



The North Shore Cyclists Newsletter

Visit the NSC website at: www.astseals.com/nsc
To subscribe to the North Shore Cyclists E-mailing list
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July 2003

Career Opportunities at Seven Cycles

Seven Cycles is seeking to fill two key full-time positions. Controller/Accounting Manager and Sales Development Representative (detailed job descriptions are available at www.sevencycles.com). These two positions are newly created and are a result of Seven Cycles continued growth. For immediate consideration please send resume and cover to Seven@kaplus.com. In your cover letter please make a direct connection between your background, experience and career aspirations and the position you are applying for.

Northern Vermont Labor Day Getaway

Friday, August 29 - Monday, Sept. 1

Join us for rides of approx. 30-65 mi. each day through the quiet, bucolic countryside of Vermont's Northeast Kingdom. Stay in a charming B&B overlooking spectacular, idyllic Lake Willoughby. Low gears and helmets strongly recommended. Cost of \$195 includes 3 nights, 3 hearty breakfasts, 2 multi-course dinners, happy hour snacks, and access to canoes on the lake.

Robin & Bill Inman (781-324-8826, before 9:00 pm; rock-rob@att.net)

Membership News

Well kids, we haven't been having much fun this Spring riding and Summer is not looking any better. On the bright side, air-conditioning costs are down and the environment is lush and green. The only problem with that is every time it stops raining, I have to cut the lawn!

Many of our long term members have fallen victim to my itchy delete finger and they are not NSC members anymore. Ride leaders, keep a look out for these lapsed members, as they must sign the waiver before each ride. Better still, remind them to renew with no penalty or extra cost.

Ride safely,
Emmett

Pictures Online

Pictures and an article about the June 7 Heritage Ride are at <http://www.essexheritage.org>. There is a link on the bottom right of the home page, click on that to get to the Heritage Ride pages.

A few pictures from Tony and Donna's June 29 BBQ have been posted at this website <http://home.comcast.net/~picsandsuch/page1.html> (Courtesy of John Grant).

Comcast

All the old attbi.com's (who were something else not so long ago) are being changed to comcast.net's.

To stay on the NSC e-mail list you need to re-subscribe with your comcast.com address. As always, you send a blank e-mail to nsc-subscribe@topica.com and soon after a reply will be sent to you with detailed instructions on completing the process.

After a few bounces Topica will remove your old attbi address automatically, so there is no pressing need to do anything about the old address.

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.

The Radar Screen

Upcoming 2003 dates for popular rides and other events among NSC riders:

CRW Climb to the Clouds July 13

Emmaus House Cycle for Shelter July 20

Blazing Saddles Century August 23

Nashoba Valley Pedalers Fall Century September 6

~~NSC Flatland September 7~~ (filled a month earlier than expected)

White Mountain Century September 13

GSW Seacoast Century September 20 (this will fill. Pre-registration instructions at <http://www.granitestatewheelmen.com>)

CRW Fall Century September 21

Bold- NSC events

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Portland, Maine to Quebec City August 29 - September 8, 2003

Join us for the 11th (almost) annual sag van supported tour through northern New England to French, cosmopolitan, delightful Quebec City. This will be the first year starting from Portland. Cycle "coast to coast" from the Atlantic to the port of Quebec on the Saint Lawrence River. Starting on August 30, we will cover approximately 50-70 miles per day for six days, with one layover day. Enroute, we will experience scenic western Maine, the White Mountains and remote Connecticut Lakes in New Hampshire, and the upper Appalachians of Quebec. We will enter Canada with a spectacular downhill at the highest border crossing east of the Rockies. There are lots of hills, but also plenty of rolling and flat roads. Monday September 1 is a layover day at a favorite lakefront lodge to hike, swim, kayak, bike (mountain bike rentals are available), look for moose, or visit the historic Balsams Hotel in Dixville Notch. We'll arrive in Quebec City on Friday September 5 in the afternoon and leave Monday morning September 8, giving us time to play tourist and enjoy the city's great restaurants, plus opportunities for hiking and more cycling. Optional pre-tour coastal cycling in Portland, Maine on Friday, August 29.

Tour fee of \$925 includes 10 nights lodging in comfortable inns, hotels and motels, with 2 persons/room. Also lunch food on 7 days, 35 breakfasts, 2-4 dinners, sag van support, return transportation to Portland by chartered bus or van/truck combination (depending on group size), 10 days off-street parking, trip T-shirt, and maps and cue sheets.

Sponsoring club: Charles River Wheelmen. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com. Co-leader, Jenny Robbins, 781-893-0840.

-Arnold Nadler

New Members

The NSC welcomes:

John Flaherty & Family - Georgetown

Evelyn Hale - Newburyport

Kathleen Santo - Gloucester

Ronda Johns - N. Andover

Scott Stone - Topsfield

Martin D'Angelo - Lynn

Janet Pillion - Newburyport

Sarah Kaleel - Andover

Gail Berg - Melrose

Newsletter Contributions

Contributions after the deadline (July 20) may not make it!

