



The North Shore Cyclists Newsletter

June 2000

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

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nsc-subscribe@topica.com

A Dream Comes True

On April 8th I received a call from Debbie Wroblewski of NESN (New England Sports Network) telling me they wanted to interview me regarding massage therapy and the Boston Marathon. Although very suspicious, I agreed. On Wednesday the 10th, they appeared at my home -- a camera and a reporter -- and told me they had lied. I was going to Hawaii for the Ironman Triathlon (2.4-mile Swim, 112-mile Bike & 26.2-mile Run)! Now you have to understand, I have put in for the lottery for almost 10 years, they pick 150 out of 30,000 people so I never thought I'd get in. The other way is to be fast and earn a spot. Never!

To say I was shocked would put it mildly. They came back a week later and filmed myself and training partner Helene Dreisen swimming, biking and running.

I have always dreamed of going but dreams, like life, hardly ever come true. Well, this one did. So on October 14th, providing I can finish a 1/2 Ironman on June 4th in Maryland (1.2 Swim, 56 bike & 13.2 run) I'm going to Hawaii.

See you on the lonnnnnng rides!

Larry Guerin

President's Notes

Hi folks,

The curse of the Club President has hit me. As I'm writing this, I only have about 200 miles on the year, about half of what I'd hoped for at this time. Work has been unexpectedly busy, I've experienced crippling allergy attacks for the first time in my life, and it seems when I do have the chance to ride it is raining buckets and blowing a gale. I'm investigating various ways to end the curse that don't involve eating parts of reptiles.

I did attend Marie's inaugural Thursday hill ride. There was some confusion about the route but by the time this comes out it should be well defined and possibly arrowed. If you do this ride heed this advice: take it easy in the beginning cause the real hills come at the end.

The NSC was at the Big Event. The sale was lightly attended this time. The NSC table logged just over \$700 in sales. 15% of this is the Big Event commission. The Big Event organizers subtract expenses from all the commission money from the participating clubs and divide whatever is left among the participating clubs. The light turnout at the sale was disappointing. It was speculated that more people are selling old equipment over the Internet, reducing the demand for this type of event. I noticed there seemed to be a lot of

people riding out of Concord that day, one of the first nice weekends of the spring. It's possible that many people, when faced with a good Saturday after so many lousy ones, just decided to come to the Big Event for the rides and never even made it inside the Hunt Center. It may be simply a matter of insufficient publicity.

Top 10 reasons to ride a bike:

10. It's faster than walking.
9. You get a great tan in the summer.
8. They come in bright colors with shiny metal.
7. Ride: buy food from the midwest. Drive: buy oil from the middle east.
6. Nice Colnago: \$4,000. Nice Corvette: \$40,000.
5. Colnago: 18 speeds not including crossovers. Corvette: 6 speeds not including reverse.
4. You don't ever forget how to do it.
3. It's kind of weird being in a bike club if you don't.
2. In the winter, you can go to the gym and ride the stationary bikes that face the TVs and the aerobics room.
1. You have to get to your root canal appointment, and your Jeep won't start.

Regards,
Ed Bolton, 603-382-6989
ebolton@ttlc.net

The NSC Newsletter Gets a Fast Track...

Hi kids,

I hope all is well with all of you. Things seem to be changing fast, as far as the newsletter distribution goes. I have seen our NSC rag on the Internet and this is the future! I think this is where we can truly save a tree, because Tony will not have to make extra copies for me. I can simply print any copies that I need for new members. Better still, our members can forgo a mailed copy of it, download it from Adobe 4.0 and get the news that's fit to print. Wow, with that savings we could go on a whale watch from Gloucester this summer. If you would like to save a tree, send me an e-mail at EHalpin@msn.com and I will make sure you will not receive a newsletter via Snail-Mail.

In other news, Bike to the Sea (B2C) will have its annual family ride on Saturday, June 10 from the Square 1 Mall in Saugus, MA. The ride will be to Revere Beach this year. For more information on this ride, please call 781.397.6893 or visit their website at www.biketothesea.com

The MassBike Tour 2000 will be the week of July 23-29. This years tour will be from Cape Ann to Cape Cod. For more information contact Conrad Willeman at tour@massbike.org

Hey kids, ride safely.

