



The North Shore Cyclists Newsletter

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May 2003

Mount Washington Century

I had the "pleasure" of riding the first century around Mt. Washington on August 25, 2002. The event is put on by Tin Mountain, <http://tinmtn.org>, a group that teaches children about the outdoors. They also put on the annual ride up the mountain. I think that would be easier than the century. At it would be over faster, with less climbing.

The Mt. Washington Century starts out from the auto road and "gently" climbs to the top of a big hill past the AMC lodge. The first decent was quite an awakening. Somewhere around 50 mph the bike started shivering which turned quickly into speed wobbles. If you tense up during these, you're dead. How I was able to stay relaxed and gently use the brakes to come out of it alive and vertical is beyond me. I came to a stop and sat down for a while until I could breathe again.

Turning off Route 16 onto 302 you start your "gentle" climb up to Crawford Notch, 18 miles later! You then turn onto Route 116 in Littleton where they say the road is "gently rolling". Up a mile, down a quarter-mile, up two miles, down a half-mile...on-and-on for twenty miles!

Oh but then you get to Route 2 in Jefferson! After a few more "gentle" climbs you get to run for about 5 miles at 32 MPH! All the time I kept hearing about this hill in Randolph. "Oh it's a killer", they said. "It doesn't stop", they said. This had me scared because of all of the previous use of "gentle" and "gently rolling". Randolph was admitted to be hard.

So here I was trying to catch this guy who went by me like I was parked. I was gaining on him too! OK, slowly gaining. I was doing between 30 and 35 along this nice stretch in Jefferson. I've got my head down in the aero bars and I'm feeling great. I round a corner and about a mile ahead is what looks like a launch ramp for the world's largest roller coaster. I just started to laugh because I wanted to cry. It's only three-quarters of a mile long but it's got to be a 12% grade. Maybe more. Whatever it was it hurt like you read about.

Fortunately after the climb you get a 2-mile run at 8% and you've only got 12 miles left. That's the good news. Turn south onto 16 and you've got the last eight miles to the auto road. Aside from the last quarter mile it's all uphill! I saw two people in separate places on the side of the road crying. Six miles into it I wanted to join them. The finish was a welcomed sight for sure.

How was it overall? Would I do it again? Was the support good? Did they mark the course?...There were places along the route that were unbelievable. You could see the mountains all around you and way off in the distance. This was incredible. The climbs were tough but some of the long stretches where you could run out were awesome, you could just fly. For a moment you could feel like Lance. The support stops were well manned at every 20 miles and they had a great BBQ at the end. No, they

didn't mark the course! This led to a few people almost ending up on Route 93 and I'm sure a few that were running late may have gone to Canada. They promise to mark it next year..

I know the club has a few people that look for strange challenges like this. Get your triple rings out and try it. It's worth the trip for sure. The money goes to a good cause. You also get a nicely embroidered hat!

-Geoff Hull

The Mount Washington Century is August 17 this year. Registration is available on-line. <http://www.tinmtn.org/hillclimb/century/index.cfm>

Membership News

Hey Kids! The three signs of Spring sprung up last week; crocuses, daffodils, and painted arrows on the road! Time to saddle up and hit the road. Oh yeah, time to **RENEW!** All renewals are due by 04/01/03, so if this date is on your mailing label, this will be your last newsletter until you renew. So far less than half the club has renewed. If you choose to get your newsletter from our web site, please be honest and renew.

Call me at 781-246-5268 or e-mail me at emmetthalpin@attbi.com if you are unsure of your current membership status because I am going to do my membership Spring cleaning at the end of May! Another way to tell when your renewal is due is to look at your membership card, you know, the one I sent you last time you joined or renewed. By-the-way these cards are valuable. Most of the local bike shops offer discounts to our members on cycling products, service or both. All you have to do is show it! You can pay for the price of membership by using your membership card at your local bike shop. So, kids, don't wait! Act now and you can enjoy the benefits of membership in the North Shore Cyclists.

-Emmett Halpin

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Get it earlier, make less stapling and mailing for your friends, and 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.

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The Third Annual ENHC Heritage Ride and Festival June 1, 2003

The 2003 ENHC Heritage Ride will be Sunday, June 1, 2003. Once again, the ride will begin and end at the Cummings Center in Beverly. 15, 40 & 60 mile routes will travel through the scenic town centers and past the beautiful sea and landscapes of the Essex National Heritage Area.

