



# BIKE BITS

## NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0507

[www.nscyc.org](http://www.nscyc.org)

July 2005

### PRESIDENTS REMARKS

Well, we've been waiting for spring and summer for a while now and here it is with a vengeance. I was doing some yard work yesterday morning and by the time I finished around noon time it was 93 degrees and pouring sunshine. I had to keep stopping because I thought I was going to pass out no matter how much water or iced tea I drank. I guess donating blood the day before didn't help either. I honestly don't know how some of you go out and knock off 30, 40, 50 miles or more in this heat. I do, however, know the importance of hydration in weather like this. It's a well know fact that when you feel thirsty you're already about a pint low, and not of Guinness either. A handy method I use is to set my trip computer to elapsed time and drink several good gulps of water every 15 minutes. I also swig on a sports drink every 30 minutes to replace lost electrolytes. Whatever your preference, it's crucial to drink frequently.

And there's no better way to replenish your reserves than at the rest stops of the Blazing Saddles Century! Yes, folks, it's that time of year again, but for more information you'll have to see page for a message from Hozz, our fearless century leader.

I hope everyone has a safe and happy Fourth of July holiday weekend! Eat, drink and be healthy!

*Howard*

### WHO'S WHO

President - Howard Wack (978) 887-6338  
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### CENTURY UPDATE

It's right around the corner with only two months to go. The Blazing Saddles Century is planned for August 27<sup>th</sup> and the century folks are putting on the finishing touches so hundreds of people can experience what the NSC has to offer. Make us proud and do your part to help us out! Spread the word! Volunteer today by calling Hozz at (978) 744-3332. See more inside.

## BUSTED AGAIN

Membership News you can rely on.

It could be the weather, it could be forgetfulness, or it could be that those who need to renew have forgotten that April Fool's Day is renewal day. Whatever the case, our club shrinks significantly during the spring thaw and my job gets tougher when those who mean to renew do not. I delete them from my data base after the May newsletter goes out. If and when they send in their renewal forms, I have to re-enter all the information that could have been there if they renewed on time. Do I sound cranky? You betcha'! So how about helping making an old cranky membership guy smile and renew today?

Thank you for this rant!

*Emmett Halpin*

## NEW MEMBERS

John & Janet Tortora - Westford  
A.J. Satyamoorthy - Lawrence  
Deirdra Taylor - Tewksbury  
Marcia Ford - Topsfield  
Nancy Cole - Waltham  
Bryce Cote - Melrose

## FOOD FOR THOUGHT

So what keeps you going for the long haul? Gu? Power Bar? Cytomax? Benson's? As I mentioned on the front page, good old H<sub>2</sub>O can keep the lactic acid from building up too fast just by staying hydrated. But energy for the duration needs to come from another source. Personally I found fig bars to be a good source of carbs and potassium, plus they go down easy and can handle the rigors of your jersey pockets and still be palatable. Let me know your preferences.

*Howard*

## HELP WANTED!!!

We desperately need someone to take charge of our advertising & marketing. Please contact me ASAP if you can help! Thank you!

*Howard*

## TRANQUILITY

It was the first Wednesday night in nice, warm weather of the year. It was also the first one to start at 6:30, so there was no need to rush out of the plant. I arrived at Topsfield Plaza, *tranquillo*.

The ride starts very slow, by Wednesday standards. We cruise out of Topsfield at 14 or 15 mph heading to Boxford. Good riders, lots of talking, able to safely drink. I am very *tranquillo*.

In Boxford, heading to Georgetown, Lenny Sullivan accelerates and the best follow him. I catch on easily, the group is moving along nicely, I feel great and am able to take 1 or 2 ego-pumping pulls. We go thru Georgetown and past Tony Salerno's house. I am quite *tranquillo*.

Near Cedardale-Groveland, I nail a pothole and pinch-flat my front tire. But I get out of the line safely and I know I have 2 tubes and 2 CO<sub>2</sub> cartridges in my flat kit. I wave the rest of the group on, and stop for an easy tire change on a pleasant road in great weather. I remain *tranquillo*.

A car stops. The window sinks down, and a woman says, "I don't have a cell phone, but I'll drive you anywhere you want to go." "I'd like to go to Disneyland," I reply, then wave off the joke and tell her I'm doing fine. After some pleasant small talk, she drives off. I am very *tranquillo*.

Old tube out, new tube in. It is the first time I've ever filled a tire with CO<sub>2</sub>, and I'm surprised by how fast it works. The tube gets pinched between the bead and rim, and the CO<sub>2</sub> isn't staying in. One tube and cartridge down, but there is still another set in my kit. I am still *tranquillo*.

The second tube goes in. Now I know I need to regulate the CO<sub>2</sub>, and it the tire is ready to go without incident. I reassemble my flat kit, *tranquillo*.

But when I start, the tire is soft! I pull off the tire again, and using my last-resort, the minipump, I find there is a small leak where the tube valve is glued on. Way in the bottom of my flat kit, I have a patch kit, and the glue has never been opened so it is still good. About 200 strokes of the minipump, and I'm good-to-go, *tranquillo*.

