



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0605

www.nscyc.org

May 2006

PRESIDENTS REMARKS

And they're off! The first road ride of the season, Mike Whalen's Pothole Inspection Tour, was a great day all around. We recruited new members and had some first timers riding with us. It did seem like we had a headwind all day though, didn't it? Still, the roads appeared to be in good shape overall, as was my body. I hope the rest of the season fares just as well!

Howard

NEW AND IMPROVED!

We now have online enrollment!

It's easy!

- ✓ Visit our website at www.nscyc.org
- ✓ Click on [Join NSC online!](#)
- ✓ Click on [Register Now](#) (Sponsored by SignMeUp.com; a small processing fee applies)

WHAT'S INSIDE

- 2 Weekly Ride Schedule
- 3 Up & Coming Rides

WHO'S WHO

President - Howard Wack (978) 887-6338
h.w@verizon.net

Vice-President - Paula Bossone (978) 887-0688
paulajbossone@comcast.net

Treasurer - Nancy Cole (781) 899-7187
nancycole@rcn.com

Secretary - Jim White (978) 689-9847
jdwhite.2@netzero.net

Clerk - Pam Houck (978) 388-2986
pahouck@adelphia.net

Ride Coordinator - Eric Shaktman (978) 948-7156
ericnsc@verizon.net

MTB Coordinator - Lenny Sullivan (978) 689-2884
lsullivan@comcast.net

Century Coordinator - Paula Bossone (978) 828-5549
paulajbossone@comcast.net

Newsletter Editor - Howard Wack (978) 887-6338
h.w@verizon.net

Membership - Emmett Halpin (781) 246-5268
emmetthalpin@comcast.net

Web Master - Mike Habich (978) 664-0187
mhabich@astseals.com

NSC Clothing - Eric Shaktman (978) 948-7156
ericnsc@verizon.net

NEWSLETTER CHANGES

Starting with this issue the newsletter will now be alternating monthly between 4 & 8 pages in length. This will accomplish several things:

- ✓ It will reduce printing & mailing costs.
- ✓ It will save us time.
- ✓ It will get to you sooner.
- ✓ It will allow us to combine articles. ([So send us more!](#))

Thanks for your help & understanding!

WEEKLY RIDE SCHEDULE

These rides occur each week as listed until otherwise noted. Non-members are always welcome on all NSC rides.

~~~~~  
**Monday \*\*\* Starts May 1<sup>st</sup>, 6:00 PM; 6:30 PM May 22 and through the summer \*\*\***

**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.

~~~~~  
Tuesday * Starts May 16th, 6:30 PM *****

Union Congregational Church in North Reading. Leader: Jimmy White (978) 689-9847 jdwhite.2@netzero.com, Peter McCann (781) 245-8115 mccann_peter@yahoo.com

This location is only 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 6:00 PM until May 17th then 6:30 PM through the summer *****

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.

~~~~~  
**Thursday \*\*\* Starts April 27<sup>th</sup>, 6:00 PM \*\*\***

**Bill & Tom's Excellent Bike Ride**

**Wakefield Center, Wakefield.** Leaders: Tom Keane [huknpuff@comcast.net](mailto:huknpuff@comcast.net) 781-477-0834; Bill Cioni 978-397-5675

This is a fun ride with a great club feel; we go for pizza and laughs several times during the season. It is a 20 mile loop with multiple groups, come try to beat an hour! There is also a 13 mile cut off for our beloved turtles; you too should try for the hour! We usually finish together.

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 am for April, then 8:30 am 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). 40-60+ miles at 17-19 mph during the summer. 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 COMING ROAD RIDES

### Sunday, May 7<sup>th</sup> - Return to Cape Ann

**Who:** Frank and Phoebe Roberts (978) 853-3219

**Where:** Centerville School, Beverly, MA

**When:** 9:00 AM for 50-55 miles, 10:00 AM for 25-30 miles

**Directions:** 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 1st right into school parking lot.

**What to expect:** The long ride heads to Rockport and meanders back through Essex and Hamilton. The short ride turns back toward home in West Gloucester.

### Sunday May 14<sup>th</sup> - Annual Mother's Day Ride

**Who:** Mike Whalen (603) 512-1122 [bikermike42@yahoo.com](mailto:bikermike42@yahoo.com)

**Where:** Montserrat Train Station, Beverly, MA

**When:** 9:00 AM for 20 or 45 miles

**Directions:** From Route 128 take Exit 18 (Route 22). Take Route 22 towards Beverly. The train station is on the right about 1 mile from the highway.

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

### Sunday May 21<sup>st</sup> - Stone Walls Tour

**Who:** Gordon Harris (978) 979-6958 [gordon@bikenewengland.com](mailto:gordon@bikenewengland.com)

**Where:** Ipswich downtown central parking lot, behind Market Street stores.

**When:** 9:00 AM for 20, 28, 40 or 51 miles

**Directions:** Take Ipswich Rd. from Rt. 1 in Topsfield. As you enter downtown Ipswich, cross the tracks and take a left on Depot Square, and bear right around the back of the downtown stores. The parking lot is on your right before Rt. 1A/133 (Central St.)

**What to expect:** Ride through the hills and valleys surrounding rural Ipswich, Topsfield, Boxford, and North Andover and along Essex County's many protected natural areas, including Appleton Farms, Bradley Palmer State Forest, Willowdale State Forest and the Ipswich River Wildlife Sanctuary. Stop for ice cream Smolak Farms in North Andover (or don't, if you're a hammerhead...). Cue sheet and map at <http://berkshirecycling.tripod.com/index.html>

### Sunday, May 29<sup>th</sup> - Manhandled by the Sea

**Who:** Jay Batson (978) 758-1599 [batsonjay@mac.com](mailto:batsonjay@mac.com)

**Where:** Old North Andover Common, North Andover

**Directions:** 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.

**Note:** There's been construction in the area for water main installation; may or may not be completed by this time.

**When:** 9:00 AM for 45 or 60 miles

**What to expect:** Ride from old North Andover Common through North Andover, Boxford, Topsfield and Essex to Manchester-by-the-Sea, returning via different roads through Hamilton and many of the same towns

### Monday, May 30<sup>th</sup> - Memorial Day - Minuteman Ride

**Who:** Jim White (978) 689-9847 [jdwhite.2@netzero.net](mailto:jdwhite.2@netzero.net)

**Where:** Greater Lawrence Vocational High School 57 River Road, Andover

**Directions:** 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

**When:** 9:30 AM for 68 or 54 miles 10:00 AM for 23, 34, or 45 miles

**What to expect:** Scenic ride through Andover, Tewksbury, Billerica, Carlisle, and Concord. No big hills. The 54 and 68 mile routes go through Concord Center. Refreshments will be served after the ride.

NSC  
% Emmett Halpin  
541 Lowell Street  
Wakefield, MA 01880

**BIKE BITS**  
NEWSLETTER OF THE  
**NORTH SHORE CYCLISTS**

Issue 0605

[www.nscyc.org](http://www.nscyc.org)

May 2006