



The North Shore Cyclists Newsletter

May 2000

Visit the NSC website at: www.astseals.com/nsc

To subscribe to the North Shore Cyclists mailing list, send a blank message to:
nsc-subscribe@topica.com

Watch Out for Each Other

On a late summer ride from Newburyport to Fort Malarly (sic) in Kittery last year, a fellow club rider was having trouble with a mud build-up in her speedplay pedals after a rest stop at the fort. As she slowed in an attempt to kick the mud free, the pack simply left her in the dust. I rolled off the line and doubled back to see if I could assist, and had a tool that enabled her to pick out the packed-in dirt. I stayed with her until we were sure that her cleats and pedals were mating properly, then remounted and rode together for some miles. We eventually regained the pack, only because they had stopped for a rest and reorientation.

Sometime later as we all rode down through Southern New Hampshire in a rural area on our way back to Nbpt., I was in need of a nature stop; being midway through the pack I announced my intention to those nearby, rode out of the line to the left, and was promptly left far, far behind. No one in the front or the rear of the line was concerned whether I was having mechanical difficulties or not, and was soon "out of sight, out of mind"..... including my mud-in-the-speedplay-pedals buddy.

Now, I am an experienced rider of many years, and don't mind riding alone, nor do I expect the whole line to wait while I dash into and out of the woods. But, I

have never, ever passed up another rider stopped on the road side to ask if they were in need of assistance. No one in the pack that day except those immediately in front or behind me knew why I was stopping; the others simply didn't inquire.

As I resumed riding, I overtook several riders that HAD in fact been left "dangling off the back of the line"; one man had seriously bonked and was in dire straits. I was also joined by a couple whose male rider was having real difficulty with cramping. They, too, had been left dangling, then dropped.

All this seems to go contrary to the NSC's basic credo of watching out for each other, your fellow riders. This was not the first time I had been dropped in such a manner, way out in the boonies somewhere, when I needed to stop for one reason or another; as the ride gets wound-up and the line hits it's stride, I have seen, all too often, an "every man/woman for themselves" attitude prevail. I hope that those riders who have been dropped or forgotten continued as Club members; if this had been an experience for me on a first-time club ride it may have been my last also.

GiantJBike@aol.com

TOO MANY OF THE NSC MEMBERS HAVE JOINED MY "DELETE" CLUB!

Many more have rejoined the NSC. So if you are a member, and a "delete"-ist asks you if you received your newsletter, please reply "Why yes, haven't you?". If the response is "No, I haven't.", then tell them they better contact me for renewal. I am available 24 hours a day (but not always conscious). I do clean my files efficiently (I need the space!)

Hey kids, don't forget Bike Week is May 14 - 20. Why

not ride to work one day, or take the day off and just ride. Check out <http://www.MassBike.org> for more information about Bike Week.

On a very sad and emotional note, Donald Quill, a cyclist from Swampscott, was killed in a crash with a car on Hill St. in Topsfield. The 18-year old driver from Danvers was charged with motor vehicle homicide, speeding and failing to keep right. Donald was 42 and leaves a wife and two children.

Please ride safely.
Emmett

From the Treasure's Corner

Spring has finally sprung into action with great weather. Like the other members of the club, I am looking forward to NSC rides especially the Sunday rides. Did you know there is a benefit for leading a Sunday ride? There is, you will be reimburse for the food and paint. The maximum amount for the reimbursement is \$30 for non-BBQ ride and \$100 (depending on donations) for BBQ rides. To get you reimburse check, send the receipts with your address to: Pamela Houck, 24 Whittier Meadows Drive, Amesbury, 01913.

I look forward to seeing you at the rides and at my ride May 21st which I will be having a BBQ.

Pamela A. Houck

Calling All Weekday Morning Riders

Interested in a weekday morning ride? If you are interested in riding on weekday mornings such as Monday and/or Wednesday at 8:30 a.m. out of Topsfield, please contact Elizabeth Rose at (978)352-6804 or e-mail at jhull777@aol.com.

Mark your calendars...

The Big Event May 6, 2000 Concord, MA

A chance to clean out your basement...

