

The North Shore Cyclists Newsletter

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May 2002

I Saved \$2000 in Two Weeks...

...so now I can buy some washboard abs.

Let me explain my plan. This past winter was the first one since I resumed riding that I did not maintain any kind of workout schedule at all. At the end of March, on my first short journey out on the road (a 4-mile ramble with Ben) I discovered the downside of that winter fitness strategy.

Riding the same bike I've ridden for a decade and a half, with the same setup and adjustments I've had for years, I had a new and alarming fit problem: while in the drops, my upper legs were squashed into my gut. And it wasn't because my legs were bigger.

While I've never had the "washboard abs" you see advertised for sale on television, I've never quite had a 'gut', either. I had not weighed myself since fall. When I did, I saw 175 on the scale. I almost fell over in shock- I've been 165 ± 2 lb for as long as I can remember. I had gained 10-lb during the winter, in the shape of a basketball at my waistline. There were practical matters to consider. Would I need a new stem for the bike to lift my position up so I could pedal unimpeded again? Would I have to get my driver's license corrected with the right weight?

So I started getting up early every day to ride my bike hard on the windtrainer from 5:30 to 6:00 in the morning. On the weekends and other days off, I do a longer windtrainer session or, recently, a ride on the road. Psychologically, the end of the first week was very hard, but I got through it. I set Sunday morning on awakening as the standard measurement time, and I didn't weigh myself again until a week ago-which was 3 weeks from when I started. I was down to 167. Yesterday (last weeks measurement), I was all the way back to 165. I still feel leg-to-gut contact, but it's a light touch rather than a heavy interference. In mechanical design terms, it's line-to-line. I've made no conscious changes to my diet. The program seems to be working. Perhaps I should look into purchasing some washboard abs as seen on TV to go along with it.

Over the last 2 weeks, I figure I've lost 4-lbs from my overall bike-and-rider weight. To make that same change by tinkering with the bike alone, I'd need to forget about my 21-lb steel road bike and go buy a 17-lb machine. These bikes are available, but certainly not cheap. I figure \$2000 minimum with my club discount might get me close.

So riding my bike for a half-hour every day is currently saving me \$1000 a week. A valuable tax-free supplement to my income for sure!

-Ed Bolton
President, North Shore Cyclists

31st Annual TOSRV East

Tour of Scenic Rural Vermont

The 31st annual TOSRV- East takes place June 14-16 2002. We will stay overnight Friday the 14th at the Hotel Coolidge HI-AYH hostel in White River Junction Vermont. Saturday morning will find us pedaling down through Woodstock and Reading Vermont before heading west over to Rt. 100. We will then head north past Killington, Stockbridge and pass through the beautiful Granville-Gulf-with-the-Moss, Glen Falls. We will arrive at the Hyde Away Inn in Waitsfield Vt for the overnight stay. Bikes will be stored overnight in a garage and a Saturday dinner and morning breakfast will be served. Sunday we will ride north back on route 100 to Waterbury and then east on route 2 into Montpelier before heading south back to White River Junction along the White River.

Most of the trip is on quiet low-traffic roads with beautiful central Vermont scenery. There is some significant climbing each day as well as many flat miles with and tail winds. Cars are parked for the weekend at White River Junction and post ride showers/changing rooms provided Sunday before we head home. Mileage is 100 miles per day but there is a 62 mile per day option of staying at the Tupper Inn in Rochester, Vermont. There's also some route options to avoid some of the climbing if desired. Total cost for 2 nights lodging, 2 meals, maps and cue-sheets, and sag support is \$95 for the weekend. For more information or sign up please contact:

Jim Merrick
17 Teaberry Lane
P.O. Box 214
Mount Vernon, ME 04532
207-293-3784
jmerrick@powerlink.net
smerrick@prexar.com

For information on the ride you can also contact five-time TOSRV-E veteran Lenny Sullivan lsullivan@attbi.com, who is planning to ride it this year again.

-Forwarded by Lenny Sullivan

Essex County Heritage Ride June 2

Planning is underway. Contact Ed Bolton (603-382-6989,
ebolton@ttlc.net) to help out.

