



# The North Shore Cyclists Newsletter

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June 2002

## Three Months to Go!

It sounds like a long time, but to an event director it is a batting of an eyelash. I know you have all been patiently waiting, holding your breaths, sitting on the edge of your seat, (or saddles) for me to send out the official word that I am looking for volunteers for our annual Blazing Saddles Century on August 24 and 25.

A few of the most loyal members and helpers have jumped the gun and stepped forward to volunteer their services. But don't despair, there are plenty of jobs open for the rest of you eager club members. For those new folks who have just joined up, and to remind those old members, the positions needing to be filled are: the 50 mile rest stop, registration, route marking, check in, and clean up. You pick the job and the day, which gives you the opportunity to ride on the other day.

I am looking forward to seeing and working with all my friends to make this year's Century a safe and successful one. Contact me at 978-352-2524, or e-mail-Litespd1@aol.com.

-Tony Salerno

## Blazing Saddles August 24

Planning is underway. Contact Tony Salerno (978-352-2524  
[litespd1@aol.com](mailto:litespd1@aol.com)) to help out.

## Di and Scott's Touring Series

Looking for some biking adventure on Saturday's and some Sunday's? Why not join us as we travel to great, one day (and maybe longer sometimes), biking tours outside of the North Shore area. All tours are well documented by books, maps or other bike clubs and have reached a "favorite" status by many who have ridden them. Tours will range from 35 to 75 miles; from easy as in real flat to hilly as in 'not another mountain'. Some starts will take us 30 minutes by car to travel to, others maybe 2 hours. But we will always start and finish at the same location. If you enjoy touring, please e-mail us at [ssirota@netway.com](mailto:ssirota@netway.com) to get on our mailing list.

We kicked off the touring series April 13, 2002 and hope to tour at least twice per month throughout the season -weather permitting, of course. Get on our mailing list and we will share dates and ride details with you.

-The Sirotas

## The New Jerseys Are Here

They are phenomenal. The colors are bright and they look great. What many feel was the best feature of the old jersey is retained: the full length zipper. One thing I never liked about the last generation of jerseys was the relatively shallow pockets. The new jersey pockets seem deeper, so I'm less anxious about losing my wallet or keys.

Eric sent this out over the e-mail list. I'm so happy with the new design I'm going to repeat it here:

*I would like to thank everyone involved in the new jersey design. A thank you goes out to Jack Ferguson, Lenny Sullivan, Donna Ventura, Pete Mafera and Kim Simmonds. A special thank you to Mike and Betsy Habich for their rough drafts that we went by.*

*Thanx,  
Eric*

Well done Eric, Jack, Lenny, Donna, Pete, Kim, Mike, and Betsy.

### In the News

There was an article about the NSC in the Salem Evening News in late April. While the club was not mentioned by name, several members were interviewed and quoted in a Boston Globe article on bike commuting in mid May. Actually, all the sources for that article (members and non-members alike) were furnished by the NSC. I was just interviewed to provide some input for an article currently scheduled to appear in the July MetroSports. The publicity for the Heritage ride is getting the NSC name and contact information all over Essex County. John Grant has been extending and updating our media database, and we are now producing a separate ride flyer for media outlets. In the past, we've sent the flyer designed for bike shops to the media.

There is a reason all this is good. When somebody wants to ride with people on the North Shore, we want them to think of us. When new members come in, we also get new ride leaders and routes, new ideas and skills, and new friends.

### Safety

I've been beating up the e-mail list readers on safety and courtesy lately. It's not because I like to do this. As the figurehead of the club, I'm getting complaints from the public about bunched-up riders delaying traffic (for seconds at a time!) and other issues. Please ride defensively! Obey the laws as best they can be obeyed. You can often win a fight by avoiding it. As adults and drivers we should know what provokes the public against us, and avoid it.

-Ed Bolton

## Officers and Coordinators

**President:**

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**Web Master:**

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**Clothing Coordinator:**

Eric Shaktman (603) 580-1010 ericnsc@attbi.com

## Membership News

The May newsletter was the last "gratis" for the expired (04/01/02). You are now gone from the rolls of the NSC and you will be sorely missed... but we'll get over it! Any lapsed members may crawl back into my good graces and be reinstated at the regular price. See that, we are a kinder gentler cycling club!