While the routes are remaining the same, we appreciated participants' feedback after the 2002 event, and have made the following changes:

- T-shirts will be back! T-shirts will be free to the first 200 registrants for the ride and will be available for purchase at the post-ride festival.
- We are pleased to have two SAG vehicles this year to assist with any problems encountered along the route - one sponsored by Landry's Bikes and the other sponsored by North Shore Cyclists.
- More snacks and beverages will be available at the rest stops.
- The post-ride festival will be bigger and better, with demonstrations and exhibits that will spotlight summer activities and exploration in the Area for 2003.
- The beer truck will return, and there will be food, music and demonstrations at the post-ride festival.
- Registration materials are available online at www.essexheritage.org or by contacting the office at (978) 740-0444.

We look forward to seeing you at the third annual ENHC Heritage Ride! Thank you to the sponsors and partners who are making the 2003 ENHC Heritage Ride possible: Cummings Center / Cummings Properties, North Shore Cyclists, Landry's Bikes, Wenham Museum.

Important Note:

April was Renewal month. All club memberships established before 2002 Blazing Saddles Century need to be renewed.

Effective Jan. 1, 2003 there was a dues change for the North Shore Cyclists. Individual memberships have increased \$5 to \$20 per year. Family memberships have increased \$5 to \$25 per year.

Also, dues exemptions for club officers has been revoked.

Please complete the renewal form on Page 6 today.

New Members

The NSC welcomes:

Leo Kenneally - Newburyport

Bob Stankus - N. Reading

Judy Di Rubio - Beverly

Bob Sonia - Lynn

Newsletter contributions

Contributions after the deadline (May 20) may not make it!

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

Winnepesaukee

For most of the 1980's the NSC used to do an annual weekend overnight ride in August from Topsfield to the Alton Bay AYH Hostel on the shores of Lake Winnepesaukee. Several of the club officers of the time had family places on the lake. Some camped on the hostel grounds, and the rest of us suffered in the hostel itself. Mick and Shirley Benson of the old Bicycles of Salem bike shop made the arrangements. Shirley with the shop van, and my wife Deb with our '84 truck, took everybody's stuff from Topsfield to the hostel to meet the riders there Saturday night. We ate at an Alton Italian restaurant on Saturday night, and the Benson's prepared a phenomenal breakfast for us in the hostel on Sunday morning before we left. Each day was about 80 miles. Most of the ride was up Route 97, known to most current and active riders, and Route 125 in New Hampshire. If you go to the Sandy Point Discovery Center in Greenland, NH someday you will learn that Route 125 was the post-ice-age beach in NH and as a result it is not terribly hilly even now. The hilly part of the ride happened on Saturday after leaving Route 125 in Rochester NH for the final 1/3 of the ride to the lake, and the first 1/3 of the return ride on Sunday.

It was not the first one, nor the last. I would guess it was about 1986. My old college roommate Norm, then living in Rhode Island, had gotten into cycling because a woman he was hoping to date was an officer in the NBW. Norm and I had ridden together quite a bit recently at that time and I was trying to teach him what I could about riding in a performance-oriented group. He was as strong as an ox so my instructions did not do him excessive damage. I was riding the immediate predecessor to my Fiorelli (a Nishiki) and since there was plenty of room in there I also put my commuter bike in our truck.

Going up Route 125 Norm, myself, Dennis V, and one other person (whose name regrettably I cannot remember- I will call him Jeff) pulled way, way ahead.

By Rochester we were at least mile in front of the next group back. Just before coming into downtown Rochester, we were supposed to turn left at a shoe factory onto a residential road that would bring us to the Papa Gino's on Route 11. This was the designated lunch rendezvous, and the residential road bypassed the intersection with Route 16 and some other nasty stuff in Rochester. Of course, in a paceline at 24 MPH we missed the turn.

The first wrong thing we hit was railroad tracks. Dennis, Norm, and Jeff all went down on the tracks. I stayed up. Luckily there were no serious injuries or damage and we were on our way soon, slower since we then realized we were lost. There were no RR tracks on the limited set of directions we carried, but we did suspect we had missed the left. Nevertheless, we kept going ahead and found ourselves in downtown Rochester. Half the Rochester downtown was dug up and in disarray as part of Rochester's perennial renewal effort.

We were spread out a little due to the downtown traffic when I saw a sign for Route 11, the road we knew had the Papa Gino's. With a whoop of joy I sprinted in the indicated direction, only to run head-on into a car coming down the road on "my" side. It turned out the sign I saw for Route 11 contradicted newer one-way-do-not-enter signs I failed to see- a result of the construction. (A similar scenario still exists today with Route 150 south through Amesbury, despite the construction there being complete for over a year.)

