



The North Shore Cyclists Newsletter

Visit the NSC website at: www.astseals.com/nsc
To subscribe to the North Shore Cyclists E-mailing list, send a blank
message to: nsc-subscribe@topica.com

June 2001

AIDS RIDE SPONSORSHIP

I am participating in a very special and powerful event in the battle against AIDS. Over 430,000 Americans have died of AIDS in the United States in the last 19 years. And now, more people are living with AIDS than ever before. The people afflicted with this disease have a daily challenge of life. Because of this disease's impact on our lives both in the United States and abroad, the AIDS Ride was begun to help make life better.

In July 2001, I'll take four days to ride a bicycle from Bear Mountain, NY to Boston with over 3,000 other people in an event called Tangueray's Northeast AIDS Ride. This ride will take us up and down hills, through countryside and cities. In four days, we will ride 350 miles. This is a challenging ride for almost anyone! We're riding to raise money for Callen-Lorde Community Health Center, the Lesbian & Gay Community Services Center and Fenway Community Health.

Another challenge that I am faced with is raising \$2100 in pledges between now and the beginning of the Ride on July 19th. I need your help. Would you make a fully tax-deductible pledge to help me meet my goal? The pledge form can be downloaded from the NSC website or I can send you one. As you think over the right amount to pledge, please keep in mind how far I'm riding, and how long I will have to train for the Ride between now and July.

Thank you in advance for your generosity and partnering with me in this effort. Feel free to contact me at fjlewis@thepersonaltrainer.net or phone 413-565-4311.

-Francesca Lewis

NOTE:

NSC members soliciting for pledges for charity rides may have their pledge forms posted on the NSC web site as Francesca has done. Send the form, paper or electronic, to Ed Bolton, 41 Maple Ave, Newton NH 03858 or ebolton@ttlc.net We will convert it to PDF format and post it on the web. This service is for NSC MEMBERS only.

BLAZING SADDLES UPDATE

The planning for the Blazing Saddles Century has been ongoing since January. There are always new and better ways of improving the event. We have been busy securing sponsorship, making small changes in the route, and I have initiated a "Design the Tee-Shirt" contest with the Georgetown High School.

With that all said, that brings us up to the final point, **VOLUNTEERS**. All the usual members have stepped forward already, but now is the time to get the rest of the club membership involved. Of course not everyone will volunteer, but it would be great to see some of the old and new members who we never see at any rides or club events. As an added incentive, I have come up with a small contest.

If you can tell me exactly how many times "Volunteer for the Century" shows up in this month's printing for the June newsletter, and you volunteer to help for either of the two days, you get to ride the Century for **NOTHING**.

So get out those calculators, take a count, and get in touch with me either by e-mail, phone, or in person. See you on the road, Tony (Litespd1@aol.com, 978-352-2524)

-Tony Salerno



Registration
Opens 8:00 AM

60 Mile
9:00 AM

40 Mile
10:00 AM

15 Mile
11:00 AM

**SUNDAY June 3 Cummings Center Beverly
Supported Bike Rides**Festival**Food**

*****CELEBRATING Essex County*****

OFFICERS AND COORDINATORS

President:

Ed Bolton (603)382.6989 ebolton@ttlc.net

Vice-President:

Marie Doyle (978)777-4455 mdoyle@phcs.com

Treasurer:

Pam Houck (978)388-2986 masstriathelete@earthlink.net

Secretary:

Kathy Ahern

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Ride Coordinator:

Eric Shaktman (603)580-1010 ericsnc@mediaone.net

Mtn Biking Coordinators:

Lenny Sullivan (978)689-2884 Lsulli7079@aol.com

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(call to help out)

Public Relations:

(call to help out)

Mileage:

Joe Lewis (617)472-4868

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Web Master:

Mike Habich mhabich@astseals.com

Clothing Coordinator:

Eric Shaktman (603)580-1010 ericsnc@mediaone.net

- While making turns, give a "Clear" signal to let the others know that there is no traffic coming

Things TRAILING RIDERS SHOULD DO:

- Stay in the line
- Give notice of vehicles approaching from behind
- Give notice to the past lead rider that you are the end of the "chain" if you are the last rider in a group
- Give notice to the lead rider/s when the rest of the group is being "dropped"

Things the LEAD RIDER should NOT DO:

- Stay in the lead for an "excessive" amount of time. Normally stay up front for only a couple of minutes. The goal is not to burn yourself out. If you are tired and find yourself at the lead, signal to change leaders and come back to the end of the pack.
- On turning over the lead, do not short-cycle into the middle of the pack, unless you hear "Car Back!" and then once the car passes, finish the cycle to the end
- Take a drink. If you need to drink, move off the front and then drink.
- Sprint away from a stop, forcing the riders at the back to have to sprint to catch-up.
- Stand-up, unless it is uphill, and then give notice to those behind you by stating "Standing". When you stand up on a hill, it tends to kick your bike back momentarily.
- Accelerate the line when you take the lead. If the line has slowed and you are going to pick the speed back up, do it GRADUALLY.

Things TRAILING RIDERS should NOT DO:

- "Half Wheel" the rider in front of you. For those who are not familiar with this term, this is when you move up on the person in front of you to the point that your front wheel is about at the rear axle of the person in front of you. This gives no escape route for either rider in the event of an "emergency".
- Drift off the wheel of the person in front of you. Others are relying on you to help maintain the draft, and not have to sprint to catch the lead group.

-Dave Mohr

Some of the more experienced riders often arrive early at the Wednesday night ride and go out for an easy cruise around 5:30. They will help you by answering questions and forming a line with you at speeds much slower than the blistering pace they usually set. Let them know you are looking for experience and guidance and they will be very happy to offer it up in real time as the group is riding.. Somebody else did the same for them, and this is the fastest way to learn. If there is interest, we may hold a more formal "Paceline Clinic" in July.

PACE LINE RIDING GUIDELINES

Things the LEAD RIDER SHOULD do:

- Provide the safest possible path for those following
- Point out obstacles or other hazards in the roadway in a reasonable amount of time.
- Maintain as constant a speed as possible on flat ground
- "light peddle" on the downhill to minimize the braking required by those following
- Attempt to keep the group together, no sprinting after a turn or corner
- When transferring the lead, move to the left and indicate you are going to the back. Usually through a motioning of the right hand.
- While transferring the lead, move to the end of the line to allow all a chance "up front"
- Give notice if slowing or stopping, verbally or through hand signals
- Give notice as to the direction to be taken when approaching an intersection

NEBC KIDS ONLY BIKE RACE - Saturday, June 9, 2001, Winchester, MA is intended for kids who want to try bicycle racing, perhaps for their first time ever!
info NEBC web site: <http://world.std.com/~nebiclb/>

TOSRV-EAST

30th Annual TOUR OF SCENIC RURAL VERMONT -
TOSRV-East, Friday - Sunday, June 15-16-17, 2001

This summer TOSRV-East turns 30, extending its tradition as one of New England's quintessential cycling trips. This classic Vermont tour, sponsored by Hostelling International/Eastern N. E. Council of American Youth Hostels, begins at the HI-AYH hostel in White River Junction, VT, travels a challenging 100 mile route to an overnight B&B in Waitsfield, Vt, and returns via a different Century route the next day.

TOSRV-East traverses many of the hills and river valleys of Central Vermont, featuring classic small towns and farms, quiet back roads, and popular eateries. For 2001, the trip again coincides with the nearby Quechee Hot Air Balloon Festival and Crafts Fair, a perennial summer highlight in its own right. Bikes with low gears are recommended, and signed release forms and helmets are required.

The trip fee of \$95 includes Friday night accommodations at the hostel (as space permits) and Saturday night lodging at the B&B, as well as Saturday dinner and Sunday breakfast, baggage support, sag service, maps & cue sheets, post-ride shower and changing facilities, and a commemorative patch. Note: the hostel rooms are reserved for the first 25-30 ride registrants; other rooms are available at additional cost (contact the ride leader for details).

For registration materials and release forms send a SASE to: James Merrick, P.O. Box 214, Mount Vernon, ME 04352, or by e-mail at: jmerrick@powerlink.net or hjmerrick@alum.colby.edu, and by phone at: 207-293-3784.