Emmett

Leaders Needed

These Sunday Ride dates are still available:

July 16, 23 & 30, September 3, 4, 10 & 17, October 8, 15, 22 & 29

If you can help out, please contact Eric (603) 394-0090.

Other Weekday Rides

Not official NSC Rides, but in the area... For the faster rider...

Tuesday Batchelder School, North Reading

Start time 6:00 PM Leader: Phil Hertz (978) 664-5007 phertz@shore.net Advanced. Fast-paced ride (21+ mph). Paceline experience and etiquette are recommended. Maximum length is 38 miles; may be a few miles less in early weeks.

Thursday Church of the Nazarene, Beverly

Start time 6:00 PM Advanced. Pace is about 22+ mph at the height of the season. Mix of flat, rolling, and hilly terrain. To start the season, this ride will only be about 25 miles without hills, then 30+ miles.

New Members

Robert Foster - Rowley
Jacalyn Starr - Bedford
Allen Bowen - Beverly
Cyndi Gavlick - Salem
Philip Parisi - Gloucester
Steven Martin - Salisbury
Edward Walsh - Hamilton

Welcome!

Officers & Coordinators

President Ed Bolton (603)382.6989 ebolton@henschel.com

Vice-President Marie Doyle (978)777-4455 mduoye@phcs.com •

Treasurer Pam Houck (978)388-2986 •

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Clothing Coordinator Eric Shaktman (603)394-0090; ericnsc@mediaone.net

**BOVINE 2000
BICYCLISTS OVER VERMONT
IN NEAR ECSTASY
JULY 1-5, 2000
SATURDAY--WEDNESDAY**

5th annual edition of this popular tour. We'll meet in White River Junction, VT and take the AMTRAK train north to St. Albans, VT, near the Canadian border. The luggage car has bike racks, so no bike box is needed.

Enjoy 4 days of beautiful, mostly quiet cycling in Vermont, plus one day in New York's Adirondacks with great views of its high peaks. Options include a loop into Quebec and over the mega-challenging Appalachian Gap. Average about 60 miles/day with hills. Shorter and longer options available. A truly multi-modal tour: Bicycling, train and ferry across Lake Champlain. See the spectacular fireworks in Burlington on July 3.

\$390 includes 4 nights motel and hotel lodging with 2 persons/room (incl. 2 nights in the Radisson Burlington overlooking Lake Champlain and 1 in Montpelier's Capitol Plaza), trail lunch food for 4 days, 2-3 breakfasts, Sag van support, train fare, trip T-shirt, 5 days off-street parking, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591. E-mail: ardnadler@aol.com

**BIKE TO QUEBEC
WENHAM, MA TO QUEBEC CITY
AUGUST 12-22, 2000
SATURDAY - TUESDAY**

Join us for the ninth almost annual tour through northern New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day (plus longer options) for eight consecutive days, through some of the most scenic country in New England and Quebec. Then enjoy Saturday afternoon to Tuesday morning in and around Quebec City. En route, experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the Mt. Washington hotel?), and the remote quiet Connecticut Lakes. Also northeast MA to Newburyport, southwest Maine, Vermont's Northeast Kingdom and Quebec's upper Appalachians. We'll enter Canada at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat terrain. Three nights en route are on lakes.

See last year's trip on the web courtesy of Rich Salter at <http://rts3.home.sprynet.com/main.htm>

\$890 includes 10 nights lodging in comfortable inns, motels and hotels (2 persons/room), 4-6 breakfasts, lunch food on 7 riding days, 2-3 dinners, sag van support, return transportation to start point, 11 days off-street parking, cue sheets and maps, and T-shirt.

