



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0506

www.nscyc.org

June 2005

PRESIDENTS REMARKS

First, I want to apologize for not getting May's newsletter mailed out to those of you who opt to receive a hard copy. We had some technical difficulties that have now been resolved. All newsletters, however, will continue to be available on our web site, so a simple click and print should get you the current edition.

Next, I would like to thank those of you who have responded to my request for articles to run. In the pages that follow you will find a new series on exercise physiology as well as stories from riders such as yourself describing a memorable biking event of theirs.

In addition, we will also be listing, thanks to our membership master Emmett Halpin, local shops that currently offer discounts to our esteemed members.

Finally, I'd like to file a formal complaint against Mother Nature. Although she's been making our plants and flowers look pretty and giving us plenty of new grass to mow, rake and compost, I'd much rather get to know Father Sunshine and Daughter Warmth a little better. Hope you all had a great Memorial Day weekend and I look forward to seeing many of you on the roads of the North Shore, weather permitting. Everybody: Here comes the sun, do do do do.

Howard

WHO'S WHO

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meandew@comcast.net

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WHAT'S INSIDE

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CENTURY UPDATE

Our ride leaders and century organizers are still working aggressively on this years feature event, The Blazing Saddles Century, planned for August 27th. They still are in need of help. See inside for more information.

WE NEED VOLUNTEERS!!!

Please contact Hozz or Eric for information on how you can do your part. Thanks in advance!!!

BUSTED AGAIN

Membership News you can rely on.

It could be the weather, it could be forgetfulness, or it could be that those who need to renew have forgotten that April Fool's Day is renewal day. Whatever the case, our club shrinks significantly during the Spring thaw and my job gets tougher when those who mean to renew do not. I delete them from my data base after the May newsletter goes out. If and when they send in their renewal forms, I have to re-enter all the information that could have been there if they renewed on time. Do I sound cranky? You betcha'! So how about helping making an old cranky membership guy smile and renew on time?

Thank you for this rant!

Emmett Halpin

NEW MEMBERS

Joan Poirier - Tewksbury
Bob Needham - N. Reading
Lily D'Agnesse - Lynnfield
Debbie McClelland - Groveland

FOOD FOR THOUGHT

A recent study from the University of Maryland dental school shows that energy drinks can rot your teeth faster than colas can. Dental enamel was immersed in 13 popular beverages and it was noted that energy drinks, including Amp and Red Bull, were up to 11 times more erosive than cola. High levels of some additives, such as citric acid, cause the erosion, says study author J. Anthony von Fraunhofer, Ph.D. His advice: Chase the drinks with water to help rinse off the damaging acids. (From Men's Health)

HELP WANTED!!!

We desperately need someone to take charge of our advertising & marketing. Please contact me ASAP if you can help! Thank you!

Howard

NOTES FROM THE NORTH

Cycling up 128 out of Essex last spring, I realized that the grasshoppers were in abundance and I was probably making road pizza out of many. They would sit on the shoulder as if waiting and proceed to hop right into my spokes. I tried to avert danger by cycling down the middle of the road, but they were determined to collide with something and I seemed as like a target as any!! Not so determined to get hit by a car, I resumed my ride on the shoulder, praying for the few who managed to hop to the grass. There are many bugs up here, though they remain equal in size to those down south...no out of proportioned species up here!

No, I am not biking on the famous 128 of Boston. I am on the meandering 128 of Vermont, to the east of Burlington. The car speeds can equal those of the Boston route, but this is deer country, where car insurance covers (and agents make a point of addressing this issue) your car in case of collisions with deer and moose. Actually, the only deer I have managed to see in Vermont is one that collided with a car and was in the ditch on 128. Not the bucolic scene one thinks of!

Speaking of bucolic, I pass so many farms on my ride that the barns have become mile markers. Many of these farms have not seen activity for many years. Farming here, as with many places, is just not what it used to be. There is one part of the road that seems to just miss the side of a farmer's house as the snakes through the property. But, the turn is wide and the pedals just want to churn this sweet part of highway.

Once one pedals out of the valleys, the views are terrific. Mount Mansfield and Camel's Hump are set on the eastern horizon and they are breath taking to see. Almost all rides around here include these views. (Though I have never done it, there is a gap ride that goes through Mansfield territory into Stowe.)

One thing that I have found is that once one heads out of town, there are no short cuts back. You have to go the distance or head down a dirt road. I'd rather brave the abundant hills on pavement, thank you very much. Hills. What can I say...this is Vermont! Then there are the Islands in the middle of Lake Champlain....More on them later.

Kim Simonds

CENTURY MINUTES

Held Tuesday May 3, 2005

Attending: Eric S., Gerard Hosman, Joy Ketchum, Diane Isenburg, Ginny Hamilton, Chuck Hale

Topics:

- Start/Finish will be at Masconomet, if available.
- Paula to contact Clif Bar for sponsorship.
- Committee voted to use Active.com for pre-registrations. \$2.50 Sign-up Fee to be paid for by rider. Chuck to check w/Active to determine if the T-Shirts can be ordered during pre-registrations.
- Fees to ride
 1. Non-Member pre-registration \$ 17.50 (15.00 + 2.50)
 2. Member pre-registration \$ 12.50 (10.00 + 2.50)
 3. Day of ride registration \$ 20.00
- Diane to contact other clubs to determine if NSC can place a link on their club website to promote Blazing Saddles Century. NSC to reciprocate by giving link to their century on NSC website.
- Email to all previous riders (w/link to Active) and information packet to be mailed to all previous riders. Ginny H. to create email and mailing databases.
- There will be the following routes: 15, 32.5, 50, 62.5, 100
- Paula to canvass supermarkets for sponsors.
- Massage therapists needed, local schools to be canvassed.
- If Masco is available, staging area will be in Topsfield.
- Goody bag contents to be determined.

Hozz

NEWSLETTER CONTRIBUTIONS

Please send any articles of interest or suggestions to:
Howard Wack
meandew@comcast.net
175 Haverhill Road
Topsfield, MA 01983

SUCKING WIND

This is excerpted from a series of articles written by Exercise Physiologist Stephen Seiler.

What is Maximal Oxygen Consumption? VO_2 max is the maximum volume of oxygen that by the body can consume during intense, whole-body exercise, while breathing air at sea level. Because oxygen consumption is linearly related to energy expenditure, when we measure oxygen consumption, we are indirectly measuring an individual's maximal capacity to do work aerobically. So, why is his bigger than mine? To rephrase, we might start by asking "what are the physiological determinants of VO_2 max?" Every cell consumes oxygen in order to convert food energy to usable ATP for cellular work. However, it is muscle that has the greatest range in oxygen consumption. At rest, muscle uses little energy. However, muscle cells that are contracting have high demands for ATP. So it follows that they will consume more oxygen during exercise. The sum total of billions of cells throughout the body consuming oxygen, and generating carbon dioxide, can be measured at the breath using a combination of ventilation volume-measuring and O_2/CO_2 -sensing equipment. So, if we measure a greater consumption of oxygen during exercise, we know that the working muscle is working at a higher intensity. To receive this oxygen and use it to make ATP for muscle contraction, our muscle fibres are absolutely dependent on 2 things: 1) an external delivery system to bring oxygen from the atmosphere to the working muscle cells, and 2) mitochondria to carry out the process of aerobic energy transfer. Endurance athletes are characterized by both a very good cardiovascular system, and well developed oxidative capacity in their skeletal muscles. So, how is VO_2 max measured? *Continued on page 6*

SPECIAL EVENTS

CRW Bovine Lite July 1-4
Independence Day BBQ ride July 3
CRW Climb to the Clouds July 18
Emmaus House Cycle for Shelter July 24
Blazing Saddles Century August 27
CRW Nautical Tour of NH/ME September 9-18
NBW Flattest September 11
CRW Fall Century September 18

Bold - NSC events

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 6:30PM

Topsfield Plaza, Topsfield. Leaders: Paula Bossone (978)-887-0688 paulajbossone@comcast.net and Dianalyn Sirota. There are always riders available that know the way. **Please note there's a new route!!!**

Beginner & intermediate, 15, 20, 23 & 27 mile loops with hill options. Average speeds around 14-18 mph-a social paced ride. Focus is on having a good time. New members encouraged to attend. 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.

Tuesday *** Starts 6:30PM through September***

New Start Location is **Union Congregational Church in N. Andover**. Leader: Jimmy White (978) 689-9847 jwhite.2@netzero.com, Peter McCann (781) 245-8115 mccann_peter@yahoo.com

This location is only an 1/8 of a mile North of the previous Batchelder School location and the route will be the same. The Tuesday Night ride accommodates both experienced paceline riders at 18-21 MPH as well as novice to intermediate riders at 14-17 MPH. It is a hilly 15 mile ride that provides a good conditioning workout in an hour or less thru the Harold Parker State Forest yet is minutes from Rt 128 and I-93. We always have someone to pair you off with so no one rides alone. Try us out!

Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Continue straight across Rte 62 and turn left on Hill St; the second street on the left and just after the Union Congregational Church. Park in the upper Church parking lot, your first left on Hill St. From I-93, Take Rt. 62 EAST to Haverhill St, (cross Rt 28 to North Reading H.S.), left on Haverhill, 2nd Left on Hill St., left into Church parking lot.

Wednesday 6:30 PM

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman (603) 580-1010 ericnsc@verizon.net & Marie Doyle (978) 777-4455.

Average pace for these 18-35 mile rides ranges from 15-21 mph; multiple groups, sometimes even a tandem paceline! Length depends on daylight. An alternate shorter route is available each week. Cue sheet and map. Mix of flat, rolling, and hilly terrain. Routes vary from week to week. Bring \$\$\$ for pizza after ride.

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

Thursday *** June & July starts at 6:30 PM ***

Wakefield Center, Wakefield. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@comcast.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-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

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 cancels.

Masconomet Regional High School, Boxford. Start time 8:30 May & through the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jaturpel@verizon.net. Maps? Cue sheets? Arrows? Nope. Directions to Masco: From Route 95 take Exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot (at the far end from I-95).

UP AND COMING RIDES

June 5

Scott and Dianalyn's Adventure

Who: Scott & Dianalyn Sirota 978-502-4697 sds5774@comcast.net

Where: Crossroads Plaza, Salisbury

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

Directions: From Rte. 95 take exit 58 and go east on Rte. 110. At the first set of lights take a right. Plaza is on your left. What to expect: Some of the old roads and a bunch of new ones. Long route goes through the foothills of Southern New Hampshire. Arrows and cue sheets available at the start. Cookout at Scott and Dianalyn's house to follow the ride. Bring chairs and call for menu items to bring or donate \$5.00.

June 12

Some Cheese With Your Whine

Who: Pam Houck 978-388-2986 pahouck@adelphia.net Ann Pernice 978-373-6647 darkhorse01835@yahoo.com

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

When: 9:00 for 54 and 65 mile loop, 10:00 AM for 27, 35 mile loops

Directions: Rt 95 to exit 58 for Rt. 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. The school will be on your left. From Rt. 495 take exit 54 for Rt 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rt. 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.

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

June 19

Let's Go Coastal

Who: Eric Shaktman 978-948-7156 ericnsc@verizon.net

Where: Cushing Park, Newburyport

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

Directions: From Route 95, take Exit 57 for Route 113 East. Go for 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right. From Route 1 go onto Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go .5 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

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

June 26

Heritage Ride Unplugged

Who: Jay Batson (978) 682-4821

Where: Bradley Palmer State Park, Topsfield, MA

When: 9:00 for 40 & 60 miles

Directions: From Rte 95 N, take Exit 50 to Route 1 North. Third set of lights at Ipswich Rd. take right towards Ipswich. One mile take right onto Asbury St. one quarter mile take left into Bradley Palmer Park. Follow roads to right and park near gate.

What to expect: Following most of the ENHA ride of the past 3 years.

CLUB DISCOUNTS

Dan Shuman - owner@salemcycle.com

Salem Cycle
72 Washington Street
Suite 1
Salem, MA 01970
978-741-2222

www.salemcycle.com

(YaYa! Bike, NBDA, IMBA, NEMBA, Specialized, KHS, Felt, Airborne, Free Agent, Redline, Torker)

- 10% off non-sale clothing and accessories to all club members regardless of the club. Just show proof of membership once and we can enter it in their file and then they just need to remind us and we can look it up.

Mark Barras - www.nscycles.com

North Shore Cycles
Western Avenue
Lynn, MA
781-581-2700

- 10 % off parts, labor, and accessories.
- 5% off any bike under \$1000.
- 10 % off any bike over \$1000.

Please note: Discounts cannot be combined with any other offers or sale prices.

Alison Dewey - www.landrys.com

Store Manager
Landry's Bicycles
151 Endicott St. Danvers, MA 01923
Phone: 978-777-3337
Fax: 978-774-9109

- 10% off all accessories

Jerry Slack - jerry@cycleloft.com

President/CEO
The Cycle Loft Inc - www.cycleloft.com
28 Cambridge Street
Burlington, MA 01803
Phone: 781-272-0870
Fax: 781-229-9369

- 10% off all non-sale parts & accessories

Marblehead Cycle, Inc.
25 Bessom St.
Marblehead MA 01945
781-631-1570

- 5% off bikes
- 10% off accessories

Scott Bumpus, Owner
Seaside Cycle - www.seasidecycle.com
23 Elm Street
Manchester By The Sea
978 526 1200

- 10% off non-sale parts & accessories
- 15% off non-sale clothing

Dave Smith, Owner
Bicycle Shop of Topsfield - www.biketops.com
17 Main Street
Topsfield, MA 01983
978-887-6511

- 10% off non-sale parts & accessories
- 10% off labor

SUCKING WIND *(cont'd from page 3)*

If we use a treadmill test as an example, here is what will happen. You will go to a good laboratory at a University fitness program, performance testing lab, or hospital wellness center. After a medical exam and being hooked up to an ECG machine to monitor cardiac electrical activity, you might start the test by walking at low speed and zero grade. If your fitness level is quite high, the test might be initiated at a running speed. Then, depending on the exact protocol, speed or inclination (or both) of the treadmill will increase at regular intervals (30 sec to 2 minutes). While running, you will be breathing through a 2-way valve system. Air will come in from the room, but will be expired through sensors that measure both volume and oxygen concentration. Using these values and some math, your oxygen uptake will be calculated by a computer at each stage. With each increase in speed or incline, more muscle mass will be employed at a greater intensity and oxygen consumption will increase linearly with increasing workload. However, at some point, an increase in intensity will not result in an appropriate increase in oxygen consumption. Ideally, the oxygen consumption will completely flatten out despite ever-increasing workload. This is the true indication of achieving VO₂ max.

Ann Pernice



NORTH SHORE CYCLISTS

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, cost, 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, and keep their bikes in good working order and ride defensively.

NSC
% Emmett Halpin
541 Lowell Street
Wakefield, MA 01880

TO: