



# The North Shore Cyclists Newsletter

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June 2003

## There is More than One Reason to Ride These Things

### Smelling the Roses

"Faster! Stronger! Longer!" shouts the cover of my monthly bike magazine. "Build legs of steel, the endurance of Lance, beat your buddies to the top of every climb!" I get tired just reading the headlines! These stories may be appealing to the young and invincible among us, but to a 25 pound over-weight who passed the half-century mark a few years ago, just the mere thought of so much effort wears me out!

Gone are the days when I couldn't bear to let anyone ride away from me out of the pack. Only memories are the times I gritted my teeth and dug deep inside to lead the paceline into a headwind longer than anyone else. No longer do I spring from my saddle onto pedals and challenge the biggest hills, exulting in victory at the top as I quickly recover to forge ahead. Now it's more of a panting-at-the-pinnacle struggle as I crest the summit and pray for a long downhill on the other side.

While my salad days as a young bronco on a bike may be past, I have discovered new and enjoyable experiences that don't require being the fastest or strongest rider in town. At club rides I hang back and let the fast and furious blast off into orbit well before me; I am impressed by the sheer speed these guys and gals are able to maintain. Did I used to do that? I've tried in vain to hang on as caboose to one of their trains and been blown completely to smithereens. So now I start out with the less aggressive riders and see where it leads me.

NSC rides up my way (Newburyport/Amesbury/Southern NH area) tend to be varied in terrain and landscape. What I am able to drink in visually are beautiful seashores, green pastures and wooded forests with shafts of golden sunlight raining down through the canopy. My sole view of a 50 mile ride when I was a young buck was the rear wheel of the rider in line ahead of me; I couldn't have told you of a single landmark along the route or whether the sky was cloudy or gray.

Personally, I believe the secret to keep on enjoying bike riding as I age is to roll easy and steadily, with less stress on speed and competition; there's nothing bad with riding a slower pace. I savor the views around me, enjoy a few well deserved breaks, and simply take pleasure in riding with other enthusiasts delighting in the pursuit of a lifelong passion; being on our bikes. I also manage to put in a pretty good ride time, for an old guy that is.

-John Wood  
Merrimac

## Workout to Work

Last fall I signed up with a program called "Workout to Work" administered by the ABC TMA (Artery Business Committee Transportation Management Association). They send you a ride diary/calendar to help you keep track of your miles. At the end of the month you log in and register your miles to be entered in monthly prize drawings. For the first 5 months they have sent me incentives (tire pressure gauge, blinkie light, Boston bike map etc.) Nothing you really need but better than the bills one usually gets in the mail.

To sign up for the program, visit [http://www.abctma.com/services\\_workout.htm](http://www.abctma.com/services_workout.htm) and complete the online registration form.

-Pete McCann

**(Pete recently won one of the monthly drawings for two tickets to Cape Cod. Yet another plus for bike commuting!)**

## Update on the North Suburban Regional Bicycle Transportation Plan (NSRBTP)

The NSRBTP, which includes the towns of Wakefield, Lynnfield, N. Reading, Reading and Wilmington, has received a "draft" proposal of the routes planned for the five towns by the engineering firm of Weston & Sampson (W&S).

As an active member of the Wakefield Bicycling Committee, I can say that our town has been pro-active concerning bicycling issues. The RR-ROW (RailRoad Right-Of-Way) that runs from the junction at North Avenue through to the Lynnfield Town Line at Reedy Meadow is going to be abandoned by Guilford Corporation. Our committee has asked the Wakefield Board of Selectmen to show an expression of interest to the MBTA, which owns the property. If all goes as we wish, the MBTA will offer a 99-year, no cost lease to the town for the use of that RR-ROW. It would be beneficial if the Lynnfield Board of Selectmen showed an expression of interest in this property, as their portion is also abandoned and connects to the Peabody Town Line.

The Town Planner of North Reading, Bob Rodgers, is the chairman of the committee that oversees this project. He can be reached at the North Reading Town Hall, 978-664-6050, or [nrplanning@northreadingmass.com](mailto:nrplanning@northreadingmass.com). He can provide updates on the project and contact information for those of you who live in the other towns.

The goal of this project is to make bicycling safe for those of us who ride. Help us do that.