I'm racing down 97 to get back to Topsfield before dark, and I just make it. There are still people in the lot. I finish *tranquillo*.

*Ed Bolton*

## CENTURY MINUTES

### Blazing Saddles Update

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 27<sup>th</sup>. 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. We haven't decided whether to flatten out the hills or route the 50-mile loop around them. If we decide to flatten the hills, there will be all sorts of volunteer opportunities. More on that later.

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*

## NEWSLETTER CONTRIBUTIONS

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

## TRAINING THE HEART

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

How can endurance training improve a muscle that is already superbly designed and equipped to perform constant work? The answer is fairly simple. IT GETS BIGGER! (OK, it's slightly more complicated than that). Endurance trained hearts do not beat faster at maximum. They do not beat more powerfully, gram for gram. They also do not change significantly in terms of mitochondrial or capillary density. The distinction between the athlete's heart and the sedentary heart is the larger stroke volume of the trained heart. This improvement is critical to improved endurance performance. Why? The heart is first and foremost a pump. It pumps oxygenated blood to the body to support the production of cellular energy. During exercise, working muscles increase their cellular energy requirements up to 100X. Generating more energy (ATP) requires more oxygen delivery to the mitochondria. When we begin to exercise at any given intensity, more oxygen must be delivered to the working muscle. Cardiac output increases in proportion to the increased energy demand. If we measure the responses of an individual to running at 8 min mile pace before and after 3 months of regular exercise, here is what we will see. First, the metabolic cost of working at this intensity will be unchanged (assuming no improvement in running efficiency). Therefore cardiac output will be the same. However, just as during rest, the heart will deliver more blood each beat. Therefore heart rate at this and any submaximal exercise intensity will be reduced. There is for all of us an exercise intensity that will elicit our maximum cardiac output. *Continued on page 6*

## SPECIAL EVENTS

CRW Bovine Lite, July 1-4  
**Independence Day BBQ ride, July 3**  
CRW Climb to the Clouds, July 18  
**Emmaus House Cycle for Shelter, July 24**  
**Blazing Saddles Century, August 27**  
CRW Nautical Tour of NH/ME, September 9-18  
NBW Flattest Century, September 11  
CRW Fall Century, September 18

**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](mailto: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 in N. Reading. Leader: Jimmy White (978) 689-9847 [jwhite.2@netzero.com](mailto:jwhite.2@netzero.com), Peter McCann (781) 245-8115 [mccann\\_peter@yahoo.com](mailto:mccann_peter@yahoo.com)

This location is only an 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, 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](mailto: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 \*\*\* June & July starts at 6:30 PM \*\*\*

Wakefield Center, Wakefield. Leaders: Emmett Halpin (781) 246-5268 [emmetthalpin@comcast.net](mailto: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](mailto:mhabich@astseals.com) and Jeff Turpel (978) 356-6241 [jaturpel@verizon.net](mailto: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

July 3rd

### Ride to the Sea

**Who:** Tony Salerno 978-352-2524 [litespd1@hotmail.com](mailto:litespd1@hotmail.com)

**Where:** Perley School, Georgetown

**When:** 9:00 for 58 miles, 9:30 for 24 and 45 miles

**Directions:** From Rte. 95 take exit 54/Route 133 West to the first set of lights and take a right. School is on your right.

**What to expect:** Scenic ride through Georgetown, Rowley, Boxford and Ipswich. Medium and long rides go out to Ipswich Neck. Cookout and swimming at Tony's house on the pond after the ride. Bring salad, dessert (call for ideas) or donate \$5.

July 10th

### Grub Sweat & Gears

**Who:** Howard & Ellen Wack 978-887-6338 [meandew@comcast.net](mailto:meandew@comcast.net)

**Where:** Topsfield Plaza, Topsfield

**When:** 9:00 for 68 miles, 10:00 AM for 25 & 40 mile loops

**Directions:** Route 95 to exit 53A (Route 97 south) for about 3 miles into town. The Plaza will be on your right.

**What to expect:** Some familiar roads through familiar towns with the long ride going to Newton & Plaistow, New Hampshire. Cookout and swimming at Howard & Ellen's house after the ride. Bring side dishes/salads or a \$5 donation.

July 17th

### Whine & Cheese goes North

**Who:** Ann Pernice 978-373-6647 [darkhorse01835@yahoo.com](mailto:darkhorse01835@yahoo.com) and Pam Houck (978) 388-2986 [pahouck@adelphia.net](mailto:pahouck@adelphia.net)

**Where:** Lincoln Street School, Exeter, New Hampshire

**When:** 9:30 for 35 & 65 miles

**Directions:** Route 95 North to Route 101 West (NH) to Route 108/Exeter. Left off exit onto Route 108 South past Exeter Hospital. Right on 108 South/111 West over river. Left on 108 South/111 West. Bear right on 111 West. Go about half a mile to Lincoln Street. Right on Lincoln. School is on the right.

**What to expect:** Beautiful country roads and other roads less traveled. Long loop goes to Durham, New Hampshire.

July 24th

### Emmaus House Cycle for Shelter

**Who:** Rachel Thompson (978) 241-3437 [rachel@emmausinc.org](mailto:rachel@emmausinc.org)

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

**When:** 7:00 for 100 or 62 miles, 10:00 for 20 miles

**Directions:** From Route 495: Take exit 52 for Route 110 East. Take first left (Elliot Street/Way); look for Northern Essex Community College on your left and follow the signs to the Sport & Fitness Center (Cycle for Shelter start).  
From Rt. 95: Take exit 58 (Rt. 110 west) and/or follow signs to Rt. 495 South. Take exit 52 (Rt. 110 East), bear right off ramp onto Rt. 110 East. Take first left (Elliot Street/Way); look for Northern Essex Community College on your left and follow the signs to the Sport & Fitness Center (Cycle for Shelter start).

**What to expect:** 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). In 2003 Cycle For shelter was listed in the country's premiere cycling magazine "Bicycling" as one of its readers favorite rides. \$75 minimum contribution to Emmaus House required. More information at [www.emmausinc.org/cycle.htm](http://www.emmausinc.org/cycle.htm)

July 31<sup>st</sup>

### Pigs, Ponds, and Potholes

**Who:** Sarah Weaver 978-664-1370 [sarah.weaver@comcast.net](mailto:sarah.weaver@comcast.net)

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

**When:** 9:30 for 50 or 34 miles

more info next month...



## CLUB DISCOUNTS

Dan Shuman - [owner@salemcycle.com](mailto:owner@salemcycle.com)

Salem Cycle  
72 Washington Street  
Suite 1  
Salem, MA 01970  
978-741-2222

[www.salemcycle.com](http://www.salemcycle.com)

(YaYa! Bike, NBDA, IMBA, NEMBA, Specialized, KHS, Felt, Airborne, Free Agent, Redline, Torker)

- 10% off non-sale clothing and accessories to all club members regardless of the club. Just show proof of membership once and we can enter it in their file and then they just need to remind us and we can look it up.

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Mark Barras - [www.nscycles.com](http://www.nscycles.com)

North Shore Cycles  
Western Avenue  
Lynn, MA  
781-581-2700

- 10 % off parts, labor, and accessories.
- 5% off any bike under \$1000.
- 10 % off any bike over \$1000.

Please note: Discounts cannot be combined with any other offers or sale prices.

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Alison Dewey - [www.landrys.com](http://www.landrys.com)

Store Manager  
Landry's Bicycles  
151 Endicott St. Danvers, MA 01923  
Phone: 978-777-3337  
Fax: 978-774-9109

- 10% off all accessories

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Jerry Slack - [jerry@cycleloft.com](mailto:jerry@cycleloft.com)

President/CEO  
The Cycle Loft Inc - [www.cycleloft.com](http://www.cycleloft.com)  
28 Cambridge Street  
Burlington, MA 01803  
Phone: 781-272-0870  
Fax: 781-229-9369

- 10% off all non-sale parts & accessories

Marblehead Cycle, Inc.  
25 Bessom St.  
Marblehead MA 01945  
781-631-1570

- 5% off bikes
- 10% off accessories

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Scott Bumpus, Owner  
Seaside Cycle - [www.seasidecycle.com](http://www.seasidecycle.com)  
23 Elm Street  
Manchester By The Sea  
978 526 1200

- 10% off non-sale parts & accessories
- 15% off non-sale clothing

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Dave Smith, Owner  
Bicycle Shop of Topsfield - [www.biketops.com](http://www.biketops.com)  
17 Main Street  
Topsfield, MA 01983  
978-887-6511

- 10% off non-sale parts & accessories
- 10% off labor

## TRAINING THE HEART (CONT'D)

Once this limit is achieved, further increases in work intensity will result in no further increase in heart rate. By definition, this is then the maximum heart rate. The maximum heart rate in humans varies from individual to individual and decreases with age. Therefore the only way to know precisely what a specific person's maximal heart rate is would be to do a maximal exercise test. Without such precise knowledge, we often use the formula "220 minus your age" to approximate maximal heart rate. This formula will generally give results within plus or minus 10 bpm of reality. True maximal heart rate may not be achieved in some forms of exercise that do not employ a large enough muscle mass, or if the person is unfamiliar with the mode of exercise employed. For example, one person may have a true maximum heart rate of 195 achieved during uphill running, but only 191 during a cycling test, and 187 during swimming. These latter heart rates are termed **peak** heart rates and should be used as a basis for determining training intensity for a specific exercise mode. The important thing to remember is: Maximal heart rate does not increase after training. It stays the same (or might even decrease just slightly). However, maximal stroke volume increases. Therefore maximal **Cardiac Output increases in response to exercise**. This is the primary reason for the increase in VO<sub>2</sub> max!



# 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.**

NSC  
% Emmett Halpin  
541 Lowell Street  
Wakefield, MA 01880

TO: