



# The North Shore Cyclists Newsletter

Visit the NSC website at: [www.astseals.com/nsc](http://www.astseals.com/nsc)  
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March 2002

## Is It Spring Already?

Yeah, I can hardly believe it. Winter is gone. El Nino is back and so is renewal time. So pay up! For a mere \$15.00 you can renew as a member of the North Shore Cyclists (\$20.00 for a family) and receive our monthly newsletter that offers an array of rides through the week (our famous "cookie" ride on Thursdays will be back) and special ones on the weekend! Get discounts of up to 10% at your local bike shops by showing your NSC membership card! Get to be on video and our website with the likes of Emmett Halpin and Jim White. "How," you ask "can I do this"? Look at your mailing label from this newsletter. If the top line says "04/01/02 Y", then its time to renew. Just Do It! You will thank me later.

For our members who get their newsletter from our website, we will somehow, through the magic of the internet, get a message to you about your status as members, or you can look at your member card for you expiration date. I know, I carry mine everywhere.

Ride safely,

**Emmett**

## New Members

The NSC welcomes:

Martin Sterman - Boston  
David Steeves - Chelmsford  
Len And Laurie Farris - Groveland  
Sally Atwood - Haverhill  
Barry Botman - Georgetown

## Top Secret

...is one title that attracts more attention than "Important Announcement", "Read Here", or most anything else.

The NSC Spring Meeting will be held Tuesday March 5, 7:00 PM, at Jakes at Rt.1 and Rt. 114. The most important part of the meeting this year is the taking of jersey orders. The scheduling of the meeting was arranged so that we can take preorders for the new jerseys. See page 2 for the lowdown on the new design. We have a deadline of March 11 to send a manufacturing order or we lose certain price incentives. Therefore, jersey orders taken at the meeting will represent the lowest price you will see for the new jersey. I encourage everyone to attend and order a jersey or two. We will have the usual veggie/cheese plate, stuffed mushrooms, and cash bar. As usual, a few of us will likely show up early to have a meal and shoot the breeze. Directions to Jakes are at the bottom of this article.

## Contributions Wanted

Feel free to send in articles/dispatches from the newsletter. Last year in the early months of the season we had some excellent stories of first spring rides, centuries ridden, and the like. We could use more of these. We'd also like contributions on safety, ultramarathon events, training...the list goes on. We'll edit it so you'll look like an expert on spelling and grammar. See page 2 for where to send your stuff!

**Ed Bolton, President, NSC**

## Directions to Jakes:

From Rte. 1 South: entrance is off Rte. 1, just past Home Depot.

From Rte. 114W: enter through the Home Depot parking lot and follow the signs for Jake's.

From Rte. 128: Follow to Rte. 1 to Rte. 114W and enter through the Home Depot lot.

## Officers and Coordinators

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**Clothing Coordinator:**

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

April 2002 Newsletter:  
Deadline is 03/15/02  
Mail date 03/29/02

Contributions after the deadline may not make it!

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

## Download Your Newsletter

You get it earlier and make less stapling and mailing for your friends. You can 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.

## New Jersey Design Unveiled

Orders for the new design jerseys will be taken at the Spring Meeting on March 5. The jersey design has taken several months and many iterations, but by all accounts it's been worth it. Colors are navy blue sleeves with red text and highlights on white. The front and rear panels have the NSC logo incorporated into a pattern design in a color that's on the blue side of teal. Fabric samples will be available at the meeting.

Introductory price for the jersey is \$51. THIS PRICE WILL APPLY UNTIL WE PLACE THE MANUFACTURING ORDER ON MARCH 11. AFTER THAT, THEY WILL COST MORE. Come to the meeting and place your order at the introductory price. Like the guy on TV says, "You'll like the way you look".

### Jersey Design Team



Front— raglan sleeves and full zipper



Rear— 3 pockets with US flag, outline of Massachusetts

## Saturday Road Rides

Masconomet Regional High School, Boxford. Start time 10:00 AM. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jat@nii.net.

We'll ride about 40-50 miles at average 17-19 mph—conversational pace, but with a bit of speedplay when the pavement's just too smooth to resist. We might visit the llamas, go out to Ipswich neck for the view, or cruise along the Manchester-Beverly coast—wherever the sun shines and the wind is at our back. Maybe a quick stop for water, but otherwise we'll just pause to regroup. We'll be back at Masco by noon or so. Maps? Yup, you might want to bring one. Cue sheets? Arrows? Nope.