Leader: Arnold Nadler: 978-745-9591. ardnadler@aol.com

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

June 10 -- King's Tour of Quabbin by the Seven Hills Wheelmen <http://hometown.aol.com/shwworc> Starts at 8 a.m. at Naquag School, Route 122A, Rutland, Mass., and goes around Quabbin Reservoir. There are 125 mile (200K), 100 mile, and 62 (100K) options (the 62-miler starts at 9 a.m.) Cost: \$5.00. This ride was selected as the best ride in Massachusetts for 1998 by Bicycling Magazine. Contact Steve Blum, 508-366-0818, steve2@charter.net · **July 16 Climb to the Clouds** www.crw.org · **August 26-27 North Shore Cyclists BLAZING SADDLES CENTURY** · **Sept. 10 -- Nashoba Valley Pedalers 2000 Fall Century Classic** www.ultranet.com/~nvp · **Sept. 10 -- THE FLATTEST CENTURY IN THE EAST** www.nbwclub.org · **Sept. 17 -- SOUHEGAN RIVER TOUR** www.crw.org · **Sept. -- WHITE MOUNTAIN CENTURY**, Casco Bay Bicycle Club · **Sept. 17 -- DON McCULLOCH MEMORIAL RIDE**, 25, 62 or 100 miles, Massachusetts Military Reservation, Route 28, Falmouth, Mass.; \$22 members, \$25 nonmembers by Sept. 7. Contact: Mad About Cycling, mac@cape.com, 13 Bell Rd., Bourne, MA 02532, (888) 235-2300 or (508) 759-3723. · **Sept. -- FRYEBURG FROLIC CENTURY**, Casco Bay Bicycle Club, 100 miles,

Westbrook High School, Spring Street, Westbrook, Maine; \$15, \$17 after Sept. 18. Contact: Maggie Guthrie, (207) 772-3860. · **Sept. 24-25 - Granite State Wheelmen Tri-State Seacoast Century Weekend** www.geocities.com/Colosseum/Loge/9605 · **Sept. 24 MAJOR TAYLOR CENTURY** by the Seven Hills Wheelmen - Bicycle 25, 62 or 100 miles on quiet, rolling back roads in central Massachusetts as the seasons change. All new routes this year! All rides leave from Sovittaja Finnish Society (Finn Park) on Demond Pond, Finn Park Road off Pleasantdale Road, Rutland, Mass. Seven Hills Wheelmen: <http://members.aol.com/shwworc/index.html> · **Oct. -- CADILLAC MOUNTAIN CHALLENGE**, Maine Free-wheelers, 25, 62 or 100 miles, Acadia National Park Visitors Center, Mount Desert Island, Maine; free. Contact: Tony and Anne Mourkas, mourkas@telplus.net, 171 Patterson Road, Hampden, ME 04444, (207)862-5990. · **Oct. -- GREAT RIVER RIDE**, Northeast Sport Cyclists, 25, 62 or 100 miles, Park Square, Westfield, Mass.; \$25. Contact: New Horizons, (413) 562-5237. · **Oct. -- ROUNDQUABBIN**, 100 kilometers around Quabbin Reservoir. Watch for details in The Ride magazine, www.ridezine.com.

Sundays On the Road

June 11

The Celestial N. Reading ride!

Who: **Joe Lewis** (617-472-4868) e-mail joecadcam@aol.com

Where: Batchelder School, North Reading

When: 9:00 for 46-60 & 35

How to get there: N. Reading (Tuesday night ride location). From Route 128, exit

40. Follow Haverhill St. 3.5 miles to N. Reading Center. Cross Route 62, parking lot is ahead on left, across from Gazebo. From Route 93, take exit 40 (62 east).

Follow 62 for 5 miles.

June 18

Let's Go Coastal

Who: **Eric Shaktman** 603-394-0090 ericnsc@mediaone.net & **Blane Goguen** 978-465-2480

Where: Municipal Parking lot, Newburyport

When: 9:00 for 65, 10:00 for 35 miles.

How to get there: From Rte. 95 take exit 57 rte 113 east. Go for 2 miles and take a left onto Kent St. Parking lot is 2 blocks on right. From Rte 1 go ¼ mile west towards Amesbury. Take a left at the gas station lot is 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 McLary, Maine.

June 25

Ride to the Sea

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

Where: Georgetown Park and Ride

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

How to get there: Rte. 95 exit 54 west, to Georgetown center. Park and Ride is on left just before the lights.

What to expect: The longer routes head toward the seacoast and Gloucester. The shorter loops go into Ipswich.

Barbecue at Tony's after the ride. Bring salads or deserts (call Tony for ideas) or \$5 donation.