On a positive note, the street sweepers seem to have been out earlier this year and, dare I say it, the threat of snow is gone for this year, so it is shaping up to be a great year of riding. I have seen many DPW paint markings in Lynnfield and Reading, so we may have to brace ourselves for more "road improvement". We will see about that! Anyway, have fun and ride safely,

-Emmett Halpin

## 2<sup>nd</sup> Annual "Pedaling for Paws" Fundraiser

The Merrimack River Feline Rescue Society (MRFRS), which operates one of the state's largest no-kill shelters and feral feeding programs, will host its 2nd Annual bike ride fundraiser, "Pedaling for Paws", on June 15, 2002, at 9 a.m. at Amesbury High School.

This year's event promises to be bigger and better than ever and will have something for everyone. The ride covers fun and scenic 10-mile and 25-mile routes through Amesbury, Newburyport and into Southern NH. Health and fitness for people and animals will be the theme of this year's fundraiser and informational booths for products and services such as massage, nutrition and wellness, will be set up at the starting line the morning of the event.

The MRFRS relies on "Pedaling for Paws" as one of its major fund-raising events, organizers say, and the need is greater than ever. "Because this event occurs in the heart of kitten season, the money raised from this event will go to help with the cost all of the medical care needed for them. Ultimately, we hope to raise \$10,000" says MRFRS President Stacy LeBaron.

Sponsorship forms are available on [www.mrfrs.org](http://www.mrfrs.org), at the MRFRS Adoption Center in Salisbury, the Greater Newburyport Chamber of Commerce, Village Pet in Newburyport, PETsMART in Danvers, the Haverhill Chamber of Commerce, Riverside Cycles in Newburyport, Aries Sports in Newbury or by calling 978-462-0760.

"Animal advocates everywhere are looking to the MRFRS to serve as a model for getting things done the right way", LeBaron notes. Since 1992, the organization has rescued more than 9,000 cats and kittens. Last year alone, the MRFRS found good homes for more than 1,200 felines and held 12 mobile spay/neuter clinics for 600 feral cats - thereby preventing the births of thousands of homeless kittens. As an incorporated non-profit with more than 170 volunteers, the MRFRS operates one of the state's largest no-kill shelters and feral management programs. Its innovative programs such as Purrfect Companions, which pairs homeless cats with the elderly, disabled and shut-in, and its Feral Management Program have been hailed as models for other groups nationwide. MRFRS has been recognized for its efforts by print and broadcast media, and has been supported by a variety of celebrities including veteran ABC news correspondent Jay Schadler and television stars Betty White, Rue McClanahan, Mary Tyler Moore, Hollywood Squares host Tom Bergeron, Lily Tomlin and Kim Basinger.

-Press release furnished by Stephanie Allen

## New Members

The NSC welcomes:

Jeffrey Gibeley - Danvers

Diane Vassallo - Revere

Joanne Samuels - Portsmouth, NH

Cynthia Yeomans - Andover

## 31<sup>st</sup> Annual TOSRV East

### Tour of Scenic Rural Vermont

The 31<sup>st</sup> annual TOSRV- East takes place June 14-16 2002. We will stay overnight Friday the 14<sup>th</sup> at the Hotel Coolidge HI-AYH hostel in White River Junction Vermont. Saturday morning will find us pedaling down through Woodstock and Reading Vermont before heading west over to Route 100. We will then head north past Killington, Stockbridge and pass through the beautiful Granville-Gulf-with-the-Moss, Glen Falls. We will arrive at the Hyde Away Inn in Waitsfield Vermont for the overnight stay. Bikes will be stored overnight in a garage and a Saturday dinner and morning breakfast will be served. Sunday we will ride north back on Route 100 to Waterbury and then east on Route 2 into Montpelier before heading south back to White River Junction along the White River.