New Members

Robert Berk - Swampscott
Bill Mc Dougall - Beverly
Carol Gauthier - Danvers
Michael Mc Andrews - Peabody
Amy Briggs - Swampscott
Joel and Joan Nordberg - Melrose
Fred Clark - N. Reading
Debbie Mendleson - Manchester
Stefanie Brutsch - Andover
David, Elisa and Joshua Scher - Groveland

Welcome!

Officers & Coordinators

President Ed Bolton (603)382.6989 ebolton@henschel.com

Vice-President Marie Doyle (978)834-0949 •

Treasurer Pam Houck (978)388-2986 •

Public Relations Peter Del Sette, Jr. •

Ride Coordinators: Eric Shaktman (603)394-0090 •

Mtn Biking Coordinators: Lenny Sullivan (978)689-2884 Lsulli7079@aol.com & Francesca Lewis (978)452-3099 Francesca_Lewis@bigfoot.com

Century Coordinators Tony Salerno (978)352-2524 & Bob Williamson (978)887-3855

Newsletter Editor Maya Parekh (978)929-9829 mparekh@ais-inc.com •

Newsletter Coordinator: Tony Salerno (978)352-2524 •

Advertising Marie Doyle (978)834-0949 •

Mileage Joe Lewis (617)472-4868 •

Membership Emmett Halpin (781)246-5268

Web Master Mike Habich mhabich@astseals.com

Clothing Coordinator Eric Shaktman (603)394-0090; ericnsc@mediaone.net

BOVINE 2000 BICYCLISTS OVER VERMONT IN NEAR ECSTASY

**JULY 1-5, 2000
SATURDAY--WEDNESDAY**

5th annual edition of this popular tour. We'll meet in White River Junction, VT and take the AM-TRAK train north to St. Albans, VT, near the Canadian border. The luggage car has bike racks, so no bike box is needed.

Enjoy 4 days of beautiful, mostly quiet cycling in Vermont, plus one day in New York's Adirondacks with great views of its high peaks. Options include a loop into Quebec and over the mega-challenging Appalachian Gap. Average about 60 miles/day with hills. Shorter and longer options available. A truly multi-modal tour: Bicycling, train and ferry across Lake Champlain. See the spectacular fireworks in Burlington on July 3.

\$390 includes 4 nights motel and hotel lodging with 2 persons/room (incl. 2 nights in the Radisson Burlington overlooking Lake Champlain and 1 in Montpelier's Capitol Plaza), trail lunch food for 4 days, 2-3 breakfasts, Sag van support, train fare, trip T-shirt, 5 days off-street parking, and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591. E-mail: ardnadler@aol.com

BIKE TO QUEBEC WENHAM, MA TO QUEBEC CITY

**AUGUST 12-22, 2000
SATURDAY - TUESDAY**

Join us for the ninth almost annual tour through northern New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day (plus longer options) for eight consecutive days, through some of the most scenic country in New England and Quebec. Then enjoy Saturday afternoon to Tuesday morning in and around Quebec City. En route, experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the Mt. Washington hotel?), and the remote quiet Connecticut Lakes. Also northeast MA to Newburyport, southwest Maine, Vermont's Northeast Kingdom and Quebec's upper Appalachians. We'll enter Canada at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat terrain. Three nights en route are on lakes.

See last year's trip on the web courtesy of Rich Salter at <http://rts3.home.sprynet.com/main.htm>

\$890 includes 10 nights lodging in comfortable inns, motels and hotels (2 persons/room), 4-6 breakfasts, lunch food on 7 riding days, 2-3 dinners, sag van support, return transportation to start point, 11 days off-street parking, cue sheets and maps, and T-shirt.

Leader: Arnold Nadler: 978-745-9591.
arnadler@aol.com

Co-leaders: Mike Barry: 781-762-2784, Steve Kolek: 781-674-1090.

Sundays On the Road

May 7th

Olde North Andover Ride

Who: Lenny Sullivan (978)689-2884 & Scott Sirota (978)686-5475

Where: Olde North Andover Common

When: 9:30 for both 30 and 50 mile loops.

How to get there: Rt.495 to Rt. 114. Left at lights onto Rt.125 (Bertucci's Pizza). At next set of lights right on to Mass. Ave. Follow to the common. Park on left side of common. From Rt. 95 to Rt.114 take right at Rt.125 (Bertucci's Pizza) then same as above.