July 2

Annual Cookout at the Estate on the Lake

Who: **Paula Bossone** 978-887-3855

Where: Topsfield Plaza, Topsfield, MA.

When: 9:00 am for 60 miles, 10:00 am for 20 & 40 miles.

How to get there: From Rte 95 N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At 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.

What to expect: The official summer banquet. The social event of the season, the place to be for those who want to be seen! Bring food (call Paula for ideas) or \$5 donation. BYOB (bring your own bathing suits)**

July 4

Holiday Show and Go

Who: ?????

Where: Georgetown Park and Ride

When: 8:00 am -- so everyone can still do "stuff"

How to get there: Rte. 95 exit 54 west, to Georgetown center. Park and Ride is on left just before the lights

What to expect: Nobody knows until then

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

Picnic rule-of-thumb: Please call the ride coordinator about a food to bring (salads, dessert, chips, etc.). If you cannot bring food, a \$5 donation is to be given to the cookout host. Lawn chairs are always welcome!

North Shore Cyclist Weekday Rides

Monday

Topsfield Plaza, Topsfield

Start Time: 6:30pm June-beg. August; 6:00pm after mid-August.

Co-leaders: **Paula Bossone** 978-887-3855, gregio@aol.com & **Dianalyn Sirota** (978)686-5475, KidKoop@aol.com

Two groups -- Beginner & Intermediate -- tradition-

ally under 15 mph. Arrowed. This is a social-paced ride. Focus is on meeting new people and having a good time. New members encouraged to attend this ride.

Directions: From Rte 95N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At Topsfield Center, go left (Rte 97 continues right). Topsfield Plaza lot is 1/4 mile on right.

Tuesday

Batchelder School, North Reading

Start time 6:30 PM Starts the first Tuesday in June.

Co-leaders: **Lori Balboni** (978)685-1859 and Jimmy White (978)689-9847 jdwhite@mathbox.com

Intermediate. Rolling hills. Arrowed, map. Ride lengths 15 & 25 miles. Average speeds 14-18.

Note: If you show up early, don't confuse this with the 6:00 ride leaving from the same location described below...you might get more than you bargained for!

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

Wednesday

Topsfield Plaza, Topsfield.

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

Co-leaders: **Eric Shaktman** 603-394-0090 ericnsc@mediaone.net & **Marie Doyle** 978-777-4455 mdoyle@phcs.com.

Intermediate w/cue sheet -- ride averages 15+ speeds. Mix of flat to rolling terrain. Lengths vary from 18-35 miles depending on daylight w/shorter options available.

Bring \$\$ for pizza following the ride.

Directions: From Rte 95N, take Exit 50 to Route 1 North. In Topsfield, turn left onto Rte 97 North. At Topsfield Center, go left (Rte 97 continues right). Topsfield Plaza lot is 1/4 mile on right.

Thursday

Wakefield Center

Start Time: 6:00 May & mid-August-Sept.; 6:30 June-August.

Co-leaders: **Emmett Halpin** 781-246-5268, ehalpin@email.msn.com and **Steve Winslow** 781-397-6893.

All riders welcome -- speeds average 10-13 mph. This is a leisurely, joint ride with Bike-to-Sea. The focus is on cycling in a group. Cue sheet.

Directions: Rte 128 to Exit 40. Follow Rte 129 (Wakefield) to the head of the lake. Or take Rte 1 to Walnut Street. Follow Rte 129 to Wakefield and the head of the lake. Meet at or near the gazebo.

Saturday

Masconomet Regional High School, Boxford

Start: 9:00 AM in April, 8:30 AM May through September, then 9:00 October through mid-November, 10:00 AM through the winter. (It's a good idea to call or e-mail during the winter to confirm... we might ride on Sunday now and then too.)

Leaders: **Mike Habich** (978)664-0187 mhabich@astseals.com & **Jeff Turpel** (978)774-3854 jturpel@star.net

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.

We'll ride about 40-50 miles at average 17-19 mph--conversational pace, but with a bit of speed play when the pavement's just too smooth to resist. We might

Directions to Masco: From Route 95 take exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot (at the far end from Rte 95).