Most of the trip is on quiet low-traffic roads with beautiful central Vermont scenery. There is some significant climbing each day as well as many flat miles with tail winds. Cars are parked for the weekend at White River Junction and post ride showers/changing rooms provided Sunday before we head home. Mileage is 100 miles per day but there is a 62 mile per day option of staying at the Tupper Inn in Rochester, Vermont. There's also some route options to avoid some of the climbing if desired. Total cost for 2 nights lodging, 2 meals, maps and cue-sheets, and sag support is \$95 for the weekend. For more information or sign up please contact:

Jim Merrick  
17 Teaberry Lane  
P.O. Box 214  
Mount Vernon, ME 04532  
207-293-3784  
jmerrick@powerlink.net  
smerrick@prexar.com

For information on the ride you can also contact five-time TOSRV-E veteran Lenny Sullivan [lsullivan@attbi.com](mailto:lsullivan@attbi.com), who is planning to ride it this year again.

-Forwarded by Lenny Sullivan

## Pedros 2002

2002 Pedro's-Harpoon Mountain Bike Adventure Series is Presented by MetroSports Magazine and the New England Mountain Bike Association.

Come ride on great trails and support good causes! Each Pedro's-Harpoon MTB Adventure Ride will allow you to follow marked courses at your own pace. There will be lots of prizes, and best of all Harpoon will be hosting a post-Adventure party at a local pub after each event! The cost will be \$10 per ride, \$3 for members of the New England Mountain Bike Association and free to anyone who joins NEMBA at that event. All money raised will benefit a charity or go directly back to the trails!

June 9 Holyoke Range/Skinner State Park, Amherst MA  
July 21 Connecticut, Location to be announced  
August 25 Wompatuck State Park, Hingham MA  
Sep. 8 White Mtns NH, Location to be announced  
Oct. 20 Great Brook Farm SP, Carlisle MA

For more info on these upcoming MTB rides go to the web site:

<http://www.mtbadventureseries.org/>

-Forwarded by Lenny Sullivan

## Ski Camps for Women Only

Introducing Ski for Yourself Camps, women-only cross-country ski camps that will be held in Vermont and New Hampshire in 2003. They're for women of all ages.

The four-day, three-night camps include morning and afternoon ski clinics that are geared to different ability levels. (The ski lessons aren't mandatory; if you decide you'd rather nap in the afternoon, you nap.) The staff, including certified ski instructors and former World Cup skiers, make a point of focusing on each person's individual needs. And they never lose sight of the fact that they're working with *women*.

Ski for Yourself Camps range in size from 15 to 25 women, and the camper-to-instructor ratio is kept at 5 to 1. Instruction is included in the cost, as are lodging and terrific meals. There are also snowshoe tours, yoga classes, ski care clinics and other group activities, and massages are available for a fee.

**In New England, the 2003 Ski for Yourself Camps will be held at:** Trapp Family Lodge, Stowe, Vermont/January 23-26, 2003 and Silver Fox Inn, Waterville Valley, New Hampshire/February 6-9, 2003

The all-inclusive cost ranges from \$695 to \$1255 and includes lodging, three meals a day, ski instruction and snowshoe tours, use of recreational facilities, yoga classes, evening programs, and 100% cotton camp t-shirt.

### For more information, please contact:

Christal McDougall, founder of Ski for Yourself Camps and Women's Sports Works, 303-499-0436 or [ws@indra.com](mailto:ws@indra.com)

To register for Ski for Yourself Camps, call 303-499-0436 or visit [www.ski4yourself.com](http://www.ski4yourself.com).

-From a press release sent by Amy Poland

## BOVINE 2002

### BICYCLISTS OVER VERMONT IN NEAR ECSTASY

JULY 3-7, 2002

WEDNESDAY - SUNDAY

Back by popular demand (honest). This year will be the 6<sup>th</sup> edition of this tour, riding from south to north this time. We'll meet in White River Junction, VT on Wednesday evening. We will cycle north to Montpelier on Thursday, and to Burlington with an Appalachian Gap option on Friday. On Saturday we'll ferry across Lake Champlain and explore New York's Adirondack Mountains, including Ausable Chasm, then return to Burlington. On Sunday we'll continue north to St. Albans, with an option into Canada. Average about 60 miles/day with hills and flats, lots of scenery, and generally quiet country roads. Some shorter and longer options will be available. We'll return from St. Albans to White River Jct., by chartered bus, after Sunday's cycling.