Officers and Coordinators

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June 2002 Newsletter:
Deadline is 05/15/02
Mail date 05/29/02

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@tllc.net
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Download Your Newsletter

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Summer Triathlon Workouts

In the last five years, triathlons have become very popular, like marathons are. There are different triathlon lengths: Sprint, Olympic, International, Half Ironman, and Ironman. Beginners usually start with the Sprint length. Another popular multi sport is dualathlon, which is run, bike, run. The reason why triathlons are great is because the cross training uses the whole body. This creates a more fit and balanced individual.

New England has many multi-sport races available throughout the season. The following races are good for first time triathletes: Danskin Triathlon (women), July 28th, Devens, MA (www.danskin.com), Falmouth Sprint Triathlon, July 27, Falmouth, MA (www.timeoutproductions.com). Other web sites that contain information about New England races are www.usat-ne.org and www.firm-racing.com.

Starting this summer, Tri Fitness will be doing Triathlon workouts for those training for a first triathlon or wanting to improve race times. As a coach, Pam Houck creates a training program to strengthen the client's mind and body for him/her to achieve his/her goal. She started competing in sports and races when she was 40 and has done more than 90 road races and over 20 multi sport races including age group wins. Pam is a certified Personal Trainer and currently attaining the USAT Triathlon Level 1 coach certification. The Summer Triathlon Workouts is a training program, consisting of group workouts and individual training schedules, and other tools and workouts for you to have a successful race. The group workouts will be on Wednesdays at 6 PM for speed workouts and drills and Saturday mornings for a double/brick workout, consisting of lake swim and bike or run. The individual training schedule is based on your assessment through a questionnaire of lifestyle, statistics and goals. The workouts are for the beginner to intermediate level and will be from May 29th through August 31st. A 2-month training program is \$100 and 3-month training program is \$150. You must register in advance to get a spot. For more information or to get a registration form to start your training, call Pam at 978-388-1369.

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." - Ken Doherty

-Pam Houck

New Members

The NSC wel comes:

Jeff Scher - Melrose
Tim Bush - Marblehead
William Seldon - Westford
Charlie & Lorena Watt - N. Andover
Susan Chase - Newburyport
Larry Welch - Swampscott
Sandy Elliott - Andover
Alan Bauer & Family - N. Andover
Rob Nardone - Beverly
Chris Kenney - Beverly
Julie Saviano - Marblehead
John Baczewski - Boxford

-and-

Sue Smith Powers - Lincoln

BOVINE 2002

BICYCLISTS OVER VERMONT IN NEAR ECSTASY
JULY 3-7, 2002
WEDNESDAY - SUNDAY

Back by popular demand (honest). This year will be the 6th edition of this tour, riding from south to north this time. We'll meet in White River Junction, VT on Wednesday evening. We will cycle north to Montpelier on Thursday, and to Burlington with an Appalachian Gap option on Friday. On Saturday we'll ferry across Lake Champlain and explore New York's Adirondack Mountains, including Ausable Chasm, then return to Burlington. On Sunday we'll continue north to St. Albans, with an option into Canada. Average about 60 miles/day with hills and flats, lots of scenery, and generally quiet country roads. Some shorter and longer options will be available. We'll return from St. Albans to White River Jct., by chartered bus, after Sunday's cycling.

\$410 includes 4 nights lodging with 2 persons/room at peak season, including 2 nights in the Radisson Burlington overlooking Lake Champlain and 1 night in the Capitol Plaza in Montpelier. Both hotels are well located near downtown restaurants. Price also includes 1-2 breakfasts, trail lunch food for 4 days, sag van support, return by chartered bus, trip T-shirt, 5 days off-street parking, and maps and cue sheets.

The leaders have made a planning trip to VT & NY to check out the route.

Leader: Arnold Nadler, 978-745-9591. E-mail: ardnadler@aol.com.
Co-leaders: Paula Bossone, 978-887-0688, Chris Cassels, 781-259-4396.

