



# The North Shore Cyclists Newsletter

Visit the NSC website at: [www.astseals.com/nsc](http://www.astseals.com/nsc)  
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July 2002

## On the Road

Boy, am I tired of having wet feet. However there are upsides of the cool, wet weather and freak late snow. There were fewer black flies this spring and so far the mosquitoes have been mild as well. Water bans are falling as reservoirs fill and the water table comes up. Here in NH, the state reports aquifers are up to normal levels, a miracle considering the near-snowless winter. The well water I fill my bottles with tastes great and there's no sand appearing in my filters. It's mid-June and time for the rain to end. Hopefully, by the time this is in print, we won't remember why I wrote this paragraph.

I fielded quite a few complaints and inquiries from town officials and local motorists at the start of the season, mostly complaining about riders in bunches refusing to let cars pass. Many specific instances have been traced to other groups, and the political climate seems to be getting much better as I write this. I attended an informational meeting of Topsfield town officials in the beginning of June, a meeting that was very positive and productive for the cycling community as well as the town. The mainstream publicity the NSC and cycling has been getting as a result of the Heritage Ride, the NYPD 9/11 century, and the various newspaper articles that have been appearing goes a long way towards increasing respect and tolerance to cyclists by motorists on the road.

To all those who ride with me: your ears are safe now. I'd been using Pedro's Ice Wax on my chain without good results. I'd apply it before each ride, and after 5 or 10 miles the chain would be squeaking again like a box of wounded mice. I thought I was going to have to take up a quiet sport, like NASCAR racing or trap shooting, to preserve what's left of my hearing. I asked "N" NSC riders and got back "N" opinions of what I should use. At the Heritage ride, I asked the Landry's mechanic what they use. At events, they use Ice Wax in an aerosol for more convenient application. In the shop, they prefer Pedro's Syn Lube for being quieter and longer lasting. I bought a bottle, and am now squeak-free. I've cancelled the purchase of the stock car.

As of mid-June, I'm no longer saving \$1000 per week. I've been holding steady at 154 lb. for several weeks now, down from 175 lb. at the beginning of March. I can again ride comfortably in the drops and seem to be much more flexible in general. This is probably the weight my genetics have programmed me for. I'm continuing the 30 minutes each morning on the windtrainer that got me here. Though I'm riding much less on the road than I have any year since I started riding again, I find I am a much more capable rider than I have been in any of those years. My goal and reward: to hang with the best all the way to the end of a Wednesday ride. When that happens, I'll paint my bike!

**Ed Bolton**  
President, North Shore Cyclists

## George Street Hill Climb

Barney's Bicycle and the Seven Hills Wheelmen present the GEORGE STREET BIKE CHALLENGE for MAJOR TAYLOR Sunday, July 28, 2002, 11:00 a.m., Main Street & George Street, downtown Worcester, Mass.

See how fast you can pedal up Worcester's fourth-steepest hill, a 500-foot quad-buster where "the Worcester Whirlwind," 1899 world cycling champion Major Taylor, used to train. The average grade is 18 percent, and in the middle it's more than 23 percent. Open to ages 12 and up. (Minors need parent or guardian to sign in.) Entry fee \$10. Helmets required.

One rider at a time against the clock. Registration 9:30-10:45 a.m. First rider starts at 11:00 sharp. Free Major Taylor posters to the first 100 entrants. Prizes in various categories. Bike raffle too!

Proceeds benefit the Major Taylor Association, Inc., which is planning to build a statue of Major Taylor at the Worcester Public Library in Salem Square -- the city's first monument to an African-American. Marshall W. "Major" Taylor (1878-1932) of Worcester was the world's first black sports superstar. Known as "the Worcester Whirlwind" and "the colored cyclone," he was world cycling champion in 1899, American sprint champion in 1900, and broke numerous track cycling records. He was the second black world champion in any sport (after bantamweight boxer George Dixon in 1891). He had to fight Jim Crow prejudice just to get on the starting line, and he faced closed doors and open hostility with dignity. The Major Taylor Association is dedicated to honoring his athletic achievements and strength of character -- sportsmanship, devotion to God, caring for those less fortunate, and personal struggle for equality.

More information:  
<http://www.majoraylorassociation.org/events.htm>  
Barney's Bicycle 508-757-3754 or 508-799-BIKE

-Lynn Tolman

**VOLUNTEERS NEEDED!**  
**BLAZING SADDLES CENTURY**  
**AUGUST 24 & 25, 2002**  
CONTACT TONY SALERNO, 1-978-352-2524,  
[Litespd1@aol.com](mailto:Litespd1@aol.com)

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## Make Cycling your Career

Come Work (and bike) for Ciclismo Classico. Seeking passionately active Marketing and Sales leader!

Are you passionate about transforming lives through cycling active travel experiences? Do you crave to bring together cycling with your work? We are seeking a special individual with spin, spunk, skills and experience to lead the marketing and sales team at Ciclismo Classico, the experts in active travel in Italy and New England (and yes you get to bike in Italy for free!).

