

Transit Authority Dept.- Missed the Tuesday ride on May 23, which I had intended to ride, because the Jeep ran over at the weld shop. I had the rear of the frame reinforced and extended and a big, beefy bumper with a receiver hitch installed. Now I can use the hitch mount bike rack we bought for our pickup on the Jeep. Tried the rig out for the first time going down to the Thursday night ride on May 25. It's nice having the extra room inside the Jeep. Jeeps are exactly like bikes and boats: even when you think you have them just the way you want them, you think of some new improvement. Next up: an extender for the receiver so I can carry a spare tire as well as the bike (though I've been driving the Jeep for a decade, well over 100K miles, and never had a flat). I've got to get a new top. And I've got to get a radio back in it for travelling to the upcoming centuries.

See you on the road,

Ed Bolton

603-382-6989

ebolton@ttlc.net

HEELS, WHEELS N' HARMONY

ABOUT THE EVENT . . .

Walkers will stroll on well-marked trails around scenic Kenoza Lake and Winnekenni Castle. Cyclists can choose from three exciting routes of 20, 62 (100K) or 100 miles, all winding along the Merrimack River and through historic Rock's Village. The 100K route takes cyclists through beautiful Newburyport and Byfield, while the 100 mile loop adds Exeter Center, Hampton Beach, and the scenic Atlantic Ocean.

PARTICIPANTS WILL RECEIVE . . .

- * Water bottles
- * Preliminary bike checks for cyclists
- * Refreshments, route maps and roadside assistance
- * Free food & beverage vouchers
- * T-shirt and free ticket to the concert for those receiving \$150 or more in pledges
- * Special prizes/gift certificates for top pledge collectors

AFTER THE EVENT . . .

Join us for our celebration at the Sport & Fitness Center at Northern Essex Community College. Food and beverages will be available to purchase (cyclists and walkers will receive free food & beverage vouchers).

Beginning at 4:00 p.m., a live concert to benefit Emmaus will be held outside of the gymnasium (indoors in the event of rain), featuring Entrain and some of Boston's most talented musicians and performers. Tickets will be on sale at the event for \$12 per person, general seating. Tickets are free to participants with pledges of \$150 or more. Dancing is encouraged!

So bring a friend, get healthy, and enjoy the Summerfest while you raise money to help the homeless!

WHEN . . .

Sunday, July 23, 2000 (Rain or Shine)

START TIMES . . .

Walkers: 5 Miles 1:30 P.M.
Cyclists: 20 Miles 1:30 P.M.
62 Miles (100 K) 11:00 A.M.
100 Miles 7:00 A.M.

All cyclists are required to wear helmets. Cyclists under 18 years of age are not eligible for the 100-mile ride.

REGISTRATION FEES:

Individual (Children under 7 years old are free):
Early Bird (before July 16): \$10
After July 16: \$20

Group/Family (up to six people):

Early Bird (before July 16): \$25

After July 16: \$35

Group (seven people or more):

Early Bird (before July 16): \$40

After July 16: \$50

NOTE: Registration fee counts toward pledge amount.

DIRECTIONS TO NORTHERN ESSEX COMMUNITY COLLEGE . . .

From Rte. 495 North: Take exit 52 (Rte. 110), bear left off ramp onto Rte. 110. Take first left (Elliott Way); look for Northern Essex C.C. on your left, and follow signs to the Sport & Fitness Center.

From Rte. 495 South: Take exit 52 (Rte. 110), bear right off ramp onto Rte. 110. Take first left (Elliott Way); look for Northern Essex C.C. on your left, and follow signs to the Sport & Fitness Center.

From Rte. 95: Take exit 58 (Rte. 110 West); follow signs to Route 495 South. Take exit 52 (Rte. 110), bear right off ramp onto Rte. 110. Take first left (Elliott Way); look for Northern Essex C.C. on your left, and follow signs to the Sport & Fitness Center.

HOW TO PARTICIPATE . . .

1) Complete the registration form on the reverse side, and return it with your registration fee. (The registration form can be downloaded from our website: www.emmausinc.org)

2) Set a challenging fund-raising goal for yourself or your group. We request a minimum goal of \$75 in pledges for individuals and an average of \$75 in pledges per person for groups, families, or crews. **EVERY PERSON WHO COLLECTS \$150 OR MORE WILL RECEIVE A FREE TICKET TO THE CONCERT! SO STRIVE HIGH!**

3) Talk with your neighbors, friends, co-workers and relatives about sponsoring you. Collect the money as you go! (Checks can be made payable to Emmaus, Inc.) It's easier, saves time and qualifies you for prizes! Remember, it only takes \$10 from 15 people to reach \$150!

4) Check-in early. Bring your completed pledge sheet and collected pledge money with you on the day of the event.

5) You've met the challenge and reached the finish line. Great! Now, join us for the celebration! Remember to collect and submit any remaining pledges to Emmaus before the prize deadline on August 11, 2000.