-Press Release forwarded by Mike Habich

Volunteer for the Century Volunteer for the Century Volunteer for the Century

AMC ANNUAL SPRING BICYCLE RALLY JUNE 2, 2001

At the Friendly Crossways Youth Hostel, 247 Littleton County Road, Harvard, MA. Featuring arrowed rides (28, 50, and 64 mile) starting at 10:00AM. Rides will be followed at 3:30 by happy hour (BYOBeer or wine), and Chicken BBQ at 5:00, and Guest Speaker Tim Kneeland. Developer of Odyssey 2000™, Tim is flying out from Seattle to talk about his monumental tour where he took 250 people to selected rides around the world during 2000, and about plans for future rides.

Costs \$25.00 per person for the entire event, \$15.00 per person, rides only, \$5.00 Speaker only

Registration required before May 27th for the Chicken

Barbecue. Contact Dick Simmons (781) 334-7003

Lobpine@aol.com On site registration for rides, happy hour and speaker only.

-John Taylor

WENHAM, MA TO QUEBEC CITY

AUGUST 11-22, 2001. Join us for the 10th issue of the 500 mile, supported tour through New England to cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day for eight days with one layover day. Lots of hills, tons of scenery, and cyclists should be prepared to cycle in various weather conditions including rain. We'll have an evening and two full days in QC. Price of \$975 includes 11 nights lodging. Also breakfast and lunch on 8 riding days, 3 dinners, sag support, charter bus back to our start, and T-shirt. Sponsoring club is the Charles River Wheelmen. Limited to 28 persons. To register and for more information, call tour leader Arnold Nadler, 978-745-9591, ardnadler@aol.com.

-Arnold Nadler

Volunteer for the Century Volunteer for the Century Volunteer for the Century

MEMBERSHIP NEWS

Well, I gave every member a month's grace for their renewals and many responded by showering me with money and gifts. In return for this, a membership card was sent to each member. This card is good for a 10% discount at most of the cycling shops in the North Shore Area. Just using your card at these retailers can save you the cost of membership over and over. So it is worth the \$15 or \$20 you spend each year for being a member of the North Shore Cyclists. In my opinion, this is the best club in the area.

Now for the serious part of our program. Any member that has not renewed by the end of May will forfeit his/her membership. The good news, though, is they can renew at any time. No penalty! No problem!

Ride safely and smile for the camera! I will be seeing you.

-Emmett

NEW MEMBERS

Pat Riordan - Boxford
Sandra Bray - Beverly
Ted Heller - Bedford
Anastasia Brown - Peabody
Toni and Eric Jarnagin - Amesbury
Jaqueline Brockelbank - Georgetown
Jim Dumas - Salem
Dan Geary - Danvers
Joan Caragher - W. Newbury
Dan Le Van and Family - Boxford
Rich Daly - W. Boxford
Almena Smith - Hamilton

SUNDAYS ON THE ROAD

June 3 Essex County Heritage Ride

Who: Ed Bolton 603-382-6989 ebolton@ttlc.net Eric Shaktman 603-580-1010 ericnsc@mediaone.net

Where: Cummings Center, Beverly

When: 9:00 for 60 miles, 10:00 for 40 miles, 11:00 for 15 miles

How to get there: From 128 take exit 23 East towards Beverly. Take a left at the fork .75 miles down following Rte. 62 The Cummings Center is 2 miles from Rte 128 on the left.

What to expect: The long routes travel along the coast with a rest stop at the Crane Estate on Castle Hill in Ipswich. The short route travels through Beverly Farms with a stop at the Wenham Museum. There will be an antique bicycle exhibit at the Wenham Museum for all to see. This ride is a joint production with the Essex National Heritage Council, Cummings Properties, and Landry's Cycles. There will be food and exhibits at the start finish, and mechanical/sag support. There is a \$12 registration fee for NSC members/\$15 for non-members. Pre-registrants get an event T-shirt. Registration forms are available in local shops, from the listed ride leaders, and the web. You can also register at Landry's store in Danvers, on Endicott St. in front of the Liberty Tree Mall. Visit the event web site: www.landrys.com/Pages/EssexCountyRide.html

June 10 Jeff and Jack's Awesome Adventure

Who: Jeff Turpel (978-774-3854) Jack Ferguson

Where: Haverhill High School

When: 9:30 am for 35 and 60 mile rides

How to get there: From Rte. 495 north, take exit 50. At end of ramp go straight across Broadway onto Monument St., then go straight through 4-way stop, H.H.S. is on the right. From Rt. 495 south, take exit 50. At end of ramp take a left onto Broadway, then take next left onto Monument St., then go straight through 4-way stop, H.H.S. is on the right.