\$410 includes 4 nights lodging with 2 persons/room at peak season, including 2 nights in the Radisson Burlington overlooking Lake Champlain and 1 night in the Capitol Plaza in Montpelier. Both hotels are well located near downtown restaurants. Price also includes 1-2 breakfasts, trail lunch food for 4 days, sag van support, return by chartered bus, trip T-shirt, 5 days off-street parking, and maps and cue sheets. The leaders have made a planning trip to VT & NY to check out the route.

# On The Road

## June 2 Essex County Heritage Ride

**Who:** Ed Bolton 603-382-6989 ebolton@ttlc.net; Eric Shaktman 603-580-1010 ericnsc@netway.com

**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 Rte 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:** As you cycle through our historic cities and towns and natural areas, you will ride by the historic seaports and New England town commons; industrial mills and pristine beaches; renowned museums and wildlife refuges; working farms and inviting natural trails. The long routes travel along the coast with a rest stop at the Crane Estate on Castle Hill in Ipswich. Then follow along some of our beautiful scenic country roads back to the start. 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 \$10 registration fee. Riders get an event bandana. 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 Endicot St. in front of the Liberty Tree Mall.

## June 9 Weeknights on Sunday

**Who:** Peter McCann 781-245-8115 mccann\_peter@yahoo.com

**Where:** Greenwood Elementary School, Wakefield

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

**How to Get there:** From Rte 128 southbound take exit 39 (North Ave), turn left at the exit. From Rte 128 northbound take exit 39 (North Ave), turn right at the exit. After 1.8 miles on North Ave turn right onto Main Street (at the Jiffy Lube). Go to second traffic light (approx. 2 miles). Turn Left onto Pitman Ave. Immediately turn left onto Greenwood Street. Parking lot is about 200 yards up on the Left.

**What to expect:** Variations on a theme, some of your favorite roads from Tuesday, Wednesday, and Thursday night rides all rolled into one. Cold BBQ at Pete & Carol's house about .5 mile from ride start.

## June 16 Show & Go

**Leader:** Anyone who wants to lead this ride please contact Eric (603-580-1010)

**Location:** Centerville School, Beverly

**Time & Distance:** 9:00 AM for distance to be determined by riders or ride leader

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

## June 23 Rockingham County Ride

**Who:** Lenny Sullivan 978-689-2884 lpsullivan@attbi.com, Jeff Turpel jat@nii.net

**Where:** Haverhill High School

**When:** 9:30 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. Haverhill High School is on the right. From Rte 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. Haverhill High School is on the right.

**What to expect:** The classic NSC ride with a new name touring scenic Rockingham County NH. Quiet roads, rolling terrain & moderately hilly - do your homework! Arrows, maps and cue sheets.

## June 30 Let's go Northwest

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

**Where:** Topsfield Plaza, Topsfield

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

**How to get there:** From Rte 95 N, take exit 50 to Rte 1 North. In Topsfield, turn left onto Rte 97 North. At stop sign, go left (Rte 97 continues right). Topsfield Plaza is 1/4 mile on right.

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

## July 7 Independence Day Ride/Party

**Who:** 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:** From Rte 95 take exit 54 west (Rte 133) to Georgetown center. At set of lights take right onto North St., Perley school is 1/4 mile on the right.

**What to expect:** The Independence Day Ride/Party is always our biggest NSC gathering of the riding season. 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, and your swimsuit.

## Weekly Ride Schedule

**These rides occur each week as listed. Non-members are always welcome.**

### Monday

Topsfield Plaza, Topsfield. starts at 6:30. Leaders Paula Bossone (978)-887-8688 paulajbossone@attbi.com and Dianalyn Sirota. The route was arrowed last year and there are always riders available that know the way.

Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15-20 mph. 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. Starts at 6:30 PM. 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! 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 at 6:30 PM. 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 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 6:30 PM. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@attbi.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: 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 thru the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net.

We'll ride about 40-60+ 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).

## 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 membership, checks should be made out to "North Shore Cyclists" and not the individuals. When buying clothing at the shops you pay the shop.

## 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.

July 2002 Newsletter:  
Deadline is 06/14/02  
Mail date 06/28/02

Contributions after the deadline may not make it!

Send to Ed Bolton  
ebolton@tlic.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 the 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