Ride safely,  
-Emmett

## Officers and Coordinators

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## Portland, Maine to Quebec City August 29 - September 8, 2003

Join us for the 11<sup>th</sup> (almost) annual sag van supported tour through northern New England to French, cosmopolitan, delightful Quebec City. This will be the first year starting from Portland. Cycle "coast to coast" from the Atlantic to the port of Quebec on the Saint Lawrence River. Starting on August 30, we will cover approximately 50-70 miles per day for six days, with one layover day. Enroute, we will experience scenic western Maine, the White Mountains and remote Connecticut Lakes in New Hampshire, and the upper Appalachians of Quebec. We will enter Canada with a spectacular downhill at the highest border crossing east of the Rockies. There are lots of hills, but also plenty of rolling and flat roads. Monday September 1 is a layover day at a favorite lakefront lodge to hike, swim, kayak, bike (mountain bike rentals are available), look for moose, or visit the historic Balsams Hotel in Dixville Notch. We'll arrive in Quebec City on Friday September 5 in the afternoon and leave Monday morning September 8, giving us time to play tourist and enjoy the city's great restaurants, plus opportunities for hiking and more cycling. Optional pre-tour coastal cycling in Portland, Maine on Friday, August 29.

Tour fee of \$925 includes 10 nights lodging in comfortable inns, hotels and motels, with 2 persons/room. Also lunch food on 7 days, 35 breakfasts, 2-4 dinners, sag van support, return transportation to Portland by chartered bus or van/truck combination (depending on group size), 10 days off-street parking, trip T-shirt, and maps and cue sheets.

Sponsoring club: Charles River Wheelmen. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com. Co-leader, Jenny Robbins, 781-893-0840.

-Arnold Nadler

## Membership News

"The membership cop is watching."

Hey kids, if you do not get this message, then you are not a member. Sound confusing? Do not worry, we will not shun you, but we will ask you to sign a waiver at each NSC ride you attend. How will we know? The "membership cop" is going to provide each ride leader with a membership list. So, if you do not get this message, you are not a member in good standing with the NSC. Have fun, ride safely.

-Emmett

## Newsletter contributions

Contributions after the deadline (June 20) may not make it!

Send to Ed Bolton  
ebolton@ttlc.net  
41 Maple Ave.  
Newton NH 03858

## New Members

The NSC welcomes:

Leonard Richardson - Beverly  
Theresa Creaney - Newburyport  
Jill Salem - Bradford  
Dean Phillips - Beverly  
Jude Pearson - W. Peabody  
Joyce & Paul Corcoran - Boxford

## Important Note:

April was Renewal month. All club memberships established before 2002 Blazing Saddles Century need to be renewed.

Effective Jan. 1, 2003 there was a dues change for the North Shore Cyclists. Individual memberships have increased \$5 to \$20 per year. Family memberships have increased \$5 to \$25 per year.

Also, dues exemptions for club officers has been revoked.

Please complete the renewal form on Page 6 today.



## Cycle for Shelter Sunday July 20, 2003

It's hard to believe but the long, harsh winter is finally over. Now it's time to think about dusting off your bicycle and hitting the road! Cycle for Shelter is scheduled for Sunday, July 20, 2003 at Northern Essex Community College. We're giving you plenty of advance notice to add this great event to your busy summer calendar!

We need your help! Emmaus Inc. helped over 1,500 different homeless women, men, and children find the road home in 2002. Emmaus is a wonderful organization that has been passionately committed since 1985 to creating solutions for homeless families and individuals. Over the past two decades, we have established ten housing and service programs designed to rebuild lives.

Times are tough. The number of homeless adults and children keeps escalating. Emmaus remains fiercely committed to helping all those who need us so desperately. However, available public resources are dwindling before our eyes. In July 2002, Mitch's Place (emergency shelter for adults) suffered a 15% cut in state funding. The Emmaus Family House endured a 10% cut. We are now bracing ourselves for further state cuts in July 2003.

Cycle for Shelter is your chance to make a difference in your own backyard! We're asking you to ride this year and recruit at least one new cyclist to join you! You'll receive a special gift if you bring along a friend! It's so easy to register. You can sign up on-line ([www.emmausinc.org](http://www.emmausinc.org)) or pre-register at the Cycle Kick-Off Event at Two for the Road (cycle shop) located on Route 133 in Georgetown, MA on Saturday, June 7th from 10 a.m. – 3 p.m. Join us at *Two for the Road* on June 7th to pick up your event shirt and receive a 10% discount on all parts and accessories!

Thank you for your support! You can trust that Emmaus will use your money wisely. Well above the national average, 88 cents of every dollar raised at Emmaus goes directly to life-saving programs for the homeless.

If you decide not to ride but wish to sponsor a cyclist, or for more information, please call Gretchen at (978) 241-3411 or Bob Makowiecki at 978-352-2407.

**- Bob Makowiecki**

## There are Others

While channel surfing the TV a few weeks ago, I discovered a sport that shares some of the positives of bicycle racing and has a few advantages.

I stumbled onto lawnmower racing. I admit I had to check the channel after watching it for a few seconds. I thought I had landed on Comedy Central, but lawnmower racing seems to be an actual sport with a governing body (<http://www.letsnow.com/>), sanctioned events, and corporate sponsors. I had just enough interest (and lubricating beverage) to watch for a few minutes.

The races I saw were run on NASCAR tracks. In the "stock" classes, the lawnmowers were real Murray, Snapper, and Sears riding lawn tractors with the mower decks still attached. They had sponsor stickers all over them, like a race car or a pro-cyclist's jersey. It took them about 5 minutes to go around the track.

The modified classes were faster. There were a few crashes. In one unsanctioned race they showed, a competitor high-fived another at the conclusion of the race. He had a chain-drive mower, and when he dropped his hands after the gesture one of them ended up in the drive and he lost two fingers. They showed paramedics searching the track for the missing fingers while the med-flite chopper was waiting to take off. The announcers mentioned that is why exposed chains are not allowed in sanctioned events.

An excellent lawn tractor can be had for the price of a well equipped Litespeed, which is significantly less than a race-ready car of any type. If you get into this sport, you won't need to be grinding out training miles in the rain and cold. The usual post-race recovery drink is available from any local packie. Best of all, you will be on TV on a network available through my cable provider. I can't say that about bike racing.

**-Ed Bolton**

## 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.

## CAPE IN A DAY (PLUS ONE)

Saturday and Sunday June 28-29, 2003, join HI-AYH on a 100-mile ride from Boston to Eastham or N.Truro on Saturday, tour Provincetown or relax on nearby beaches on Sunday, and take the high speed ferry back to Boston late Sunday afternoon. Cost of \$135 includes four meals, lots of snacks, hostel lodging, return ferry, and sag wagon support. For more information, visit our website at [http://www.usahostels.org/activities\\_capeday.shtml](http://www.usahostels.org/activities_capeday.shtml).

Send full payment (payable to Hostelling International, refundable until June 1st) to Hostelling International/PO BOX 996/Intervale, NH 03845

**-James Tau**

# June NSC Road Schedule

## June 8 Third Annual Essex County Heritage Ride Rain Date

**Who:** Ed Bolton 603-382-6989 [ebolton@ttlc.net](mailto:ebolton@ttlc.net)

**Where:** Cummings Center, Beverly

From Route 128 take Exit 23 East towards Beverly. Take a left at the fork .75 miles down, following Route 62. The Cummings Center is 2 miles from Route 128 on the left.

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

**What:** \$12 per individual, \$35 per family for this fully supported ride, with food and exhibits at the start finish, and mechanical/sag support. The long routes travel along the coast with a rest stop at the Crane Estate on Castle Hill in Ipswich. The 15-mile route travels through Beverly Farms with a stop at the Wenham Museum. At the end of the ride there will be a festival. The Mercury Brewing Beer Truck is back, and Dylan and Pete's Ice Cream will also be there this year. This ride is a joint production with the Essex National Heritage Council, Cummings Properties, and Landry's Cycles. This is the make up date for the June 1 cancellation due to a northeaster.

## June 15 Rattlesnake Rendezvous

**Who:** Jim White 978-689-9847 [jdwhite@mathbox.com](mailto:jdwhite@mathbox.com)

**Where:** Greater Lawrence Vocational H.S.

From Route 93 North, take Exit 45 (River St, 1st Exit North of I-495). At the end of the exit, left at first set of Lights onto River Road. Left at third set of Lights into School Parking. From Route 93 South, directions are the same except right at the end of the Route 93 exit. Route 93 North is Exit 40B off of Route 495.

**When:** 9:30 AM - 62 M, 10:00 AM - 25 & 40 M

**What:** Twisty, scenic ride through Andover-Tewksbury area, moderate hills. The long loop has a great route through Concord MA. All but rained-out on May 25.

## June 22 Steve, Phil and Emmett's Excellent and Easy Ride

**Who:** Phil Posner 978-927-8000 (office) (Phil is #25) 781-246-3735 (home) Emmett Halpin 781-246-5268 (Em is #1!)

**Where:** ProCycles Wakefield. Take Exit 39 off Route 95/128. head south pass the Lakeside Office Park toward Wakefield Center. Proceed through the Albion Street intersection to the end of North Avenue (@Main Street). (A used car dealership is on the right. JiffyLube on the left). Right turn onto Main Street. ProCycles is ¼ mile south on Main Street on right side of Street. Park on Street. Additional parking available at the Middle School 1/2 mile north of bike shop on Main Street. Cyclists will assemble in the ProCycles parking lot.

**When:** 9:30 for 30, 10:00 PM for 19 & 13 mile routes

**What:** Come join Steve, Phil and Emmett on their Excellent and Easy ride through the five towns that make up the North Suburban Regional Bicycle Transportation Plan. The towns are Wakefield, Lynnfield, North Reading, Wilmington and Reading. The long route is approximately 30 miles in length and passes through all five towns. The medium route is 19 miles and covers four of the towns (Wilmington is excluded). The short route of 13 miles passes through the towns of Wakefield and Lynnfield. ProCycles of Wakefield is co-hosting this event and will have a mechanic available for minor adjustments and repairs as well as the coolest new cycling gear for gals and guys. The event will spotlight the efforts of the Wakefield Cycling Committee to fund and pursue the goals of the North Suburban Regional Bicycle Transportation Plan.

## June 29 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: Take Route 95 Exit 54 west, then follow Route 133 west to Georgetown center. At set of lights take right onto North Street., Perley School is 1/4 mile on the right.

**What:** 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

## Saturday Road Rides

**Note: Saturday rides go through the year as long as the roads are rideable. There is no fixed route. They may follow old Sunday ride arrows or go somewhere of interest to the leaders or other participants. Rain, snow cancel.**

Masconomet Regional High School, Boxford. Start time 8:30 in June. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. *Get up-to-date info on the e-mail list.* 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).

## 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.

## The Radar Screen

Upcoming 2003 dates for popular rides and other events among NSC riders:

**Emmaus House Cycle for Shelter kickoff event June 7**

**Independence Day BBQ ride (Ride to the Sea) June 29**

CRW Climb to the Clouds July 13

**Emmaus House Cycle for Shelter July 20**

**Blazing Saddles Century August 23**

NBW Flattest September 7

\*White Mountain Century September 14

CRW Fall Century September 21

\* date unconfirmed

Bold- NSC events

## BOVINE LITE

July 3-6, 2003

Enjoy three days of classic Vermont cycling, staying in one of my favorite hotels and towns in Vermont -- the Capitol Plaza in downtown Montpelier. Choice of about 30-60 miles each day, varying from flat to hilly. Most of the rides will start from our hotel, but we'll offer some rides starting outside of Montpelier. Options include the (in)famous Appalachian Gap. Lots of good restaurants in town, plus the holiday fireworks. \$210 includes 3 nights lodging with 2 persons/room, lunch food each day, and maps and cue sheets. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com, Co-leader: Paula Bossone, 978-887-0688, paulajbossone@attbi.com.

-Arnold Nadler

## Weekly Ride Schedule

**These rides occur each week as listed during the road season. They will be back in the spring. Non-members are always welcome on all NSC rides.**

### Monday At 6:30 PM

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@attbi.com and Dianalyn Sirota. There are always riders available that know the way.

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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

### Tuesday At 6:30 PM

Batchelder School, North Reading. 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!

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

### Wednesday At 6:30 PM

Topsfield Plaza, Topsfield. 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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

### Thursday At 6:30 PM

Wakefield Center. 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: Take Route 128 Exit 40. Follow Route 129 South (in Wakefield) to the south end of the lake. Meet at or near the gazebo.

**NSC APPLICATION FORM**

Membership in the North Shore Cyclists (NSC) includes the monthly newsletter, club meeting events, bike shop discounts and a number of other social activities. The NSC is affiliated with the League of American Bicyclists.

Dues (Payable to North Shore Cyclists): Individual \$20 Family \$25 Supporting \$35 Patron \$75

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Optional: E-mail \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Include in Membership directory (circle): Yes No

**Release Form**

**Notice: The Release Form Is A Contract With Legal Consequences.**

**Please Read It Carefully Before Signing.**

In consideration of being permitted to participate in any way in North Shore Cyclists ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards or traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. Fully understand that (a) Bicycling Activities invoke risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and Dangers may be caused by my own actions, or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "release's" named below; (c) There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, 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