What to expect: We are told this is a NSC ride from the early 90's. The long loop goes to Topsfield and Ipswich. Short loops cuts out Ipswich. Maps, Arrows, cue sheets. Refreshments after the ride.

What to expect: Maps and cue sheets, possibly arrowed.

May 14th

Annual Mothers Day Ride

Who: Mike Whalen (978)927-2297

Where: Montserat Train Station

When: 9:00 for 20 & 45 mile rides.

How to get there: From Rte 128 take the Brimball Ave exit east. Go about 1 mile and take a left onto Rte 22. The train station will be on the right.

What to expect: This ride is a Whalen tradition! Route travels towards Cape Ann, choreographed by Mr. Map himself!

May 21st

Georgetown Park 'N' Ride - Literally

Who: Bob Makowiecki (978)352-2407, bobmak@netway.com

Where: Georgetown Park 'N' Ride

When: 10:00 for 50-60 and 25-30 mile loops.

How to get there: Rte 95 to exit 54w for Rte. 133 Georgetown. The Park 'n Ride parking lot is on the left just before the lights at Rt. 97.

May 28th

Rattlesnake Rendezvous

Who: Jim White (978) 689-9847 jdwhite@mathbox.com

Where: Greater Lawrence Vocational H.S.

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

How to get there: Take Rte 93 North to Exit 45 River Street (1st Exit North of I-495). Take a left at 1st set of lights onto River Road. Left at 3rd set of lights into School parking. Rte 93 North is Exit 40B off Rte 495.

What to expect: Twisty, scenic ride through Andover & Tewksbury area, moderate hills

May 29th

Show & Go

Who: Anyone who wants to lead this ride please contact Eric 603-394-0090

ericnsc@mediaone.net

Where: Topsfield Plaza

When: 9:00 AM for distance to be determined by riders or ride leader

How to get there: 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.

What to expect: ????

Sunday Ride Coordinators: **Eric Shaktman** (603)394-0090, ericnsc@mediaone.net & **Bob Mackowiecki** (978)352-2407, bobmak@netway.

North Shore Cyclist Weekday Rides

Monday

Topsfield Plaza, Topsfield

Start Time: 6:30pm June-beg. August; 6:00pm after mid-August.

Co-leaders: **Paula Bossone** 978-887-3855, gregio@aol.com & **Dianalyn Sirota** (978)686-5475, KidKoop@aol.com

Two groups -- Beginner & Intermediate -- tradition-

ally under 15 mph. Arrowed. This is a social-paced ride. Focus is on meeting new people and having a good time. New members encouraged to attend this ride.

Directions: From Rte 95N, 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 1/4 mile on right.

Tuesday

Batchelder School, North Reading

Start time 6:30 PM Starts the first Tuesday in June.

Co-leaders: **Lori Balboni** (978)685-1859 and Jimmy White (978)689-9847 jdwhite@mathbox.com

Intermediate. Rolling hills. Arrowed, map. Ride lengths 15 & 25 miles. Average speeds 14-18.

Note: If you show up early, don't confuse this with the 6:00 ride leaving from the same location described below...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.

Start Time: 6:00 p.m., beginning April 5th. After May 10th, 6:30 p.m. There will be a 5:30 group pacerline practice training ride starting on May 5th prior to the regular ride for those interested in honing their skills.

Co-leaders: **Eric Shaktman 603-394-0090** ericnsc@mediaone.net & **Marie Doyle** 978-777-4455 mdoyle@phcs.com.

Intermediate w/cue sheet -- ride averages 15+ speeds. Mix of flat to rolling terrain. Lengths vary from 18-35 miles depending on daylight w/shorter options available.

Bring \$\$ for pizza following the ride.

Directions: From Rte 95N, 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 1/4 mile on right.

Thursday

Wakefield Center

Start Time: 6:00 May & mid-August-Sept.; 6:30 June-August.

Co-leaders: **Emmett Halpin** 781-246-5268, ehalpin@email.msn.com and **Steve Winslow** 781-397-6893.

All riders welcome -- speeds average 10-13 mph. This is a leisurely, 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 (Wakefield) to the head of the lake. Or take Rte 1 to Walnut Street. Follow Rte 129 to Wakefield and the head of the lake. Meet at or near the gazebo.

Saturday

Masconomet Regional High School, Boxford

Start: 9:00 AM in April, 8:30 AM May through September, then 9:00 October through mid-November, 10:00 AM through the winter. (It's a good idea to call or e-mail during the winter to confirm... we might ride on Sunday now and then too.)

Leaders: **Mike Habich** (978)664-0187 mhabich@astseals.com & **Jeff Turpel** (978)774-3854 jturpel@star.net

We'll ride about 40-50 miles at average 17-19 mph-- conversational pace, but with a bit of speed play 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 Rte 95).

Monday Night Update

WELCOME BACK TO MONDAY RIDES It's been a long winter, but the good weather is on the horizon. We will be starting the Monday night rides on Monday, May 15 at 6pm. We look forward to seeing all the regulars back to our "casual" ride format and welcome all new riders to the club to join us. Once again, the focus is on including riders of all abilities to be able to ride in a group format. We generally meet at Topsfield House of Pizza after the ride to refuel! We look forward to seeing you.

Paula Bossone
gregio@aol.com

Tuesday Night Update

The Unofficial Tuesday Night Rides will continue into June. Mid-June, Lori Balboni and Jimmy White will take over and the Official Ride will begin. Maps may be available for the pre-season rides, but the route will probably not be marked except for any markings left over from last year.

Come join us and warm up for the season!

Peter McCann
pmccann@comversens.com

Sunday Ride June Preview

June 4th

Some Cheese with Your Whine

Leaders: Pam Houck (978)388-2986 & Ann Pernice (978)373-6647

Location: Amesbury Elementary School, South Hampton Road, Amesbury

Time & Distance: 9:00a.m. 60-65 mile loop, 10:00a.m. 25- & 35-mile loops.

Directions: Rte 95 to Exit 58 for Rte 110 Amesbury. Go to first traffic light and take a right onto Elm Street. At the rotary, take the first right onto Market Street (Rte 150). Follow for 1/2 mile, then bear left on South Hampton Road. From Rte 495, take Exit 54 for Rte 150 Amesbury. At the rotary go 180-degrees (2nd right) onto Rte 150. Go about 1/2 mile and bear left on South Hampton Road. The school is on your left.

What to Expect: The loops go through scenic back roads and some beautiful farm country of Southern NH. These are new loops and the long loop goes up to Durham, NH. The loops will have some hills which could not be helped.

Ride Leaders Needed

Thinking about leading a ride? Got an idea for a local Sunday ride? We need to fill up the Sunday ride calendar again this year. I want to thank everyone who led a ride last year. We filled almost every Sunday with a ride last year and I hope to do that again this year. You can either call me at 603-394-0090 or e-mail at ericnsc@mediaone.net.

**Open dates are: July, 16,23 & 30
September, 3,4,10 & 17
October, 8,15,22 & 29**

**Thanx,
Eric**

NEBC KIDS ONLY BIKE RACE

Saturday, June 3, 2000, Winchester, MA

As part of Winchester Town Day, the Northeast Bicycle Club and Cycle Loft are promoting the fourth annual "NEBC Kids Only Bike Race". The race will be held on Saturday, June 3rd (rain or shine) at Manchester Field, Winchester, MA.

The "NEBC Kids Only Bike Race" is intended for kids who want to try bicycle racing, perhaps for their first time ever! Our emphasis in designing this race is safety, creating a fun atmosphere, and providing adequate opportunities for all participants to race at an appropriate level. There will be separate races for kids between 7-14 year olds, in 2-year age categories. There will also be separate events for BMX and mountain/road bikes. All racers will receive ribbons and a free water bottle. Trophies will also be awarded to the top three finishers in every category.

For more information, call Harry Wolfson at 617-484-6063 or see the race flyers posted at the Winchester Recreation Department, the Cycle Loft in Burlington, or on the NEBC web site, which can be found by searching for "Northeast Bicycle Club" on any Internet search engine (Yahoo, etc.).

http://world.std.com/~nebiclb/RaceEvents/00Events/kids_crit00.html

Harry Wolfson
HarryWolfson@LL.MIT.EDU

E-Newsletter: Comments from the NSC President

Hi folks,

The first rides are under our belt. Now that I'm done posing for my presidential portrait and have shaken my secret service protection, I can sit down and write about what's going on.

