



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0607

www.nscyc.org

July 2006

SKI MARKET OFFER

"Did you know that Ski Market sells and services bikes? Head on over and check them out for any of your cycling needs. And as an introduction to their services, they have agreed to offer NSC members a 50% discount on bike tune ups through August, 2006. In addition, they are offering a generous 20% discount on clothing and accessories through the month of July, 2006 (this applies to regularly priced items). We look forward to future support during specific rides throughout the season."

CENTURY UPDATE

Preparations are continuing for the **Blazing Saddles Century** which will be held on **Saturday, August 26th** at the Georgetown High School.

We are very excited about some of the changes this year. We have new sponsors! Ski Market is on board (see related article in this month's newsletter) and Gallo Winery has asked to become a sponsor. We are currently discussing options with Gallo.

Volunteer opportunities are still available. If you are not planning to ride and would like to help out, please contact me. Opportunities include: assistance at the registration desk from 6:30am until 9am (you can ride afterward!), rider check-in at the end (2-6pm), help at the 50 or 75-mile stop and assistance with after-ride food and festivities. Volunteering is a great way to spend time with your fellow club members and we always have a good time.

We are hoping for another record turnout and hope that you will join in the fun!!

Look for our ad and registration form inside!

Paula Bossone
978-887-0688

WELCOME NEW MEMBERS!

Anne Lewis - Beverly
Paul Tanklefsky & Family - Andover
Anne Lee - Lexington
Bob Anderson & Family - Amesbury
Ravi Rai - Reading
Matthew Callahan - Rowley
Hoai - Nu Vo - Canton
Bruce G. Picard Sr. - Seabrook, NH
Tom Swanson - Stoneham
Roger Woodbury - Beverly

WHAT'S INSIDE

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WHO'S WHO

President - Howard Wack (978) 887-6338
Vice-President - Paula Bossone (978) 887-0688
Treasurer - Nancy Cole (781) 899-7187
Clerk - Pam Houck (978) 388-2986
Secretary - Jim White (978) 689-9847
Ride Coordinator - Eric Shaktman (978) 948-7156
Membership - Emmett Halpin (781) 246-5268
Web Master - Mike Habich (978) 664-0187

Blazing Saddles Century



Go to www.nscyc.org for more information and to register online

Start Location

Georgetown High School

11 Winter Street, Georgetown, MA

Start Times

8am - Century & Metric Century

9am - Half Century & Half Metric

Sponsored by



JOIN US FOR ONE OF THE EARLIEST RIDES OF THE FALL CENTURY SEASON

Travel through the tranquil rural towns of Boston's North Shore and southern New Hampshire. Cycle along beautiful rivers, lakes, and scenic back roads. The route features rolling hills and long flats. See the best of New England!

Route Options

- Century
- Metric Century
- Half Century
- Half Metric

Support

- Arrowed routes
- Maps & cue sheets
- Rest stops (PB&J, fruit, cookies, energy drinks and water)
- After-ride refreshments
- Massage therapists after the ride (nominal fee)

Registration

- \$14 by August 15
- \$15 day of event
- Event day registration opens at 7am
- T-shirts available for \$15 to those registering by Aug 15

North Shore Cyclists Blazing Saddles Century

Saturday, August 26, 2006

Please print. Use a separate form for each rider.

Name:		
Street address:		
City:	State:	Zip:
E-mail:*		
Emergency contact:		Emergency contact phone:
Did you ride last year? <input type="checkbox"/> Yes <input type="checkbox"/> No	Distance planned: <input type="checkbox"/> 100 <input type="checkbox"/> 62 <input type="checkbox"/> 50 <input type="checkbox"/> 35	

* For follow-up and ride notification next year; will not be shared.

<p>Registration fee (check category):</p> <p><input type="checkbox"/> NSC Member (\$12) <input type="checkbox"/> Non-member (\$14)\$ _____</p> <p>T-shirt (\$15): <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL\$ _____</p> <p style="text-align: right;">Total\$ _____</p>	<p><i>Make checks payable to:</i> North Shore Cyclists</p> <p><i>Mail to:</i> Nancy Cole 29 Cabot St Waltham, MA 02453</p>
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***** Pre-registration must be postmarked by August 15, 2006 *****

In consideration of being permitted to participate in any way in the North Shore Cyclists (NSC) Blazing Saddles Century; 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 am qualified to participate in such activity. I further acknowledge that this activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of 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 involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death. (b) These risks may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the other participants. (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 NSC, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, and any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, (each considered one the participants 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 participants or otherwise, including 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 assurance of any nature. I intend it to be a complete and unconditional release or all liability to the greatest extent allowed by the 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:** _____

(Parent or Guardian if rider is under 18)

AMERICA THE BEAUTIFUL (PART 3)

July 4

We had a very short 54 mile ride to Hardin, Montana. It was an easy climb and feeling refreshed, all the riders made it in, with time for pizza and smoothies along the way. Some of the riders visited the Custer Little Big Horn battlefield, and others went to a rodeo. I skipped them—they both feel tragic to me.

July 5

We rode today through the Crow reservation in southern Montana, and then crossed into Wyoming finally, with a bit of head wind. Riding diagonally through Montana the Tandem bike spilled, and Emily had to have stitches to her knee, but she'll be back on the road in a couple of days. It was a hot day, followed by a rather creative "talent" show in the evening in Sheridan featuring the Big Ride's finest.

July 6

I rode mostly by myself today with a good tailwind for the first half, followed by 40 miles of head wind into Gillette. It began with a tough but beautiful climb that seemed to go on forever, somehow always circling back to show us receding views of the snow-covered peaks that we camped close to last night. This was our longest ride, 114 miles. We're tired.

July 7

We have moved quickly through the northeast corner of Wyoming, and tomorrow will bike into the Black Hills of South Dakota. Yesterday's 103 degree heat and 114 mile ride wore us down a bit, but we look forward to a rest day on Saturday. Despite the fatigue, we all are still thrilled with the ride, and wouldn't be any place else. A shorter ride today left plenty of time for a visit to the Newcastle, Wyoming library (it's cool inside), and some slow but welcome computers. We're getting stronger and perhaps philosophical about the long rides through vast stretches of nothing but hills, wind, grass, and sage brush. If you've never gotten up at 4:30 on a desert morning, you don't know what you're missing!

I've been pondering my own thought processes... Today, new ideas emerged, nothing life-shattering, but perhaps life-changing. I'd like to start up an outdoor adventure company in the Berkshires. *(And I did! Go to <http://www.bikenewengland.com/>)*

July 8

After so many days in the arid areas of Montana and Wyoming, we climbed yesterday into the beautiful Black Hills of South Dakota. Although it was a long 85 mile ride with countless hills, we felt only the thrill of being in such beautiful forests, with mountain streams and ragged rock formations just above our heads. We were treated to what seemed like an endless downhill thrill ride as we left the Hills and headed north toward Rapid City. Today I pulled the Burley cart, which carries our Chain of Hope with hundreds of names of people who suffer from lung disease, and for whom many of us are riding.

The approach of clouds, rain, and lightning added a little more zip to our pace, and we pulled into camp refreshed and more enthused about the Ride than ever. Camp today in Rapid City is a bit of a dump, but tomorrow is a day off!

July 9

It's raining, we're not close to town, and some of the riders are feeling a bit of despair. I'm still psyched for the ride, however. While I won't go into it here, there have been some changes at home. It's been a while, and I wonder what adjustments we'll have to make? *(*suffice it to say that the changes, while difficult, have made my life more wonderful.)*

Gordon Harris

WEEKLY RIDE SCHEDULE

These rides occur each week as listed until otherwise noted. Non-members are always welcome on all NSC rides.

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**MONDAY** \*\*\* Starts 6:30 PM \*\*\*

**Topsfield Plaza**, Topsfield. Leaders: Paula Bossone (978)-887-0688 [paulajbossone@comcast.net](mailto:paulajbossone@comcast.net) and Dianalyn Sirota. *All ride levels are welcome!!!*

This is an arrowed ride through the quiet roads of Topsfield and the surrounding towns. The loops are approximately 15, 20 & 25 miles. The slowest riders will be accompanied by a leader. We will group riders by speed as we usually have a large turnout. Focus is on having a good time. New members are encouraged to attend. We usually gather afterwards to refuel. Come join us!

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.

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TUESDAY *** Starts 6:30 PM ***

New Start Location is **Union Congregational Church in North Reading**. Leader: Jimmy White (978) 689-9847 jdwhite.2@netzero.com, Peter McCann (781) 245-8115 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 6:30 PM ***

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman (603) 580-1010 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.