-Arnold Nadler

MTB's and Yoga

Mountain Biking and Yoga Weekend In Beautiful Vermont June 14-16

Start and end each day with yoga, while you spend the rest of your time enjoying the scenic mountain bike trails at the Craftsbury Outdoor Center in Craftsbury, Vermont. The weekend is open to riders and yoga students of all abilities. Beginners are welcomed and encouraged as expert instruction for both activities is included. This is perfect for riders hoping to gain more confidence on their bikes and on the trail, and for people who want to experience the therapeutic and relaxing benefits of yoga.

The total cost for the weekend ranges between \$342 and \$454 (depending on your room choice - see below for details) and includes:

- Two night's lodging (Friday and Saturday night)
- Six delicious and healthy meals, including vegetarian options
- Yoga sessions
- Mountain biking skills clinics
- Access to the Craftsbury Outdoor Center's groomed and maintained trail network
- Sauna access

(Bike rentals are available, but not included) Craftsbury is in the Northeast Kingdom of Vermont, about three hours from Boston.

For more information, please contact:
David Alden - davidalden@aol.com, 978/376-5697
John McCown - jamccown@aol.com, 802/985-9579

-David Alden

Away Trip to Southern Maine

May 4-5, 2002: Beyond the North Shore Bicycle Ride. (Int/Adv) Cycle from the North Shore of Massachusetts to southern Maine for a weekend of fun, new friends, great cycling, and an enjoyable evening at one of our favorite campgrounds! Trip involves a total mileage of 125 miles over two days, pace is 15-17 mph, and cost (per person) is \$42. Join us for Saturday dinner (not included in fee) and feel free to place your tent and other items in the sag wagon! Limited to 10, please register by 4/27/02. For further information, contact John Taylor at john_e_taylor@hotmail.com or 978-922-3493 until 9 pm.

-John Taylor

Linda Tarbox to Ride for AIDS

I am writing you to ask you to help me become a participant in an event that will call attention to and for the research and treatment of HIV/AIDS. The Northeast AIDS Ride is a short jaunt stretching from New York to Boston. I am preparing for this 350 mile ride from Bear Mountain, NY to Boston on June 20-23. That's right, 350 miles! I am excited about participating because the event provides inspiration, awareness, and a demonstration for all to see.

Hopefully, I will still enjoy cycling when I'm done!!

Before my tough physical challenge, there is of course an economic challenge. I must raise \$2,100 before May 24, 2002. Yes, that is just around the corner!

Your contribution plus contributions from thousands of others will have a serious impact on this cause and on people in Boston infected with HIV/AIDS.

The money you donate will go back to our community; primarily to the Fenway Community Health Clinic, which receives 40-45% of its funding from the Northeast AIDS Ride. The Fenway Community Health Clinic provides quality healthcare, HIV testing, research, and prevention programs to the residents of the Fenway neighborhood and beyond.

Please consider sponsoring me in my endeavor to help the victims of this disease. You may send your donations to me in check form to me at 22 Monument Ave., Charlestown, MA 02129. Please make the checks payable to Northeast AIDS Ride. If you would like to learn more about the event or make an online donation, see the website www.BeThePeople.com. The online donation option requires you to select the event "Northeast AIDS Ride"; enter and search on my name and my participant code "3350". Thank you in advance for any support you are able to provide.

If you have any questions, please call me at 617-241-3851.

Sincerely,

-Linda Tarbox

On The Road

May 5 Olde North Andover Ride

Who: Lenny Sullivan 978-689-2884 Ipsullivan@attbi.com Scott Sirota 978-255-1774 ssirota@netway.com

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: This old NSC ride from the early 90's is back again since the late 90's. The long loop goes to Topsfield and Ipswich. Short loop cuts out Ipswich. Fairly flat but both loops cover the same hilly section. Additional 19 mile optional loop available 1 mile from the finish of both loops. This will head into Tewksbury and Andover before returning to the common. Maps, arrows, cue sheets. Refreshments after the ride. They should not be moving a house this year detouring the start of the route!