My bike was demolished, no longer rideable and it would never be rideable again. I myself was completely uninjured- not even road rash. The driver of the car I ran into appeared to be 16, a nice kid certainly on his first license, and he was guilt-ridden and terrified, demanding to pay for my bike. We comforted him (since it was immediately clear it was not his fault) and sent him on his way. Thankfully we got rid of him before the Rochester PD caught wind of the incident, which would have

complicated it for sure.

The four of us were on the sidewalk at an intersection in Rochester, two miles off the route, with only three available bikes, before the age of ubiquitous cell phones. We had decided Norm and Dennis would go on, while Jeff insisted on waiting with me, when we saw Deb in the truck with my commuting bike in it round the corner. She was lost, too. She spotted us, I switched bikes, and we continued on to Papa Gino's.

After the stop at Papa Gino's, we ran into a festival in Farmington NH. The main street, our designated passage, was closed to vehicles and all the residents of the town (maybe 350?) seemed to be partying intoxicated in the street. We rode through the crowd, literally brushing elbows with the locals, most of whom cheered us on as if we were on L'Alpe de Huez on the Tour. Those who were not cheering us on were cheering on the competitors in a bed race that was sharing our route through town.

After we dropped the guys with the beds, the climbing started. A few people got a second look at their pizza. We were again separated, this time by well over an hour, when the first of us arrived at the hostel. We took the traditional swim in the lake and waited for everybody else, the truck, the van, and other family members who were meeting us there.

All told, we had over 30 for supper in a restaurant that legally seated about 20. Everybody else in Alton hoping to eat Italian was inconvenienced that evening.

The hostel in Alton was the type of accommodation fitting an epic ride. It was a big old barn. There were cot-type bunk beds in the hayloft. Boys slept on the left, girls on the right. Below, where the stalls used to be, were a kitchen and rec room. The barn was full of the birds, bats and other rodentia that are endemic to old barns. The cot mattresses were all infested with earwigs and other bugs too small to see in the darkness of the loft. The trick was to get into the loft first, and stake out the bunk with the fewest bugs and the least guano. Dave Pelletier was on this ride, I think with his son. He promoted the Salem Witches Cup among a series of races across the country, and some other contemporary event rides in the 80's. Half a dozen of us talked local politics in the rec room with Pelletier long into the night, and in the morning we awoke to the Benson's directing the preparation of the giant breakfast in the kitchen. Deb and I accidentally left one of our kitchen knives at the hostel and never saw it again. We still have and use the set of 5 knives in a holder for 6.

Funny thing about the Winnepesaukee rides is that the interesting stuff always happened on the way up. Sunday's trip south was always uneventful, probably because everybody was exhausted. The traditional lunch stop on Sunday was also in Rochester, but it was McDonald's rather than Papa Gino's and we were leaving the hills instead of coming into them.

When Norm got back to Rhode Island, he described two hilly 80 mile days at 22+ mph, a bike change after a head on collision with a car, and enjoying sleeping arrangements three clicks more primitive than could be described as spartan. The cadre of NBW organizers, one of which he eventually married, carried this image of the NSC for many years and they may still think of us that way today.

-Ed Bolton

May 11 Mother's Day Ride

may NSC Road Schedule

Who: Mike Whalen 603-512-1122

Where: Montserrat Train Station, Beverly, MA.

From Route 128 take Exit 18 (Route 22). Take Route 22 towards Beverly. The train station will be on the right about 2.9 miles from the highway.

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

What: This ride is a Whalen tradition! Route travels towards Cape Ann. Mike's other tradition, the first ride of the year, was snowed out this year.

May 18 Weeknights on Sunday

Who: Peter McCann 781-245-8115 mccann_peter@yahoo.com

Where: Greenwood Elementary School, Wakefield

From Route 128 southbound take Exit 39 (North Ave), turn left at the end of the exit. From Rte 128 northbound take Exit 39 (North Ave), turn right at the end of the exit. After 1.8 miles on North Avenue turn right onto Main Street (at the Jiffy Lube). Go to the second traffic light. Turn left onto Pitman Avenue, then immediately turn left onto Greenwood Avenue. Parking lot is about 200 yards up on the left.

When: 9:00 for 49 or 56 miles, 10:00 for 20, 27, or 37 miles

What: Variations on a theme, some of your favorite roads from Tuesday, Wednesday, and Thursday night rides all rolled into one. BBQ at Pete & Carol's house about .5 miles from ride start. Bring \$5 or bring something- call Pete or Carol for suggestions.

