



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0606

www.nscyc.org

June 2006

PRESIDENTS REMARKS

Well, summer is knocking on our door and we're glad to see spring go out, but not with a fury. As most of you know, we were hit pretty hard by Mother Nature and I personally logged over 10" of rain on my deck! What that meant was many road closures, sand, pot holes, debris; you name it. The Northeast is still picking up the pieces and we need to be more careful on the roads because of that. I rode by some fissures this afternoon that would surely throw someone from their bike if they weren't paying attention. So, be observant and point those obstacles out...and don't forget the sunscreen!

Howard Wack

MEMBER MILEAGES YTD

Emmett Halpin, 104 days, 2400 miles!
Paul J. Cosenza 1,910 miles
Jim White, 711 miles
Lizete Alcalai, 252 miles
Howard & Ellen Wack, about 180 miles
Ronald Noe, 88 miles
Rosemary Noe, 66 miles
Dot Halpin, 43 miles

WHAT'S INSIDE

- 2 Century Information
- 3 Century Registration Form!
- 4 America The Beautiful (part 2)
- 5 Weekly Ride Schedule
- 6 Up & Coming Rides, New Members
- 7 NSC application

WHO'S WHO

President - Howard Wack (978) 887-6338
h.w@verizon.net

Vice-President - Paula Bossone (978) 887-0688
paulajbossone@comcast.net

Secretary - Jim White (978) 689-9847
jdwhite.2@netzero.net

Clerk - Pam Houck (978) 388-2986
pahouck@adelphia.net

Ride Coordinator - Eric Shaktman (978) 948-7156
ericnsc@verizon.net

MTB Coordinator - Lenny Sullivan (978) 689-2884
lsullivan@comcast.net

Century Coordinator - Paula Bossone (978) 828-5549
paulajbossone@comcast.net

Newsletter Editor - Howard Wack (978) 887-6338
h.w@verizon.net

Membership - Emmett Halpin (781) 246-5268
emmetthalpin@comcast.net

Web Master - Mike Habich (978) 664-0187
mhabich@astseals.com

NSC Clothing - Eric Shaktman (978) 948-7156
ericnsc@verizon.net

CENTURY UPDATE

Preparations are underway for this year's Blazing Saddles Century to be held on Saturday, August 26, 2006. See the NSC web site for full details or to sign up online. The registration form is also included on page 3. Let's have another record turnout this year! As always, volunteers will be needed on century day for registration, rest stops, after-ride check-in, refreshments, and cleanup. Volunteers are welcome for a full or partial day. Please contact Paula by phone (978-887-0688) or email (BlazingSaddles@nscyc.org) to reserve a slot that is convenient for you. Thank you!

Blazing Saddles Century



Go to www.nscyc.org for more information and to register online

Start Location

Georgetown High School

11 Winter Street, Georgetown, MA

Start Times

8am - Century & Metric Century

9am - Half Century & Half Metric

Sponsored by



JOIN US FOR ONE OF THE EARLIEST RIDES OF THE FALL CENTURY SEASON

Travel through the tranquil rural towns of Boston's North Shore and southern New Hampshire. Cycle along beautiful rivers, lakes, and scenic back roads. The route features rolling hills and long flats. See the best of New England!

Route Options

- Century
- Metric Century
- Half Century
- Half Metric

Support

- Arrowed routes
- Maps & cue sheets
- Rest stops (PB&J, fruit, cookies, energy drinks and water)
- After-ride refreshments
- Massage therapists after the ride (nominal fee)

Registration

- \$14 by August 15
- \$15 day of event
- Event day registration opens at 7am
- T-shirts available for \$15 to those registering by Aug 15

North Shore Cyclists Blazing Saddles Century

Saturday, August 26, 2006

Please print. Use a separate form for each rider.

Name:		
Street address:		
City:	State:	Zip:
E-mail:*		
Emergency contact:		Emergency contact phone:
Did you ride last year? <input type="checkbox"/> Yes <input type="checkbox"/> No	Distance planned: <input type="checkbox"/> 100 <input type="checkbox"/> 62 <input type="checkbox"/> 50 <input type="checkbox"/> 35	

* For follow-up and ride notification next year. Will not be shared.

<p>Registration fee (check category):</p> <p><input type="checkbox"/> NSC Member (\$12) <input type="checkbox"/> Non-member (\$14)\$ _____</p> <p>T-shirt (\$15): <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL\$ _____</p> <p style="text-align: right;">Total\$ _____</p>	<p><i>Make checks payable to:</i> North Shore Cyclists</p> <p><i>Mail to:</i> Nancy Cole 29 Cabot St Waltham, MA 02453</p>
---	---

***** Pre-registration must be postmarked by August 15, 2006 *****

In consideration of being permitted to participate in any way in the North Shore Cyclists (NSC) Blazing Saddles Century; 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 am qualified to participate in such activity. I further acknowledge that this activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of 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 involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death. (b) These risks may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the other participants. (c) There may be other risks and social and economic losses either not know 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 NSC, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, and any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, (each considered one the participants 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 participants or otherwise, including 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 assurance of any nature. I intend it to be a complete and unconditional release or all liability to the greatest extent allowed by the 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:** _____

(Parent or Guardian if rider is under 18)

AMERICA THE BEAUTIFUL (PART 2)

June 27

Dennis learns quickly-- I slept until 7:00 am!. It's great using university computers with their super fast connections, so I built a new more attractive Big Ride web page with the friendly help of tripod.Com.

June 28

2 days in Missoula is enough to tell me that this is a great little town--I could definitely live here. Free music in the park, great local brew, a bit of the 60's in the air, and white water!

June 29

Another day, another century ride, 101 miles to Avon, Montana. What a great day! It's easy riding when you finally get a tail wind. It makes me feel so strong! So it was a good day to have my first flat on the Big Ride.

June 30

Only 60 miles to Townsend, Montana... We crossed the continental divide early at McDonald Pass, for a rapid descent into Helena, Montana. It's a so-so town, nothing great. On the road we had to gather in groups to be escorted through a road construction project. Then the wind got a bit strong in our faces, making this 60 miles a lot harder than yesterday's century ride! Still, I made camp by about 1:30 pm after a break at the A&W. I've learned to set up my tent at the far end of the field, so that I can catch a little sleep and pee in the woods. My only neighbor out here in the nether region is Carol the Iron Woman, and she probably shares these sentiments.

July 1

Another climb, another pass, another head wind, and another day on the Big Ride. We did "check point" at White Sulfur Springs. The wind eased up, and the ride from there was spectacular. But it was hot out here in the desert, and I just had to go for a skinny dip in a beautiful blue lake along the way. Refreshed, I felt powerful, and the tailwind and I joined forces for a fast last few miles to camp. Then an ugly thunderstorm reared its head, and the trailing riders were actually blown backwards by the wind, blinded by rain, jolted by the lightning, and then (perhaps disappointedly) rescued a few miles from camp by the SAG vans. I laid on the air mattress in my tent, hoping that I could keep it from flying away and not be hit by a bolt from the sky. A family reunion in a restaurant next to our camping field in Harlowtown opened their doors to the riders to give us safe refuge from the storm! You should have seen the mix of these contrasting human beings, gathered together by the forces of nature!

July 2

A strong wind gave our pace line a great 21 mile per hour blast to the checkpoint by 8:30 am. We had Pie at Dori's Restaurant, then turned and headed into the wind with a 1000' climb up onto a desert plateau. I fell back from the pack on the hill, and rode along with John, the Catholic Priest. Here we encountered a great expanse of nothingness, and my energy eroded. I also couldn't keep up with Uli and Bob, a couple of 67 year olds. I had a Coke at a cowboy bar and grill, which was the only building in sight of anywhere, and I "bonked" on my way to Billings, Montana. Even the outstanding descent into this city surrounded by cliffs was made difficult by head winds. Sitting under a shade tree in Billings, a granola bar restored my energy and gave me enough energy to tackle the final insult, a short but incredibly steep ascent two blocks from the school yard where we will camp for the next two days.

July 3

Ahh, rest! We did laundry in the morning, and then hung out in town watching 10,000 motorcyclists converge on Billings. The Big Ride is not the big story in this town today!

Next month we begin with The Fourth of July!!!

Gordon Harris

WEEKLY RIDE SCHEDULE

These rides occur each week as listed until otherwise noted. Non-members are always welcome on all NSC rides.

~~~~~  
**MONDAY**

**\*\*\* Starts 6:30 PM \*\*\***

**Topsfield Plaza**, Topsfield. Leaders: Paula Bossone (978)-887-0688 [paulajbossone@comcast.net](mailto:paulajbossone@comcast.net) and Dianalyn Sirota. *All ride levels are welcome!!!*

This is an arrowed ride through the quiet roads of Topsfield and the surrounding towns. The loops are approximately 15, 20 & 25 miles. The slowest riders will be accompanied by a leader. We will group riders by speed as we usually have a large turnout. Focus is on having a good time. New members are encouraged to attend. We usually gather afterwards to refuel. Come join us!

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 6:30 PM *****

Union Congregational Church in North Reading. 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 paceriders 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

***** Starts 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 pacerline! 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**

**\*\*\* Starts 6:30 PM \*\*\***

**Bill & Tom's Excellent Bike Ride**

**Wakefield Center**, Wakefield. Leaders: Tom Keane [huknpuff@comcast.net](mailto:huknpuff@comcast.net) 781-477-0834; Bill Cioni 978-397-5675

This is a fun ride with a great club feel; we go for pizza and laughs several times during the season. It is a 20 mile loop with multiple groups, come try to beat an hour! There is also a 13 mile cut off for our beloved turtles; you too should try for the hour! We usually finish together.

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 am through the summer. Leaders: Mike Habich (978) 664-0187 [mhabich@astseals.com](mailto:mhabich@astseals.com) and Jeff Turpel (978) 356-6241 [jaturpel@verizon.net](mailto:jaturpel@verizon.net). 40-60+ miles at 17-19 mph during the summer. Maybe a quick stop for water, but otherwise we'll just pause to regroup. Maps? 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).

## UP COMING ROAD RIDES

### Sunday, June 4<sup>th</sup> - Cape Ann Ride

**Who:** Gordon Harris [gordonharris2@yahoo.com](mailto:gordonharris2@yahoo.com) 978-979-6598

**Where:** Surf Park, Magnolia, MA (Gloucester)

**When:** 9:00am for 20, 30, 46, 62 miles

**Directions:** Take Rt. 128 to exit 15 toward Manchester by The Sea. From downtown take Rt. 127 about 3 miles east and turn right on Raymond St. Go 1 mile to the center of Magnolia. Surf Park is on the left and parking is on either side.

**What to expect:** We ride counter-clockwise along Atlantic Ave. out to Rockport, back through Annisquam Village with optional rides along narrow winding roads in "W. Gloucester" to Essex, then returning to Magnolia. The "metric" adds a loop to Ipswich. It's a great time to ride out to Rockport before the roads get clogged with tourists.

### Sunday June 11<sup>th</sup> - Some Cheese With Your Whine

**Who:** Steve Stanganelli [stevestanganelli@verizon.net](mailto:stevestanganelli@verizon.net) 978-388-5057

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

**When:** 9:00 for 50 and 65 mile loop, 10:00 AM for 25, 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.

### Sunday June 18<sup>th</sup> - Tour the Merrimack and More

**Who:** Eric Shaktman [ericnsc@verizon.net](mailto:ericnsc@verizon.net) 978-948-7156

**Where:** Cushing Park, Newburyport, MA

**When:** 9:00am for 50 or 60 miles; 9:30am for 25 or 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 Merrimack Street (at the Newburyport end of the bridge over the Merrimack). Go 1/4 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

**What to expect:** Scenic tour of the Merrimack River; the 25 mile loop is fairly flat; the 50 mile loop is varying.

### Sunday, June 25<sup>th</sup> - Ride To The Sea

**Who:** Tony Salerno 978-352-2524 [litespd1@hotmail.com](mailto:litespd1@hotmail.com) Donna Ventura [donna.ventura@ssdmc.com](mailto:donna.ventura@ssdmc.com)

**Where:** Perley School, Georgetown, MA

**When:** 9:00 for 58 miles, 9:30 for 24 and 45 miles

**Directions:** From Rte. 95 take Route 133 West to the first set of lights and take a right. School is on your right.

**What to expect:** Scenic ride through Georgetown, Rowley, Boxford and Ipswich. Medium and long rides go out to Great Neck. Cookout and swimming in the pond at Tony's house after the ride. Bring salad, dessert & bathing suit or donate \$5.00. This is the BIG Fourth of July picnic...with time to recover for another on the day itself!

## WELCOME NEW MEMBERS!

Reuven Cohen & Family, Winchester  
Paulina Olivo, Andover  
Paul Goss & Family, Gloucester  
Kara Fothergill, Winthrop  
Shannon Mc Laughlin, Charlestown  
Heather Carlson, Quincy  
Patty Phelan, Gloucester  
Brock Fay, Reading  
Jerry and Barbara Wood, Byfield  
Stan Snavelly, Beverly

Bob Harney, Winthrop  
Lisa Sansullo, Tewksbury  
Dave and Chris Bertoni, Beverly  
Joan Bloomfield, South Hampton, NH  
Cathy Mc Pherson, Gloucester  
Greg Hoyt, Reading  
Stephen Potts, Danvers  
Glenn Newman, Andover  
David Schnerch, Revere  
Mark Brissenden, North Andover

Meegan O'Neil, Beverly  
Pat Kelly, West Newbury





# 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.*