



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0505

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May 2005

PRESIDENTS REMARKS

Well, another cycling season is upon us and it looks like the roads have been less than cooperative over the winter. There are many potholes, frost heaves and of course tons of sand on the roads, literally. And after hearing reports of road hazards and their implications, I'd like to reiterate the importance of safety during this time of year. Although I have only been on one organized ride this year, I saw many people riding abreast. I thought what if a pothole, crack or loose sand came up unexpectedly and one of the riders had to suddenly veer? Now a dangerous situation would occur which could force one of the riders into traffic or a crash. Please, folks, pay special attention to your surroundings because the roads are in rough shape now. You may zig when your friend zags.

I also want to apologize for not organizing a spring meeting. February-March was a bad time for a variety of reasons and before I knew it the first rides of the year were upon us. We could still have a meeting, but now it impacts the weekly rides. I welcome your input on this.

We do, however, have the ride committee coordinating efforts to offer us more great rides this year. Stay tuned for more.

Howard

WHO'S WHO

President - Howard Wack (978) 887-6338
meandew@comcast.net

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CENTURY UPDATE

As our ride leaders and century organizers work diligently on this years feature event, The Blazing Saddles Century, August 27th, they again are asking for our help.

WE NEED VOLUNTEERS!!!

Please contact Hozz or Eric for information on how you can do your part. Thanks in advance!!!

BUSTED

The membership policeman is after you...

- You have the right to remain a member of the NSC,
- You have the right to receive discounts at selected bike shops,
- You have the right to *not* be harassed by me, *if* you have paid your dues.
- You have the right to partake in all of our rides whether you are a member, or not.
- However, if you are not a member, you will be required to sign a waiver form at every ride you attend.
- Every ride leader, Sunday and weekly, will be given an updated member list. If you are on it, then you are a member. If you are not, don't be offended when the ride leader asks you to sign a waiver form and asks you to send in your membership renewal form to me.

We will welcome you back with open arms and no jail time.

Thank you,

Emmett Halpin

Membership

NEW MEMBERS

Amy Ellis - Salem
Gordon Harris - Ipswich
Charles Goldey - Georgetown
Jeff Krieger - Salem
Jeff Holmes - Wakefield
Karina Assitter - Medford
Gerard Foley - Haverhill
Ginny Hamilton - Salem
Victoria O'Brien - Reading
Phil Schrodell - Marblehead
Leo Gernovski - Beverly

HELP WANTED!!!

We desperately need someone to take charge of our advertising & marketing. Please contact me ASAP if you can help! Thank you! *Howard*

LET'S HEAR IT FOR THE GIRLS

Look around you at the beginning of any Sunday ride and you will see a lot of women cyclists. Bicycling is no longer dominated by men, at least not on the North Shore. Why is it that biking magazines and advertisers have not caught up with this trend? Flipping through the pages of "cycling" magazines, the majority of articles and advertisements are geared towards men... Surveys claim that 80% of cyclists are men.

Here are some of the reasons given for why women might stay away from biking.

✓ Techno Intimidation

Bicycles tend to be a high maintenance device. Many women I know take care of their own bike maintenance. Of course, there also is a fair number (myself included) who gladly allow their significant others to handle the oily chains and flat tires. A new biker would certainly be intimidated by the amount of maintenance required.

✓ Vanity

Commuting by bike is not an option for the average woman. Wrinkled clothes, sweating, and helmet hair are all reasons for this. Vanity isn't too much of a concern for weekend or leisure riding. We all look the same after a long ride!

✓ Ill Fitting Equipment

Many standard bike frames are a poor fit for many women. Women tend to have longer legs and shorter torsos than men. Bike companies still gear most of their bike designs towards men.

✓ Fear of Attack

This may be a reason in urban areas, but typically women bikers on the North Shore know the safe areas to bike and usually bike in groups. Many are faster than men, too.

None of these issues seem to intimidate our women club members! Let's spread the word to our girl friends and get them involved with a great sport and a great club!

Here are some websites geared towards women:

www.teamestrogen.com

www.bikeforall.net

www.womenssportsnet.com

www.terrybicycles.com

www.girlgroove.com

Ellen Wack

NEW AND IMPROVED

MONDAY NIGHT - SAME PLACE DIFFERENT SCENERY!

It's been a long wait, but spring is finally here. With the much anticipated good weather also comes the realization that the roads we once traveled over so effortlessly are not in such great shape anymore. Actually, on the Monday night ride, there has been a gradual deterioration the past few years of many of the roads that we have enjoyed. With that in mind I have decided to give the ride a much needed face lift by searching for some different combinations of roads to explore. This season we will head north out of Topsfield center and the ride will wind through Topsfield, Rowley, Boxford, North Andover and Middleton. There are a variety of mileage options (15-20-23-27) that will appeal to all of our riders. And a little hill work has been added for those so inclined (you know who you are!). I invite all of you to come join us and I look forward to any suggestions you may have. Special thanks go to Eric Shaktman and Joe Geller for their hours of computer aided help in designing the new route, and to Ellen Wack who drove the "getaway car" for arrowing. The ride is officially ready! Are you???

Paula Bossone

NSC CLOTHING

We still have NSC clothing available. To get outfitted, contact Eric Shaktman for availability and an order form. The order form is also available on the NSC web site (<http://www.nscyc.org>). 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 directly.

NEWSLETTER CONTRIBUTIONS

Please send any articles of interest or suggestions to:
Howard Wack
meandew@comcast.net
175 Haverhill Road
Topsfield, MA 01983

WHAT'S NEW

Ride Committee

Eric Shaktman - Leader
Paula Bossone
Ann Pernice
Pam Houck
Jim Danis
Lenny Sullivan - MTB rides

Century Committee

Gerard Hosman - Leader
Eric Shaktman - Rte Coordinator
Paula Bossone - Food, T-Shirts
Chuck Hale - Applications, \$\$\$
Pam Houck - Arrowing
Jimmy White - Rest Stops
Open - Marketing/Advertising**

Newsletter Committee

Howard Wack - Leader
Jimmy White
Ann Pernice

Membership Committee

Emmett Halpin - Leader
Open - Marketing/Advertising**
Open - Misc.

Website Committee

Mike Habich - Leader
Jay Batson - Co development
Phil Hertz - E-Mail list manager

Winter Activities

Open

****Volunteers with marketing/advertising experience are desperately needed, so please contact me at meandew@comcast.net for details. We sure would appreciate your support and efforts!**

SPECIAL EVENTS

CRW Spring Century May 15
CRW Bovine Lite July 1-4
Independence Day BBQ ride July 3
CRW Climb to the Clouds July 18
Emmaus House Cycle for Shelter July 24
Blazing Saddles Century August 27
NBW Flattest September 11
CRW Fall Century September 18

Bold - NSC events

WEEKLY RIDE SCHEDULE

These rides occur each week as listed during the road season. They will be back in the spring. Non-members are always welcome on all NSC rides.

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**Monday Starts May 2, 6:00PM; 6:30 starting May 23**

**Topsfield Plaza**, Topsfield. Leaders: Paula Bossone (978)-887-0688 [paulajbossone@comcast.net](mailto:paulajbossone@comcast.net) and Dianalyn Sirota. There are always riders available that know the way. **Please note there's a new route!!!**

Beginner & intermediate, 15, 20, 23 & 27 mile loops with hill options. Average speeds around 14-18 mph-a social paced ride. Focus is on having a good time. New members encouraged to attend. 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.

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Tuesday * Starts May 3rd 6:30PM *****

New Start Location is **Union Congregational Church in N Reading**. Leader: Jimmy White (978) 689-9847 jwhite.2@netzero.com, Peter McCann (781)-213-2204 mccann_peter@yahoo.com

This location is only an 1/8 of a mile North of the previous Batchelder School location and the route will be the same. The Tuesday Night ride accommodates both experienced paceline riders at 18-21 MPH as well as novice to intermediate riders at 14-17 MPH. It is a hilly 15 mile ride that provides a good conditioning workout in an hour or less thru the Harold Parker State Forest yet is minutes from Rt 128 and I-93. We always have someone to pair you off with so no one rides alone. Try us out!

Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Continue straight across Rte 62 and turn left on Hill St; the second street on the left and just after the Union Congregational Church. Park in the upper Church parking lot, your first left on Hill St. From I-93, Take Rt. 62 EAST to Haverhill St, (cross Rt 28 to North Reading H.S.), left on Haverhill, 2nd Left on Hill St., left into Church parking lot.

Wednesday: Starts April 13, 6:00 PM; 6:30 May 11+

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman (603) 580-1010 ericnsc@verizon.net & 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.

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**Thursday \*\*\* Starts May 5, 6:00 PM \*\*\***

**Wakefield Center**, Wakefield. Leaders: Emmett Halpin (781) 246-5268 [emmetthalpin@comcast.net](mailto:emmetthalpin@comcast.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-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

**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 cancels.**

Masconomet Regional High School, Boxford. Start time 8:30 May & through the summer. Leaders: Mike Habich (978) 664-0187 [mhabich@astseals.com](mailto:mhabich@astseals.com) and Jeff Turpel (978) 356-6241 [jaturpel@verizon.net](mailto:jaturpel@verizon.net). 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).

## UP AND COMING RIDES

**May 1 - Heritage Ride Unplugged** - Jay Batson 978-682-4821 **Bradley Palmer State Park**. 9:00 for 40 & 60 miles  
This ride follows most of the ENHA ride of the past 3 years.

>>> From Rte 95 N, take Exit 50 to Route 1 North. Third set of lights at Ipswich Rd. take right towards Ipswich. One mile, take right onto Asbury St. one quarter mile take left into Bradley Palmer Park. Follow roads to right and park near gate.

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May 8 - Annual Mothers Day Ride - Mike Whalen 603-512-1122 **Montserrat Train Station**. 9:00 for 20 & 45 miles.
This ride is a Whalen tradition! Route travels towards Cape Ann. Mike's other tradition, the first ride of the year, was snowed out last year.

>>> 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.

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**May 15 - Cape Ann Tour** - James Danis 978-388-2193, **Stage Fort Park, Gloucester** 10:00 for 20 and 30 miles  
Enjoy the harbors, light houses, beaches and salt marshes. Cue sheets. Food and beverages to follow the ride.

>>> Route 128 N to Exit 14. Turn right onto Route 133 towards Gloucester. Go 2.5 miles to the end of Route 133. Turn right (West) onto Route 127, then immediately left into Stage Fort Park. Parking is 0.2 mile up the hill on the right, opposite the Gloucester Visitors Welcoming Center.

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May 22 - East to the Coast Steve Viegas 781-944-3390 **Perley School, Georgetown** 9:00 for 45 & 60, 10:00 for 25
The longer routes head toward the seacoast and Gloucester. The shorter loops go into Ipswich.

>>> Take Rt. 95 exit 54 west and then follow Rt. 133 west to Georgetown center. At set of lights take right onto North St., Perley School is 1/4 mile on the right

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**May 29 & 30 - Champlain Valley** Kim Simonds 802-879-8664 [Macyclist@aol.com](mailto:Macyclist@aol.com) **27 Wildwood Dr. Essex, VT**  
I have a garage made for many bikes and many beds in the house, even for couples. Privacy is at a premium though. There will be maps for you gappers, perhaps some native ride leaders if they are around. And rolling Vermont hills too. Some of the roads have traffic and trucks but you have to take them to get to other roads. Loops vary from 17 to 45, and the gap loop runs about 70-75. If some prefer, there is also a bike path and interconnecting system of trails. MTB'ers, yup you can ride too. We can download ride maps. You don't have to ride either, just come and visit! There is great kayaking and hiking too, not to mention a nice city (Burlington) to see.

>>> 93 N to 89N Keep on going until exit 11 in Vermont (passing an exit 11 in NH). At the bottom of the exit turn right onto route 2 then immediately another right onto route 117. Go along the Winooski River for 6 miles... go through lights. Next right turn onto Pinewood Drive follow to end. At stop sign, turn right onto Valleyview and follow to end and at stop sign, turn left onto Windridge. Go to end and turn right onto Wildwood Drive. My house is the 3rd on left up the steep driveway. The house is sage green with black shutters. Expect the drive to be 3 1/2-4 hours; any longer and you might end up in Canada.

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May 29 - Rattlesnake Rendezvous Jim White 978-689-9847 jdwhite.2@netzero.net **Greater Lawrence Vocational High School** 9:30 AM for 62 miles 10:00 AM for 25 or 40 miles
Twisty, scenic ride through Andover-Tewksbury area, moderate hills

>>> I-93 N, Exit 45 River Road (1st exit north of I-495), Left at 1st set of lights onto River Road, left at 3rd set of lights into school parking. I-93N is Exit 40B off I-495

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**May 30 - Memorial Day Show and Go** RIDE LEADERS NEEDED Please contact Eric 603-580-1010  
[ericnsc@verizon.net](mailto:ericnsc@verizon.net) **Centerville School, Beverly** 9:00 AM for distance to be determined by riders or ride leader

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

**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