May 12 Annual Mothers Day Ride

Who: Mike Whalen 603-512-1122

Where: Montserrat 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 19 Let's go coastal with a new bike

Who: Eric Shaktman 603-580-1010 ericnsc@netway.com

Where: Northeast Bikes, Newbury

When: 9:00 for 65, 10:00 for 35 miles.

How to get there: From Rte 95, take the Rte 113 exit into Newburyport. Right turn at 2nd lights. 3rd lights take right Rte 1 South 1 mile. Northeast Bikes (formerly Aries Sports) is on right.

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. DaVinci Bicycles will be on hand rain or shine with demo bikes to ride today. There will be mechanics there to fit the bike for the demo ride. Northeast bikes will also be open today. Refreshments after the ride.

May 26 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

May 27th 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: ????

June 2 Essex County Heritage Ride Ride

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

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 miles down following Rte. 62 The Cummings Center is 2 miles from Rte 128 on the left.

What to expect: As you cycle through our historic cities and towns and natural areas, you will ride by the historic seaports and New England town commons; industrial mills and pristine beaches; renowned museums and wildlife refuges; working farms and inviting natural trails. The long routes travel along the coast with a rest stop at the Crane Estate on Castle Hill in Ipswich. Then follow along some of our beautiful scenic country roads back to the start. The short route travels through Beverly Farms with a stop at the Wenham Museum. There will be an antique bicycle exhibit at the Wenham Museum for all to see. This ride is a joint production with the Essex National Heritage Council, Cummings Properties, and Landry's Cycles. There will be food and exhibits at the start finish, and mechanical/sag support. There is a \$10 registration fee. Riders get an event bandana. Registration forms are available in local shops, from the listed ride leaders, and the web. You can also register at Landry's store in Danvers, on Endicot St. in front of the Liberty Tree Mall.

Weekly Ride Schedule

Monday

Topsfield Plaza, Topsfield. 6:00 PM starting April 8, 6:30 starting May 6. Leaders: No ride leader for April. Starting May 13, Paula Bossone (978)-887-8688 paulajbossone@attbi.com and Dianalyn Sirota. The route was arrowed last year and there are always riders available that know the way.

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 9, 6:30 PM Starting May 7. Leader: Peter McCann (781)-213-2204 mccann_peter@yahoo.com.

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 3, 6:30 PM starting May 8. 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, 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

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@attbi.com 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

Masconomet Regional High School, Boxford. Start time 9:00 AM in April, then 8:30 thru the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net.

We'll ride about 40-60+ 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).

Pedro's 2002

2002 Pedro's-Harpoon Mountain Bike Adventure Series is Presented by MetroSports Magazine and the New England Mountain Bike Association.

Come ride on great trails and support good causes! Each Pedro's-Harpoon MTB Adventure Ride will allow you to follow marked courses at your own pace. There will be lots of prizes, and best of all Harpoon will be hosting a post-Adventure party at a local pub after each event! The cost will be \$10 per ride, \$3 for members of the New England Mountain Bike Association and free to anyone who joins NEMBA at that event. All money raised will benefit a charity or go directly back to the trails!

May 5 Lynn Woods Lynn MA
May 19 Harold Parker N. Andover MA
June 9 Holyoke Range/Skinner State Park, Amherst MA
July 21 Connecticut, Location to be announced
August 25 Wompatuck State Park, Hingham MA
Sep. 8 White Mtns NH, Location to be announced
Oct. 20 Great Brook Farm SP, Carlisle MA

For more info on these upcoming MTB rides go to the web site:

<http://www.mtbadventureseries.org/>

-Forwarded by Lenny Sullivan

NSC Clothing

We ordered a small inventory to come with the pre-ordered clothing. To get outfitted, you can contact Eric Shaktman for availability and to get an order form. The order form is also available on the NSC web site (<http://www.astseals.com/nsc>). When the new clothing comes in, we will place it in shops also as in the past. Details will be available. You will pay no more buying NSC clothing from the shops and may find it more convenient. As a reminder, when paying individuals for clothing or membership, checks should be made out to "North Shore Cyclists" and not the individuals. When buying clothing at the shops you pay the shop.

