



The North Shore Cyclists Newsletter

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May 2001

THE ROAD SEASON STARTS ANEW

Spring in New England. It's cold, wet, and raw but at least it isn't winter. A few stories from early forays.

FIRST RIDE

So there I was, 10:00am, a sunny Sunday morning, totally psyched, at the Georgetown woods, all alone, my mountain bike and me. So wondering if I had the correct date I ventured down the snowy trail (lots more snow here than nearer the Ocean, not to mention flooding).

The center of the trail was packed and rutted ice, making it very taxing to stay mounted on the bike. The abrupt edges were up to 18" of soft granular snow which "sucked" the front wheel eagerly every time the ruts took me near or off the hard stuff. I gave up after breaking through ice on the trail to go hub deep into a hidden puddle, thankfully still going slow enough to prevent going over the bars.

Nature called, and while distracted I was greeted by three smiling Golden Retrievers and two old ladies. I thought I was far enough from the road?! I fled back to Pingree Farm lane and hammered out to 97. Some gear work reminded me that ear and face protection is still nice to have at even reduced road speed. What to do- tough it out or return home to finish the chores?

Chores are warmer.

Peter V.R.Bazeley

JUST DOING THEIR JOB

I was riding through Hamilton and Ipswich in late March, investigating the aftermath of the flooding Ipswich River. I had ridden my cyclocross bike down the rutted dirt of Winthrop Street from the east, to find the river flooding across

the road and bridge at the old mill site. Turning around, I started back towards Highland Street, trying to pick a line through the pockmarked dirt surface, pushing a big gear to keep most of the weight off my saddle. Up ahead, I saw a flock of sheep in a clearing next to the road (the Trustees of Reservations use the sheep to clear brush and nuisance plants). I had heard from a friend that these sheep were guarded by Great Pyrenees dogs, and that it took a keen eye to find them among the large flock of sheep. As I slowed to a stop to test my skills of observation, I didn't have to look long to find the dogs. As a matter of fact, before my foot touched the ground, a very un-sheep like canine came bounding out of the flock, barking the alarm.

This was not the time to stop.

Foot clicked back in the pedal, eyes picking a route through the washboard and puddles I started out again, not sure how protective this "sheepdog" was going to be. As I accelerated, I could hear a flanking dog, marked by a deeper bark, closing from the rear of the herd. It took a long, few seconds before I could get to a smooth enough section of road to glance back and see that the dogs were pacing me, but more importantly, were staying behind the broken down stone wall that paralleled the road. Glancing back again I saw only a few sheep cast a baleful eye in my direction. With protectors like these dogs, the sheep had little to worry about.

I've been chased by many dogs while riding, and while many may have thought they were "doing their job" these Great Pyrenees certainly were.

Jim Trudeau
2001

APRIL 1, 2001

I can't believe we're riding on the road today. It's freezing. I saw the tape from the first road ride last year. It looked pretty nice, almost summery in April 2000. But it was snowing here 36 hours ago. In fact, it was snowing at home

(Continued on page 3)

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HYANNIS PORT CHALLENGE BENEFITING BEST BUDDIES MAY 19, 2001

Imagine yourself riding side by side with Three Time Tour de France winner Greg LeMond, enjoying a lobster clam Bake on the historic Kennedy Compound lawn as you listen to Kool & The Gang.....

Now Stop daydreaming and make it real!

Cycle through history from the JFK Library to the Kennedy Compound on Cape Cod on May 19, 2001 in the Hyannis Port Challenge! Join Greg LeMond, Supermodel Angie Everhart, NFL stars, and Hollywood celebrities on an 85-mile fundraising bicycle adventure that takes you along the beautiful back roads of the Massachusetts south shore to Hyannis Port. All riders will celebrate at a post-ride clambake and private Kool & The Gang concert hosted by LeMond and Anthony Kennedy Shriver, at the home of the late Rose Kennedy.

Riders will enjoy a first class route, hot showers, massage, overnight hotel accommodations and ship and enjoy stellar amenities including an official cycling jersey and gifts from Tommy Hilfiger and Kenneth Cole.

The ride benefits Best Buddies, an organization founded by Shriver to enhance the lives of people with mental retardation through one-to-one friendnt opportunities.

For more information contact Brandon Morpew at 1-800-718-3536 or via email brandology@aol.com. To learn more about Best Buddies check out www.bestbuddies.org. Mention you heard about it through CCB (not NSC) and receive a \$100 credit toward your fundraising.

-Press release forwarded by Marie Doyle

EMMAUS RIDE JULY

July 22 (not 29!) has been announced as the date for the Emmaus House fundraising ride (The Heels & Wheels Century). The ride benefits Emmaus Inc., the provider of shelter & services for the homeless in Haverhill. Last year, about \$28000 was raised for the shelter, making this event Emmaus's largest fund raiser! It's a landmark event on the calendar of many NSC riders.

This is pretty much a total volunteer effort put together by NSC members Jeff MacLean, Kendra Sell, Bob Makowiecki and a few others. The team is little short handed this year so they are looking for volunteers. To help, contact Bob Makowiecki, 978-352-2407 (robert.makowiecki@vsea.com). More details will appear in future newsletters.

-Bob Makowiecki

JUNE NEWSLETTER: DEADLINE IS 5/13/01 MAIL DATE 5/20/01

Contributions after the deadline may not make it!