Directions to Masco: From Route 95 take Exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot (at the far end from I-95).

# In The Woods

## **NSC March 2002 Mt. Bike Schedule**

Mt. Bike ride coordinators:

Lenny Sullivan (978) 689-2884 LPSullivan@attbi.com

Francesca Lewis fjlewis@thepersonaltrainer.net

March is a show and go month for mountain biking due to the unknown trail conditions and possible snow cover.

Interested riders should contact the NSC email list just prior to the ride for feedback of others planning to attend. Last year, due to the snow cover members stepped forward to organize alternate events at scheduled locations that included X-C skiing, snowshoeing, hiking, etc. This would be encouraged again this year.

### **Sunday March 3 Georgetown/Rowley State Forest Georgetown, MA**

**Who:** Show and Go

**When:** 10:00am

**How to get there:** From Interstate 95 take Exit 54B and follow Route 133 west for 1.9 miles. At the lights in the center of Georgetown, bear left (south) on Route 97 and continue 1.6 miles to Pingree Farm Road. Turn left and follow the road to the parking lot at the end. Be careful not to block the trailhead gates when parking. PARKING IS LIMITED. If you can double-up and share a ride it will make things a lot easier for everyone. You can also park at Boxford Meetingplace just south on Rt. 97.

**What to expect:** Straddling an interstate highway, this 1100-acre state forest offers a surprisingly secluded mountain biking experience. The 15-miles of single- and double-track trails include options for every cyclist, from rough footpaths to smooth woods roads, while rolling terrain and an array of wetlands provide an ever changing backdrop. This state forest gets less use than other riding locations so the trails are typically abandoned for us.

### **Sunday March 10 Harold Parker State Forest**

**Who:** Show and Go

**When:** 10:00am

**Ride Start:** Harold Parker State Forest

**How to get there:** Rt. 93 to exit 41 Rt.125 North. Take right at 3<sup>rd</sup> set of lights (State Police Barracks on right) bear left into HPSF and park in dirt lot 300 yards down on left.

**What to expect:** Variety of fire roads, single track and pavement for all levels surrounding many roads that are part of our road riding season.

### **Sunday March 17 Boxford State Forest**

**Who:** Show and Go

**When:** 10:00am

**How to get there:** From Rt. 114 in N. Andover take Sharpners Pond Road all the way to end. Entrance and parking are located here.

**What to expect:** Bald Hill has a mix of fire roads and single track trails. Good riding for all abilities.

### **Sunday March 24 Willowdale State Forest, Topsfield & Ipswich, MA**

**Who:** Show and Go

**When:** 10:00am

**How to get there:** From I-95 Take Exit 53A (Rt. 97 South). Continue for 1.6 miles to Topsfield Town Beach Entrance (on Left). From Rt. 1 Take Exit for Rt. 97 North. Continue for 2.3 miles to Topsfield Town Beach Entrance (on Right). There is no sign at the entrance so look for cars with MTB's.

**What to expect:** Nestled between Bradley Palmer State Park and Georgetown-Rowley State Forest is the lesser-known Willowdale State Forest. Divided by Rt. 1, the 2,400 acre forest features roughly 40 miles of marked trails which are mostly double track and novice-rideable. The well-marked Bay Circuit trail will take adventurous riders across the 3 state forests.

### **Sunday March 31 Georgetown/Rowley State Forest Georgetown, MA**

**Who:** Show and Go

**When:** 10:00am

**How to get there:** From Interstate 95 take Exit 54B and follow Route 133 west for 1.9 miles. At the lights in the center of Georgetown, bear left (south) on Route 97 and continue 1.6 miles to Pingree Farm Road. Turn left and follow the road to the parking lot at the end. Be careful not to block the trailhead gates when parking. PARKING IS LIMITED. If you can double-up and share a ride it will make things a lot easier for everyone. You can also park at Boxford Meetingplace just south on Rt. 97.

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**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

## Extra E-Newsletter Page

The new NSC jersey, in living color...

Actually, a note about colors. Colors on any computer monitor and from any color inkjet printer are an approximation at best. Colors vary quite noticeably from monitor to monitor and printer to printer. The only way to know the exact colors is to come to the Spring Meeting and see the fabric samples.



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Attention members in the Mediaone domain: Remember you will have to resubscribe to the E-Mail list with the new .attbi.net domain. Phil cannot add you on manually.