May 25 Rattlesnake Rendezvous

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

Where: Greater Lawrence Vocational High School.

From Route 93 North, take Exit 45 (River St, 1st Exit North of I-495). At the end of the exit, left at first set of lights onto River Road. Left at third set of lights into school parking. From Route 93 South, directions are the same except right at the end of the Route 93 exit. Route 93 North is Exit 40B off of Route 495.

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

What: Twisty, scenic ride through Andover-Tewksbury area, moderate hills. The long loop has a great route through Concord MA.

May 26 Memorial Day Show & Go

Where: Centerville School, Beverly

Take Route 128 Exit 18, left at end of ramp to Route 22 North (toward Essex), follow approximately 1 mile, then bear right onto Hull Street at curve and first right into school parking lot.

When: 9:00 AM

What: Show-and-Go format. Distance and direction determined by the participants.

June 1 Third Annual Essex County Heritage Ride

Who: Ed Bolton 603-382-6989 ebolton@ttlc.net

Where: Cummings Center, Beverly

From Route 128 take Exit 23 East towards Beverly. Take a left at the fork .75 miles down, following Route 62. The Cummings Center is 2 miles from Route 128 on the left.

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

What: \$12 per individual, \$35 per family for this fully supported ride, with food and exhibits at the start finish, and mechanical/sag support. The long routes travel along the coast with a rest stop at the Crane Estate on Castle Hill in Ipswich. The 15-mile route travels through Beverly Farms with a stop at the Wenham Museum. At the end of the ride there will be a festival. The Mercury Brewing Beer Truck is back, and Dylan and Pete's Ice Cream will also be there this year. This ride is a joint production with the Essex National Heritage Council, Cummings Properties, and Landry's Cycles. The first 200 people who register will get a T-shirt. Registration forms are available in local shops, from the listed ride leader, and the web at www.essexheritage.org. You can also register at Landry's store in Danvers, on Endicott Street in front of the Liberty Tree Mall.

Saturday Road Rides

Note: Saturday rides go through the year as long as the roads are rideable. There is no fixed route. They may follow old Sunday ride arrows or go somewhere of interest to the leaders or other participants. Rain, snow cancel.

Masconomet Regional High School, Boxford. Start time 8:30 in May. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. *Get up-to-date info on the e-mail list.* Maps? 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).

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.

The Radar Screen

2003 dates for popular events among NSC riders:

CRW Spring Century May 18
Essex County Heritage Ride June 1
Independence Day BBQ ride June 29
CRW Climb to the Clouds July 13
Emmaus House Cycle for Shelter July 20
Blazing Saddles Century August 23
NBW Flattest September 7
*White Mountain Century September 14
CRW Fall Century September 21

* date unconfirmed
Bold- NSC events

BOVINE LITE

July 3-6, 2003

Enjoy three days of classic Vermont cycling, staying in one of my favorite hotels and towns in Vermont -- the Capitol Plaza in downtown Montpelier. Choice of about 30-60 miles each day, varying from flat to hilly. Most of the rides will start from our hotel, but we'll offer some rides starting outside of Montpelier. Options include the (in)famous Appalachian Gap. Lots of good restaurants in town, plus the holiday fireworks. \$210 includes 3 nights lodging with 2 persons/room, lunch food each day, and maps and cue sheets. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com, Co-leader: Paula Bossone, 978-887-0688, paulajbossone@attbi.com.

-Arnold Nadler

Weekly Ride Schedule

These rides occur each week as listed during the road season. Non-members are always welcome on all NSC rides.

Monday At 6:30 PM

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@attbi.com and Dianalyn Sirota. 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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Tuesday At 6:30 PM

Batchelder School, North Reading. Leader: Jimmy White (978) 689-9847 jdwhite@mathbox.com, Peter McCann (781)-213-2204 mccann_peter@yahoo.com, and Lori Balboni

Rolling hills. Arrowed, map. Ride length options of 15 & 25 miles. Average speeds 12-19. Tuesday is a great night to try an NSC ride!

Directions: From Route 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Route 62. Parking lot is ahead on the left, across from the gazebo.

Wednesday At 6:30 PM

Topsfield Plaza, Topsfield. 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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Thursday At 6:00 PM

Wakefield Center. 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: Take Route 128 Exit 40. Follow Route 129 South (in Wakefield) to the south end of the lake. Meet at or near the gazebo.

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, 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