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

SUNDAYS ON THE ROAD

May 6 Scenic Tour of the Merrimack Valley

Who: Eric Shaktman (603) 580-1010 ericnsc@mediaone.net

Where: Aries Sports, Newbury

When: 10:00 AM for 25 & 50 miles

How to get there: From Rte 95, take the Rte 113 exit into Newburyport. Right turn at 2nd light. 3rd light take right Rte 1 South 1 mile. Aries Sports is on right. Aries will be open before the ride and open with refreshments after.

What to expect: Scenic tour of the lower Merrimack Valley. The 25 mile ride will be mostly flat while the 50 will be varying.

May 13 Annual Mothers Day Ride

Who: Mike Whalen (978) 927-2297

Where: Masconomet Regional High School, Boxford

When: 9:00 for 12, 28 and 45 mile rides.

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

What to expect: This ride is a Whalen tradition choreographed by Mr. Map himself!

May 20 Park'n Ride and Park

Who: Ed Bolton 603-382-6989

Where: Maudslay State Park, Newburyport

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

How to get there: From Rt. 95 take exit 57 and go east on Rt. 113. Two blocks from the highway turn left on Noble St. (just after the St. Mary's Cemetery Arch). At the end of Noble St. turn left. Go two blocks and veer left at the fork. Go 1.2 miles and turn left into the Maudslay parking lot.

What to expect: The long loopers will venture to Kingston New Hampshire, with Kingston State park at the halfway point or perhaps a trip up Rockrimmon Hill.

May 27 Show & Go

Location: Georgetown Park and Ride

Directions: Rte. 95 exit 54 west, to Georgetown center. Park and Ride is on left just before the lights

What to expect: Show-and-go format. Distance and direction determined by the participants.

May 28 Rattlesnake Rendezvous

Who: Jim White

Where: Greater Lawrence Vocational H.S.

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

How to get there: I-93 NORTH, Exit 45 River St. (1st Exit North of I-495), Left at 1st set of lights onto River Rd., Left at 3rd set of lights into School Parking. I-93N is Exit 40B off of I-495

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

June 3, 2001 Essex County Heritage Ride

Who: Ed Bolton 603-382-6989 ebolton@ttlc.net; Eric Shaktman 603-580-1010 ericnsc@mediaone.net

Where: Cummings Center, Beverly

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

How to get there: From 128 take exit 23 East towards Beverly. Take a left at the fork .75 mile down following Rte. 62. The Cummings Center is 2 miles from Rte 128 on the left.

What to expect: A major event. See the writeup on Page 5.

Visit the event web site- <http://www.landrys.com/Pages/EssexCountyRide.html>.

June 10 Jeff Turpel leads a ride from Haverhill.

June 17 Al and Rita Savageau's BBQ ride with the Tbones from Beverly.

June 24 Pam Houck's BBQ ride from Amesbury.

July 1 Independence Day ride, Tony Salerno/Donna Ventura from Georgetown.

WEEKLY RIDE SCHEDULE

Saturday

Masconomet Regional High School, Boxford
Start: 9:00 AM March 31+, 8:30 AM May. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and 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 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).

Monday

Topsfield Plaza, Topsfield
6:00 PM starting April 9 6:30 starting May 7
Leaders: No ride leader for April and May
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 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

Batchelder School, North Reading
6:00 PM starting April 10 6:30 PM Starting May 8
Leader: Peter McCann (781)-213-2204 pmccann@comversens.com (April and May) Lori Balboni 978-685-1859, and Jimmy White 978-689-9847 jdwhite@mathbox.com (June +). 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...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. 6:00 PM starting April 4 6:30PM starting May 9. 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, including 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

Wakefield Center. Start time 6:00 PM in May and August 6:30 PM June and July. Co-leaders: Emmett Halpin (781) 246-5268 emmetthalpin@mediaone.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-the-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.



- Marked routes and cue-sheet directions.
- Rest stops with snacks and restrooms.
- Support vehicles follow the course.
- The long routes travel along the coast with a rest stop at the Crane Estate on Castle Hill, Ipswich. Then followcountry roads back to the start.
- The short route travels the coast through Beverly Farms with a stop at the Wenham Museum.
- Exhibits, food and at the start/finish
- Door prizes! Free refreshments, lunch to riders! Free T-shirts to first 200 pre-registrants!

The Schedule : **June 3, 2001**

8 AM Registration opens
9 AM 60 mile ride start
10 AM 40 mile ride start
11 AM 15 mile ride start
12:30 to 1:30 Riders return
1:00 to 4:00 Food and entertainment.

The event will be held rain or shine. Helmets are required.
Location: The ride starts and finishes at Cummings Center in Beverly (the former USM plant)

Registration forms available at local bike shops, museums, and cultural sites all over the North Shore. Riders can also pre-register at Landry's Bikes on Endicott Street in Danvers (in front of the Liberty Tree Mall). Registration forms are also on-line at

www.landrys.com/Pages/EssexCountyRide.html

**PLANS ARE MOVING ALONG.
WE JUST NEED YOUR HELP.**

We need a few people to arrow the ride in late May. We also need 10 or 15 volunteers to setup and man tables June 3 and to operate a gas grill. Volunteers get a T-shirt, invite to the volunteers party, and a big dose of pride.

Contact Ed Bolton 603-382-6989 (ebolton@ttlc.net) to sign up.

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 me 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