What to expect: A scenic N.H. ride. Quiet roads, rolling terrain & moderately hilly - do your homework! Arrows, maps and cue sheets

June 17 Al & Rita's Cape Ann Ride

Who: Al & Rita Sauvageau 978-922-3257 rsauvageau@mediaone.net

Where: Centerville School Beverly

When: 9:00 AM For 60 mile ride 10:00 AM for 25 & 35 mile ride

How to get there: Take Rt. 128 to exit 18, left at end of ramp to Rt. 22N (toward Essex), follow approximately 1 mile, then right onto Hull Street at curve and 1st right into school parking lot.

What to expect: Ride the roads of Cape Ann. Picnic afterward, grill provided; so bring food, drinks, snacks, salad or dessert for all to share.

June 24 Some Cheese with your Whine

Who: Pam Houck 978-388-2986 masstriathelete@earthlink.net

Where: Amesbury Elementary School, So. Hampton Rd., Amesbury

When: 9:00 for 65 mile loop, 10:00 AM for 25 and 35 mile loops

How to get there: Rte 95 to exit 58 for Rte. 110 Amesbury. Go to the 1st traffic light and take a right onto Elm Street. At the rotary take the 1st right onto Market St. (Rte. 150). Go about .5 mile, bear left onto South Hampton Road. From Rte. 495 take exit 54 for Rte 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rte. 150. Go about .5 mile bear left onto South Hampton Road. The school will be on your left.

What to expect: The loops go through scenic back roads some beautiful farm country of southern New Hampshire. The long loop goes up to Durham, NH. The loops will have some hills, which could not be helped.

There will be a BBQ at Pam's house after the ride. Bring salads or deserts (call Pam for ideas) or a \$5 donation.

July 1 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, rt. 95 west to Georgetown center. At set of lights take right onto North St., Pearly 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.

Get Ready....

July 8 Arnold Nadler from Beverly MA. **July 22** Show and Go ride as NSC supports the **Emmaus House Heels n' Wheels Century**
August 12 Scott and Dianalynn from Newburyport **August 25/26 Blazing Saddles Century** (the first century of a month of 'em)
September 30 Emmett shows us Wakefield.

WEEKLY RIDE SCHEDULE

Saturday

Masconomet Regional High School, Boxford

Start: 8:30 AM thru the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jturpel@star.net.

We'll ride about 40-50 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 far end from I-95).

Monday

Topsfield Plaza, Topsfield

Start 6:00 PM thru May 21. No ride Memorial day. 6:30 PM from June 4 thru the summer. Leader: Dianalyn Sirota 978-686-1859 kidkoop@aol.com

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 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

Starting 6:30 PM May 8 thru the summer

Leader: Peter McCann (781)-213-2204 pmccann@comversens.com (thru May) Lori Balboni 978-685-1859, and Jimmy White 978-689-9847 jdwhite@mathbox.com (June thru the summer). 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...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 6:30PM May 9 thru the summer.

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, including 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 6:00 PM in May and August. 6:30 PM June and July. Co-leaders: Emmett Halpin (781) 246-5268 emmetthalpin@mediaone.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-the-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.

MOUNTAIN BIKING NEWS

NEMBA is the New England Mountain Bike Association. It is a non-profit organization dedicated to promoting trail access, maintaining trails open for mountain bicyclists to use these trails sensitively and responsibly. Recently North Shore Cyclists became a sponsor member of NEMBA.

While North Shore Cyclists is primarily a road biking club many members also mountain bike during our busy "road season" (April-October) as well as our "off season" (November-March). For the past few years we have offered Sunday MTB rides, clinics, and a cookout mainly during our "off season". We plan to continue these events in the future.

For those NSC members interested in more MTB NEMBA offers year-round events that include rides for all skill levels, clinics, trail maintenance days, and the Pedro's Harpoon MTB Adventure Series. Pedro's includes 7 area events in 2001. NEMBA hosts a number of email lists including a Northshore list and it's easy to subscribe to by going to "digital nembra" from WWW.NEMBA.ORG.