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

Tri-Boston Monster Challenge

So you want a 60 mile ride with a short queue sheet?

Plans for the 2nd Annual Monster Challenge:Tri Boston are underway. The event is scheduled for Labor Day Weekend, Sunday September 1, 2002!

This year, we are offering three different distances for competitors 14 years of age and older:

1. Olympic Distance: (0.93 mile swim, 24.8 mile bike, 6.2 mile run) - for professional triathletes holding a USAT pro card.
2. Elite Distance: (0.5 mile swim, 19 mile bike, 4.5 mile run) - for seasoned triathletes. Must meet qualifying requirements. Call the Monster Challenge office for more details.
3. Sprint Distance: (0.5 mile swim, 12 mile bike, 3.1 mile run) - for age groups and relay teams.

Anyone can do it. Participate as an individual or as part of a two or three person team. Also, if some NSC members would like to do the sprint distance event as a relay team, we can assist in matching them up with another group that may want to do the same. For example, a running or track club or a swimming team could join NSC riders as a relay team.

If you are interested we can send you brochures and registration materials. Register now to secure your spot, as we will limit the number of triathletes to 1,000. This year, we are asking our individual competitors and relay teams to raise \$750 to help support the efforts at AIDS Action to end the epidemic here in Massachusetts. Please register online at our website: www.monsterchallenge.org or on www.active.com

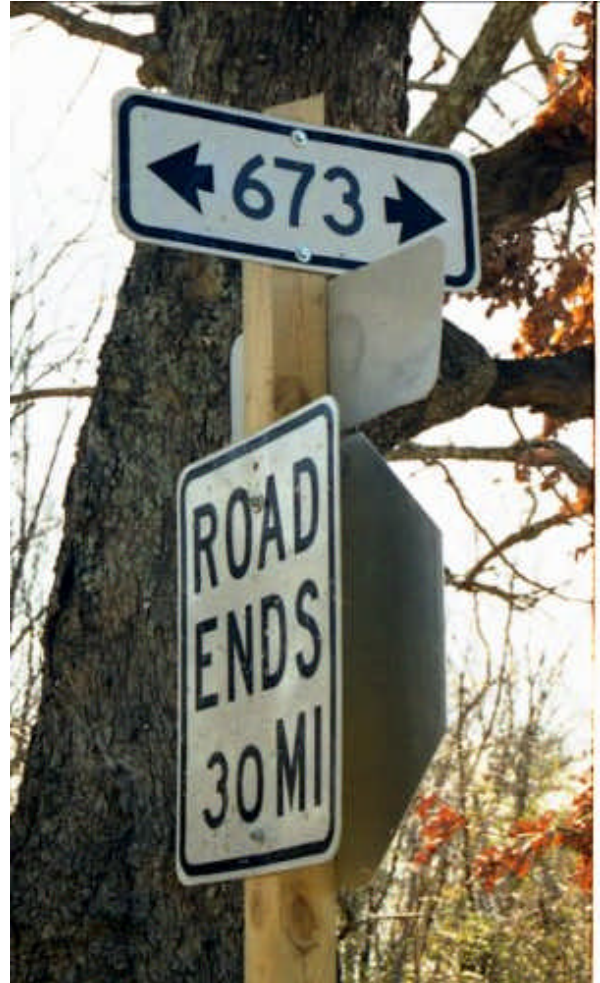
AIDS Action Committee has spent the last nineteen years working toward the goal of ending the HIV epidemic in our region, while maintaining a strong commitment to human dignity. Proceeds from the event will enable AIDS Action to continue to provide free, high quality services to people living with HIV/AIDS, to maintain education and prevention programs, and to maintain our leadership in public advocacy.

If you have any questions, give us a call.
Martha McGowan , 617-450-1304, mmcgowan@aac.org

Chris Candiello, Triathlon Recruitment, AIDS Action Committee, 617-450-1344, ccandiello@aac.org

www.monsterchallenge.org

-Chris Candiello



-Ed Bolton

Blazing Saddles August 24

Planning is underway. Contact Tony Salerno (978-352-2524 litespeed1@aol.com) to help out.