This dynamic and talented person should have:

1. A three- to five-year proven track record in marketing and sales leadership
2. Passion for the outdoors and active travel
3. Extensive travel experience in Italy and/or New England
4. A special cycling spirit that inspires individuals to reach high and think BIG!
5. Extra plus: Experience in the active travel industry

Other Exciting cycling career opportunities include

1. Director of Operations: Hiring by August 1<sup>st</sup>
2. Adventure Travel Consultant: Hiring immediately
3. Tour guides: NE & Italy: Ongoing hiring

Qualified and interested applicants should send an email with a cover letter and resume to: [Lauren@ciclismoclassico.com](mailto:Lauren@ciclismoclassico.com)  
Happy Trails!

Lauren

Lauren Hefferon Director and Founder Ciclismo Classico

Transforming Lives through Active travel, Specializing in Italy and the Northeast

<http://www.ciclismoclassico.com> [lauren@ciclismoclassico.com](mailto:lauren@ciclismoclassico.com)

Phone: 800-866-7314 X 10 Fax: 781-641-1512

30 Marathon Street, Arlington, MA 02474

## Membership News

Summer time and the ridin' is easy. Hopefully it will be safer, too, especially in the communities that form the North Suburban Regional Bicycle Transportation Plan (NSRBTP). Those towns are Reading, North Reading, Wakefield, Wilmington, and Lynnfield. Each town has committees of various sizes consisting of citizens and town officials who are working with Weston & Sampson. W&S is the engineering firm chosen by the five towns to develop a master plan connecting the towns with safe cycling routes (mostly on road) and also to connect the towns to other cycling projects within the state, e.g. Bike to the Sea Path. The project manager from Weston & Sampson hopes that a master plan will be forthcoming within 6 months. The plan would include identifying certain roads as routes and using signage and road markings to make other road users aware of our presence. We have NSC members active in this process. If any of our members wish to become active in the planning of this project, please contact Emmett Halpin, 781.246.5268 or emmetthalpin@attbi.com.

As of June 10 the North Shore Cyclists have 115 individual members, 39 family memberships, 16 club officials and one permanent member. That translates to 210 of total members. This time of year reflects our lowest numbers because many have still not renewed. The numbers should inch back up to 250 by September.

Ride safely,

-Emmett

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## New Members

The NSC welcomes:

Stephan Thieringer - N. Andover

Michael Hanley - Westford

Rob Gough - Newbury

Sandy Stronkowski - Manchester, NH

Kristin Otto - Salem

Robert Harris - Everett

Jenny Hodge - Boston

Merle Adelman - N.Chelmsford



## 14th ANNUAL CYCLE FOR SHELTER (formerly Heels N' Wheels) SUNDAY, JULY 21, 2002

Cyclists can choose from three exciting routes of 20, 62 (100K) or 100 miles, all winding along the Merrimack River and through Historic Rocks Village. Both the 62 and 100 mile loops travel along the scenic New Hampshire seacoast and quiet country roads while the 100 mile loop adds the back roads of Northern Essex county (Newbury, Rowley and Georgetown).

How to register: \$50.00 dollar minimum is required to participate in the Cycle for shelter. Cyclists are encouraged to collect pledges and/or make their own personal donation. Download and complete the registration form found on the Emmaus website. Pre-register by July 9th with the \$50.00 dollar minimum or bring \$75.00 or more to the event and you'll receive a free t-shirt!

Starting Point in Northern Essex Community College Sport & Fitness Center, Elliot Way, Haverhill, MA. Start times 20 miles 10:00 AM, 62 miles (100K) 7:00 AM, 100 miles 7:00 AM

For more information email Bob Makowiecki at robert.makowiecki@vsea.com or visit the emmaus website at www.emmausinc.org. Founded in 1985, Emmaus Inc. is an organization devoted to helping families and individuals rebuild their lives. We provide emergency shelter, meals, transitional housing, job training and support services to over 1200 people each year through our nine programs - Emmaus House, Mitch's Place, Gilead House, Bethel Transitional Apartments, Bethel Business Center, Jericho House, Jericho Social Club, Emerson Street Apartments, and the Housing Assistance Program.

**-Bob Makowiecki**

## 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**

## BOVINE 2002

BICYCLISTS OVER VERMONT IN NEAR ECSTASY  
JULY 3-7, 2002  
WEDNESDAY - SUNDAY

Back by popular demand (honest). This year will be the 6<sup>th</sup> edition of this tour, riding from south to north this time. We'll meet in White River Junction, VT on Wednesday evening. We will cycle north to Montpelier on Thursday, and to Burlington with an Appalachian Gap option on Friday. On Saturday we'll ferry across Lake Champlain and explore New York's Adirondack Mountains, including Ausable Chasm, then return to Burlington. On Sunday we'll continue north to St. Albans, with an option into Canada. Average about 60 miles/day with hills and flats, lots of scenery, and generally quiet country roads. Some shorter and longer options will be available. We'll return from St. Albans to White River Jct., by chartered bus, after Sunday's cycling.