NEMBA also has several local area chapters. The North Shore chapter covers Georgetown\Rowley SF and Harold Parker SF. The president is Dan Streeter (dwstr@shore.net). The Greater Boston chapter covers Lynn Woods and Great Brook Farm. The president is Tom Grimble (tgrimble@alum.syracuse.edu). The Merrimack Valley chapter covers Lowell\Dracut SF and the Hudson, NH trails. The president is Mark Bialas (rush7@mediaone.net).

For more information on the above chapters we ride contact the presidents listed above. Also visit NEMBA's web site at WWW.NEMBA.ORG for a full list of details regarding upcoming events.

-NSC Mt. Biking Coordinators

Lenny Sullivan (978) 689-2884 lsulli7079@aol.com

Francesca Lewis fjlewis@thepersonaltrainer.net

Volunteer for the Century Volunteer for the Century Volunteer for the Century

**JULY NEWSLETTER:
DEADLINE IS 6/10/01
MAIL DATE 6/29/01**

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@ttlc.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 me 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

EXTRA E-NEWSLETTER PAGE

All the news that wouldn't fit to print. The NSC newsletter becomes very expensive to mail if we add another sheet of paper. This month several time-sensitive things came in before the deadline causing a space crunch. Less time-sensitive information was bumped to July and the Wenham to Quebec City notice was shortened drastically to fit it all in without going to the extra expense of adding two printed pages (one sheet of paper). When NEBC came in with an event in early June (the last item on the night of the deadline) it seemed like a good opportunity to try a special page for electronic distribution only. Consider this experiment another advantage of getting your newsletter over the internet instead of on paper.

-NSC Newsletter Staff

NEBC KIDS ONLY BIKE RACE

NEBC KIDS ONLY BIKE RACE - Saturday, June 9, 2001, Winchester, MA

As part of Winchester Town Day, the Northeast Bicycle Club, The Cycle Loft and HomeRuns.com are promoting the fifth annual "NEBC Kids Only Bike Race". The race will be held on Saturday, June 9 (rain or shine) at Manchester Field, Winchester, MA.

The "NEBC Kids Only Bike Race" is intended for kids who want to try bicycle racing, perhaps for their first time ever! Our emphasis in designing this race is safety, creating a fun atmosphere, and providing adequate opportunities for all participants to race at an appropriate level. There will be separate races for kids between 7-14 year olds, in 2 year age categories. There will also be separate events for bmx and mountain/road bikes. All racers will receive ribbons and a free water bottle. Medals will also be awarded to the top three finishers in every category.

See the race flyers posted at the Winchester Recreation Department, The Cycle Loft in Burlington, or on the NEBC web site, which can be found by searching for "Northeast Bicycle Club" on any Internet search engine (Yahoo, etc) (NEBC web site: <http://world.std.com/~nebicclub/>)

-Kitty Farago

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ebolton@ttlc.net
41 Maple Ave.
Newton NH 03858

WENHAM TO QC- FULL TEXT

WENHAM, MA to QUEBEC CITY, CANADA
AUGUST 11-22, 2001

Join us for the 10th, almost annual, 500 mile, sag van supported tour through New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day, plus some longer options, for eight days. We'll start about 25 miles northeast of Boston, and cycle 25 miles to historic Newburyport, MA overlooking the Merrimack River. Then we'll experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the classic Mt. Washington Hotel?), and the remote, quiet, Connecticut Lakes. Also, 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. After day Five, there's a layover day at Back Lake, NH to hike, swim, bike, go boating, look for moose, etc. Cycling is on paved roads (except for some possible construction), and cyclists should be prepared to cycle in various weather conditions, including rain.

We'll arrive in Quebec City on Sunday afternoon and leave Wednesday morning. Time to play tourist and enjoy the city's European style and great restaurants, plus opportunities for hiking and more bicycling.

Price of \$975 includes 11 nights lodging in comfortable inns, motels and hotels, with 2 persons/room. Also 8-10 breakfasts, lunch food on 8 riding days, 3 dinners, sag van support, charter bus back to our start point, 12 days off-street parking, cue sheets, maps and T-shirt. Sponsoring club is the Charles River Wheelmen, Newton, MA, www.crw.org. Maximum trip size is approx. 28 persons. To register and for more information, call tour leader Arnold Nadler, 978-745-9591, arnadler@aol.com, or co-leaders Chris Cassels, 781-259-4396 or Jack Vergados, 508-799-0377.

-Arnold Nadler