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**THURSDAY** \*\*\* Starts 6:30 PM \*\*\*

**Bill & Tom's Excellent Bike Ride**

**Wakefield Center**, Wakefield. Leaders: Tom Keane [huknpuff@comcast.net](mailto:huknpuff@comcast.net) 781-477-0834; Bill Cioni 978-397-5675

This is a fun ride with a great club feel; we go for pizza and laughs several times during the season. It is a 20 mile loop with multiple groups, come try to beat an hour! There is also a 13 mile cut off for our beloved turtles; you too should try for the hour! We usually finish together.

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 am throughout the summer. Leaders: Mike Habisch (978) 664-0187 [mhabich@astseals.com](mailto:mhabich@astseals.com) and Jeff Turpel (978) 356-6241 [jaturpel@verizon.net](mailto:jaturpel@verizon.net). 40-60+ miles at 17-19 mph during the summer. 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 COMING ROAD RIDES

### **Sunday, July 2<sup>nd</sup>** Let's Go Coastal

**Who:** Marty Silvia, [marsilvia@comcast.net](mailto:marsilvia@comcast.net)

**Where:** Cushing Park, Newburyport

**When:** 9:00 for 70, 50, and 35 miles.

**Directions:** From Route 95, take Exit 57 for Route 113 East. Go for 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right. From Route 1 go onto Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go 1 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

**What to expect:** Beautiful ocean views and Portsmouth NH. Mostly flat with a few small hills. All rides feature NH coastline and rural inland. Long ride goes to Fort McClary, Maine.

### **Sunday, July 9<sup>th</sup>** Don and Judy's Mental Health Ride

**Who:** Don and Judy Roy 978-766-0885 [judyordon@lorraineroy.com](mailto:judyordon@lorraineroy.com)

**Where:** 250 North Street, Danvers

**When:** 9:00 for 60, 9:30 for 45, 10:00 for 30 miles

**Directions:** From Rt 1/95 interchange (Ferncroft rotary) take Rt 1 north. At the traffic light at the base of the ramp from the rotary (Exxon & Mobil stations), turn left on North St. 250 North is on the left, with a green sign.

**What to expect:** Easy ride with few hills through Danvers, Middleton, Boxford, Topsfield, Ipswich, and Hamilton. Most roads will be familiar. Cue sheets, maps and arrows. BBQ after the ride at Don and Judy's house to follow the ride. Call for menu items to bring or donate \$5.00.

### **Sunday, July 16<sup>th</sup>** Salt Marsh Tour

**Who:** Gordon Harris (978) 979-6598 [gordon@bikenewengland.com](mailto:gordon@bikenewengland.com)

**Where:** Central parking lot behind Market St. and Central St. in downtown Ipswich, MA

**When:** 9:00 AM for 27, 35, 43 and 63 mile loops

**Directions:** From I-95, take Rt. 133 east to the center of Ipswich. Turn right one block before downtown center. Hammatt St. parking lot will be on your left. From Rt. 1, take Ipswich Rd. from Topsfield. Cross tracks and turn left at the Ipswich Cooperative Bank, and bear right. Parking lot will be on your right.

**What to expect:** Ride from Ipswich along Rt. 1A north, then through the Parker River salt marshes to Newburyport. Return along wooded back roads through Byfield and Rowley. Extra loops out to the Town of Plum Island, and after returning, to Great Neck in Ipswich; marked with yellow circle (Dan Henry) and arrow. Download cue sheets and maps at: <http://berkshirecycling.tripod.com/saltmarshstour/index.html>

### **Sunday, July 23<sup>rd</sup>** NSC Supports the 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 AM for 100 or 62 miles, 10:00 AM 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). \$75 minimum contribution to Emmaus House required. More information at [www.emmausinc.org/cycle.htm](http://www.emmausinc.org/cycle.htm)

### **Sunday, July 30<sup>th</sup>** Fairly Flat Fifty

**Who:** Gerard "Hozz" Hosman 978-744-3332 [ghozzy@juno.com](mailto:ghozzy@juno.com)

**Where:** Masconomet High School, Topsfield

**When:** 9:00 am for the 50 and 60. 10:00 am for the 30.

**Directions:** Take Exit 51 from Route 95 North or South. Masco is just off the highway

**What to expect:** Besides a fifty mile loop, ride offers a sixty mile option that goes out to Stage Fort Park in Gloucester as well as a thirty mile route that doesn't go anywhere you haven't already been. Distances subject to change depending on which bridges are open at the time.