A round of applause go to Maya (newsletter editor) and Mike (webmaster). The initial number of downloads of the new electronic version of the April newsletter has been impressive. It is a much more successful start for an E-newsletter than the one experienced by 'that other bike club'. And our team did it quicker than expected. When I wrote last month I did not foresee them implementing it for April, yet they did.

The main advantage of the electronic newsletter is speed of delivery. The electronic version can be on the web site before the paper copy has even been printed. That is a week or more before you see it in your (postal) mailbox. It should be noted we might restrict the availability of the electronic newsletter in the future to our members. This could occur by E-mailing it to them, changing the unpublicized URL each month and E-mailing a link to it, implementing a password system, or some other possibility as yet unidentified. We need for people using the schedules in the newsletter and riding lots of our rides to be club members. That gives us a commonality and reduces our liability risk. If we also implement a system that allows people to choose between paper delivery or electronic, we will reduce the work Tony and other volunteers (your friends) need to do for actually mailing the newsletter. A side benefit is that each member who takes electronic delivery over paper could reduce costs enough over a year for us to provide a case of soda or a good sized watermelon at the end of one ride. I think we will be working these issues for at least a few months, but these people think fast...

We have a new brochure to be going into the bike shops and other places along with this newsletter. It's designed to attract members into the club and provide a quick way to answer inquiries about the club. All of us who have contact information published get these calls once in a while. My thanks go to everybody who helped with that publication.

After I took over as president, Meg mentioned she was concerned that the club had not filed a federal tax return in the last few years. The good news is that we are only required to file a very minimal return once every 3 years due to tax exempt status and the relatively small amount of money involved. The bad news is that the most recent form was mailed by the IRS to the former address of a former club officer, and was basically lost in the mail until a week after the return was due. We've recovered the form, filed the return, and are trying to get the penalty waived.

NSC Clothing

North Shore Cyclists club jerseys should arrive the second week of May and will be available from Eric Shaktman at (603)394-0090 or at all Wednesday and Monday night rides, and at some Sunday rides. After approximately May 15th they will also be at the following locations:

Aries Sport

100 Route 1
Newbury, MA 01950
(978)465-8099
Monday - Friday 10-6
Thursday 10-7
Saturday 10-5

The Bicycle Shop of Topsfield

17 Main Street
Topsfield, MA 01983
(978)887-6511
Monday - Friday 9-6
Thursday 9-7
Saturday - 9-5

Northeast Bicycles

124 Broadway Route 1
Saugus, MA 01906
(781)233-2664
Monday - Friday 10-6
Thursday 10-7
Saturday 10-5

Notes from the road- I'm not much of a photographer, but some of you know I often carry a camera on the rides. It's a \$30 fixed focus point and shoot APS camera. It is very small, motorized, and can be operated completely with my right hand. If I crash with it in my jersey pocket and wreck it, I'll be disappointed but not devastated or bankrupt. It takes good pictures, but isn't very flexible artistically and the film is not as widely available as 35MM. On bike trips when I can carry a camera in the relative safety of a handlebar bag or a rack pack, I've carried my old Pentax ME Super 35MM SLR. It can do a lot more and film is universally available, but I can't squeeze off a few when I'm riding like I can with the simpler camera, and it is big and heavy. A digital camera might share some of the advantages of my Pentax, but would be handicapped on a longer tour by the inability to download it and by battery consumption. I recently saw a Nikon APS SLR that takes Nikon mount lenses. Equipped with a zoom lens it looks like it might be a great camera for activities like bike tripping.

Regards,
Ed Bolton, 603-382-6989
ebolton@ttlc.net

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.

Name: _____ Occupation: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____ E-mail: _____

Release Form

Notice: This 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(Name of the Club) ("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 take 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: _____

Parent/Guardian (if rider is under 18): _____

Printed Name: _____

Dues: Individual \$15; Family \$20; Supporting \$35; Patron \$75

Circle one: New Member Renewal Address change

I can help with: Rides Newsletter Special Events

Publicity(cont.) Map making Other

Mail to: NSC c/o Emmett Halpin 541 Lowell Street, Wakefield, MA 01880. If possible, please mail this whole page to Emmett.

Note: 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.

Inside:

Updated info on week night rides!

Results of e-newsletter!

Kids' races!

And more!

**North Shore Cyclists
c/o Emmett Halpin
541 Lowell Street
Wakefield, MA
01880**