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

Important Note:

April was Renewal month. All club memberships established before 2002 Blazing Saddles Century need to be renewed.

Effective Jan. 1, 2003 there was a dues change for the North Shore Cyclists. Individual memberships have increased \$5 to \$20 per year. Family memberships have increased \$5 to \$25 per year.

Also, dues exemptions for club officers has been revoked.

Please complete the renewal form on Page 6 today.



Cycle for Shelter Sunday July 20, 2003

It's hard to believe but the long, harsh winter is finally over. Now it's time to think about dusting off your bicycle and hitting the road! Cycle for Shelter is scheduled for Sunday, July 20, 2003 at Northern Essex Community College. We're giving you plenty of advance notice to add this great event to your busy summer calendar!

We need your help! Emmaus Inc. helped over 1,500 different homeless women, men, and children find the road home in 2002. Emmaus is a wonderful organization that has been passionately committed since 1985 to creating solutions for homeless families and individuals. Over the past two decades, we have established ten housing and service programs designed to rebuild lives.

Times are tough. The number of homeless adults and children keeps escalating. Emmaus remains fiercely committed to helping all those who need us so desperately. However, available public resources are dwindling before our eyes. In July 2002, Mitch's Place (emergency shelter for adults) suffered a 15% cut in state funding. The Emmaus Family House endured a 10% cut. We are now bracing ourselves for further state cuts in July 2003.

Cycle for Shelter is your chance to make a difference in your own backyard! We're asking you to ride this year and recruit at least one new cyclist to join you! You'll receive a special gift if you bring along a friend! It's so easy to register. You can sign up on-line (www.emmausinc.org).

Thank you for your support! You can trust that Emmaus will use your money wisely. Well above the national average, 88 cents of every dollar raised at Emmaus goes directly to life-saving programs for the homeless.

If you decide not to ride but wish to sponsor a cyclist, or for more information, please call Gretchen at (978) 241-3411 or Bob Makowiecki at 978-352-2407.

- **Bob Makowiecki**

Brooks' Cow Parts

This year, I've been riding with the club less than I have for the past several years for several reasons.

One obvious reason is the weather. The usual May rains didn't really end until the conclusion of June this year, so most of the early rides were lightly attended.

I've been busier at both work and home on a lot of things, some positive and done by choice, and others not enjoyable but necessary.

I've been riding with my wife and son as often as possible, and they can't take the pace or distance of even a typical NSC Sunday short loop.

To get in some road miles, I've been commuting by bike more than I have for the last several years. My oldest bike, a mid-70's Raleigh, is now set up specifically for this. While commuting has allowed me to get some riding in it has reduced the weeknight club rides I attend, since I can't get to bed early enough when I do those rides to avoid being exhausted and ineffective at work if I ride in the next day. If I ride on a Wednesday ride, I might get in 30 quality miles that night and probably nothing the next day. If I commute Wednesday and Thursday I get 60 utility miles over 4 rides on both days. Though the 60 doesn't represent the same type of effort as the 30, I think I'm still ahead considering conditioning, health, and risk overall.

On Tony and Donna's ride I used my club bike while riding with my family. Usually, I'd use my commuting bike or MTB on such a ride but Deb wanted to ride her old Bianchi. My club bike uses the same size tires and tubes. I wasn't sure about the condition of her spares but I knew mine were OK.

While on this ride, I became acutely aware of my bum. My commuter Raleigh has its original, 30-year old Brooks Pro leather saddle. At one point I owned two of these saddles, having bought a new one at a shop to replace the saddle on the first new bike I ever bought (based on the great seating experience of the Raleigh). Brooks saddles were widely available as aftermarket parts back then. That bike was wrecked in a crash in Clums Corners, New York, (a story I told to a few people at the BBQ), when it was very new. In that crash, however, only the frame and fork were destroyed so most of the parts including the saddle ended up on an inexpensive Nishiki frame I quickly bought mail-order. This bike was in turn wrecked in a crash on the old NSC Winnepesaukee ride I wrote about in this newsletter a month or two ago. Less was salvageable after that crash, but the seat was still good. I then bought a Fiorelli frame that was a take-off from a local bike shop, used what I could off the Nishiki, and created the bike I rode with the club until last year. When I assembled the Fiorelli, I succumbed to fashion and lightness-lust and replaced the Brooks with an aluminum-rail Concor. It wasn't too uncomfortable and the Concor weighed 1/3 of what the Brooks weighed. A few years ago, one of the rails of the Concor broke, and I replaced it with the closest thing I could find at my nearest local shop, a Serfas. This saddle has never been comfortable for me, and on our slow ride before the cookout I found it unbearable. Meanwhile, I had traded my take-off Brooks to somebody at work years ago for a car part.

There is an obvious shape difference between my 30-year old Brooks on the Raleigh, which is comfortable, and my 2-year old Serfas which is uncomfortable. The Brooks has taken on reliefs where the Serfas has bumps. The Serfas has a shallow groove down the center (a "Love Canal") while the Brooks does not. In my case, the groove common in modern saddles seems to do more harm than good.

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July NSC Road Schedule

July 13 Let's Go Northwest

Who: Jimmy White, jdwhite@mathbox.com, 978-689-9847, Paula Bossone, paulajbossone@comcast.net, 978-887-0688

Where: Topsfield Plaza, Topsfield.

From Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right. Park at the far end of the lot.

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

What to expect: This ride will be covering flat to rolling terrain. Come join Jimmy and Paula for a scenic route heading west and north. The long ride heads into New Hampshire. Cue sheets arrows and maps.

July 20 The NSC Supports the Cycle for Shelter

Who: Bob Makowiecki robert.makowiecki@vsea.com

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

From Route 495 take Exit 52 (Route 110 West, toward Haverhill). Follow the signs to Northern Essex Community College.

When: 7:00 AM start for 62 or 100 miles, 10:00 AM start for 20 miles.

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

July 27 It May Be Long, But At Least It's Hilly

Who: Mike Habich (978-664-0187) mhabich@astseals.com

Where: Ipswich River Park, North Reading, MA

The park is in North Reading center on Central Street between Chestnut Street and Route 62. From Route 128, take Exit 40, follow Haverhill Street 3 miles North, then left on Chestnut Street, follow 1/2 mile to the park. From Route 62, Central Street is 1/2 mile west of Haverhill Street and the Batchelder School (Tuesday Night ride start).

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

What to Expect: Head north toward the Merrimack in search of frost heaves. 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, and food or \$5--call for ideas.

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 cancel.

Masconomet Regional High School, Boxford. Start time 8:30 in June. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. *Get up-to-date info on the e-mail list. 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).*

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

(Continued from page 3)

On a leather saddle like the Brooks, pressure, heat, and sweat from your tush work to mold the leather to your bottom as you ride. This is the breaking-in phase. While the saddle feels harder (and is harder) even when broken in, it is more comfortable for you (alone) because it is molded to you (alone). The saddle reaches an equilibrium shape with your bottom, so neither experiences intense local pressure from the contact. It is the ultimate customization.

The happy rear-ending: Leather saddles are still available (or are becoming available again). Not so much by mail order (though Nashbar has just added a few) but through local shops. Only a few have any in stock, but I think basically all shops can order them and most will. "Big" local shops that have an internet presence (Harris Cyclery, A.E. Bike) also provide a convenient way to buy a leather saddle. Harris and A.E. Bike carry the whole Brooks line, including the sprung ones.

I've secured two new Brooks Pro saddles for myself. One will go on my current club bike, and the other will go on a bike to be named later. My current club bike (black Cannondale) is the lightest bike I have ever owned. Another 250 grams or half a pound on a non-rotating part is worth it to end the suffering at my south end. I'm thinking about a sprung model for my MTB, which also has a painful seat, and is mostly used for utility-type riding.

For more in-depth information on leather saddles, including care and feeding, see <http://www.sheldonbrown.com/leather.html> As a 25+ year owner of a single leather saddle I do disagree with Sheldon Brown on one point. Good leather saddles do tolerate a certain amount of wet abuse. I've ridden the Raleigh in all weather conditions including rain and snow. This bike with its saddle has been on my car in the rain. It has a few cut marks where something sharp landed on it once (don't remember what). I treat it occasionally (but not as often as prescribed) and it is still the most ride-able saddle I've ever experienced. It looks a little ugly, but the leather is still intact and attached.

Ed Bolton
President, North Shore Cyclists

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 At 6:30 PM

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@comcast.net and Dianalyn Sirota. There are always riders available that know the way.

Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15-a social paced ride. Focus is on having a good time. New members encouraged to attend.

Directions: From Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Tuesday At 6:30 PM

Batchelder School, North Reading. Leader: Jimmy White (978) 689-9847 jdwhite@mathbox.com, Peter McCann (781)-213-2204 mccann_peter@yahoo.com, and Lori Balboni

Rolling hills. Arrowed, map. Ride length options of 15 & 25 miles. Average speeds 12-19. Tuesday is a great night to try an NSC ride!

Directions: From Route 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Route 62. Parking lot is ahead on the left, across from the gazebo.

Wednesday At 6:30 PM

Topsfield Plaza, Topsfield. 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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Thursday At 6:30 PM

Wakefield Center. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@comcast.net.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: Take Route 128 Exit 40. Follow Route 129 South (in Wakefield) to the south end of the lake. Meet at or near the gazebo.

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.

North Shore Cyclists
c/o Emmett Halpin
541 Lowell Street
Wakefield, MA 01880