\$410 includes 4 nights lodging with 2 persons/room at peak season, including 2 nights in the Radisson Burlington overlooking Lake Champlain and 1 night in the Capitol Plaza in Montpelier. Both hotels are well located near downtown restaurants. Price also includes 1-2 breakfasts, trail lunch food for 4 days, sag van support, return by chartered bus, trip T-shirt, 5 days off-street parking, and maps and cue sheets. The leaders have made a planning trip to VT & NY to check out the route.

Leader: Arnold Nadler, 978-745-9591. E-mail: ardnadler@aol.com.  
Co-leaders: Paula Bossone, 978-887-0688, Chris Cassels, 781-259-4396.

**-Arnold Nadler**

## 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**

# On The Road

## July 7 Ride to the Sea

**Who:** Donna Ventura (781-581-1243) & Tony Salerno (978-352-2524)

**Where:** Perley School, Georgetown

**When:** 8:00 for 75, 9:00 for 50, 10:00 for 25 mile routes

**How to get there:** Rte. 95 exit 54 west, rte. 95 west to Georgetown center. At set of lights take right onto North St., Perley School is 1/4 mile on the right.

**What to expect:** The longer routes head toward the seacoast and Gloucester. The shorter loops go into Ipswich. BBQ at Tony's after the ride. Bring salads or deserts (call Tony for ideas) or \$5 donation

## July 14 Show and Go

**Where:** Ipswich River Park, North Reading, MA

**When:** 9:00 AM.

**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:** Show and Go format. Distance and direction to be determined by the participants. **We have several cue sheets for several rides from this location. Anyone who wants to lead this ride please contact Eric 603-580-1010 ericnsc@attbi.com Watch for updates on the website and e-mail list for possible ride leader.**

## July 14 CRW Climb to the Clouds

**Who:** Ken Hablow, (781) 895-1927, after 8:30 AM and before 9:00 PM

**When/Where:** 8:00 from Concord-Carlisle High School, Concord, MA for 105, 90 or 80 miles; 9:30 from Nashoba Regional High School, Bolton, MA for 60 or 45 miles.

**How to get there:** Concord- Route 128 to Route 2 West. Turn right at the second traffic light past Concord Subaru at Crosby Corner (Route 126). The High School is at the bottom of the hill on the left. Nashoba- Route 495 to Route 117 West. High School is on the right at Green Rd.

**What to Expect:** Classic Charles River Wheelmen epic. Usually hot and always hilly. Spend the day touring through the apple orchard country of east central Massachusetts. All routes are hilly. The long rides from each start point, the 105 from Concord and the 60 from Bolton, include a one mile climb at a steady 9% grade to the Visitors Center at the State Park and then a climb up the mountain access road to the summit at 2,000 feet above sea level. The other routes are rolling and very hilly with no major climbs. A \$5.00 event fee per entrant is payable the day of the event.

## July 21 The NSC supports the Cycle for Shelter

**Who:** Bob Makowiecki robert.makowiecki@vsea.com

**Where:** Northern Essex Community College Sport & Fitness Center, Haverhill, MA.

**When:** 20 miles 10:00 AM, 62/100 miles 7:00 AM.

**What to expect:** See the article in the newsletter. \$50 minimum contribution for participants.

## July 28 CRW Ride- Quiet Roads North of Boston

**Who:** Bill Fine and Doty Fine (617-247-3804)

**Where:** REI North Reading

**When:** 9:30 for 66 miles; 9:50 for 45 miles; 10:10 for 26 miles

**How to get there:** Route 128 to Exit 40; go around rotary to Route 129 West (Salem St.). REI parking lot is third left. Please park away from the stores.

**What to expect:** The Charles River Wheelmen is riding in our area on this day. NSC riders who are not CRW members will have to sign the CRW waiver. The Short ride goes through Reading, Wilmington, N. Reading, Middleton, Lynnfield, and includes Harold Parker State Forest. The Medium ride adds N. Andover, Boxford, and Topsfield. The Long ride adds Groveland, W. Newbury, and Georgetown. Lunch stop in Middleton.

## August 4 Let's Go Northwest

**Who:** Eric Shaktman, 603-580-1010 ericnsc@attbi.com

**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 Rte 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 replay of the June 30 NSC ride, new this year by Paula Bossone and Jimmy White. This ride will be covering flat to rolling terrain with a few significant hills on the 70 (Sweet Hill in Plaistow NH, Whittier St. in Amesbury, and the 'easy' side of Baldpate). The long ride heads into New Hampshire. Cue sheets arrows and maps.

## Weekly Ride Schedule

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

### Monday

Topsfield Plaza, Topsfield. starts at 6:30. 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 15-20 mph. 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. 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! Note: If you show up early, don't confuse this with the 6:00 ride leaving from the same location...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. Starts at 6:30 PM. 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 6:30 PM. 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 to I-95 for now).

## 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.

August 2002 Newsletter:  
Deadline is 07/14/02  
Mail date 07/29/02

Contributions after the deadline may not make it!

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

**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

# Spring Fashions

Donna tries out a Devinci on the Seacoast ride.



Frank, Dennis, and Kathy on the NYPD ride.



Eric handles Order Fulfillment.

