



# The North Shore Cyclists Newsletter

November & December 2000

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## October Meeting Results

I would like to thank everyone who attended the meeting. I hope you all had a good time. The address by Doug Stewart, our friend from Sydney, Australia, was an unexpected and pleasant surprise. I know everyone joins me in wishing him a safe trip and great riding back home.

Now, to business:

**Elections:** Lucy Nottingham has volunteered for the publicity position and was elected unanimously. Lucy is a professional in the field and has ample experience with our type of organization and events. Thank you and welcome aboard, Lucy. The rest of the staff is unchanged.

**Ride Leader Packets:** We will put together a package of information for ride leaders to let them know what support is available to them and what is expected from them. This will be handled by Eric Shaktman and myself. We may offer a 'training session' or seminar if there is interest. Contact Eric or myself. The CRW has a set of ride leader guidelines we will procure, and hopefully, improve on.

**Ride Phone:** It was decided not to proceed with a ride phone based on availability of information on the Internet and the manageable number of phone calls made to Eric Shaktman and the ride leaders this year.

**Advertising:** We will try to get advertising back in the newsletter to offset the cost of copying and mailing and to tighten and improve our relationships with local shops. Peter Bazeley and myself will initiate this, potentially with some help from Eric Shaktman.

**Membership Application Changes:** We will fields for E-newsletter delivery, Road/Mountain/Both bike interest, and Membership Directory. Implementation of all these changes may not occur until spring due to underlying complications. The membership application in the newsletter will have to be reworked to get everything in and maintain legibility. Checking off the Membership Directory field will put the member in a database that is accessible to other members on the membership directory. We still have to figure out the best way(s) to distribute this database. We also want to configure our membership database so labels are not printed for people on the E-

newsletter. That way, Emmett Halpin or Tony Salerno don't have to sort through 280 labels to remove the ones that are not necessary for the mailing. (While neither of them complain about this, I think they ought to...)

**E-Newsletter:** The method of distributing the E-newsletter will remain as it is.

### OTHER ISSUES:

**Financial:** We had another good year. We have over \$7000 total, although some of this is in CD's and therefore is not immediately useful without a penalty.

**Rides:** Eric Shaktman thanked all the ride leaders who volunteered this year. He asks that if you have not done so, please mail or E-mail your cue sheets to him. With Mike Habich's help, he is putting together a ride library. Anybody who would like to lead a ride next year, please contact Eric.

**Clothing:** Another Eric Shaktman topic. NSC clothing is available at Aries Sports in Newbury, The Bicycle Shop in Topsfield, and Northeast Bikes in Saugus. Eric also has a supply on hand. We bought an unusually large order this year so we will probably not have to order for 2001.

**Century:** Tony Salerno announced that the 2001 Blazing Saddles Century will be August 25 and 26. (Post meeting challenge to Tony from me: a case of Rolling Rock says the 2000 Century cannot be topped. You pick the measure--number of riders or net \$ is OK by me).

**Something to think about:** We've had a string of good years and the treasury is getting relatively big. With one rainy weekend at the end of an August, that could be reversed. If not, perhaps we should think of something special for 2003, which will be the 20th anniversary of the club. A big party? Free banquet? No need for discussion quite yet, but it's not too early to begin thinking.

Regards,  
**Ed Bolton**

## A GREAT YEAR FOR THE NSC!!!

Hey kids, the year is running out of beautiful days to ride, but it has been a banner year for the NSC! I have completed my membership analysis and the news is great! As of the end of October we have 45 family memberships (representing 90 members), 157 individual memberships, 15 officers and volunteers and 3 permanent members. That totals 265 members of the NSC.

With further analysis, I found that 84% of our members have e-mail addresses. This probably means that those members have Internet access which would make it easier for them to receive their NSC newsletters via our web site. Do you see where I am going here? If you get your newsletter

from the web site, you will save the club money (not to mention Tony Salerno's sanity), and you can get it sooner! So, how about it? Help save a tree and Tony, too. E-mail me that you are going to download your NSC newsletter from our web site, EHalpin@msn.com You will still be in our database but your newsletter will not be mailed.

I am sure that many of our members have seen me with my video camera attached to my right hand during the summer. Well, come to the banquet on November 11 and see the results.

Ride safely,  
**Emmett**

### *Saturday Weekly Ride*

Saturday Masconomet Regional High School, Boxford

Start: 9:00 AM in April, 8:30 AM May through September, then 9:00 October through mid-November; 10:00 AM through the winter. (During the winter it's a good idea to call or e-mail to confirm... we might ride on Sunday now and then too.)

Leaders: **Mike Habich** (978)664-0187  
mhabich@astseals.com & **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).

### *A Special Thanks*

I will leave your country and head home to Australia this weekend so I have no more chances to ride with you. I didn't ride last Sunday (with the weather not being so great) so the only time I joined you was Mike's ride on 22 October.

I would just like to express my thanks to you who made me welcome and made it possible to ride with a borrowed bike and a taxi service. I found you to be a friendly and generous group. Special thanks to Meg, Mike, Chris and Peter.

Best regards for the colder season coming up. For my part, I head back to a spring season with the best riding just ahead. It can actually get a bit too warm in our summer and riding needs to be modified accordingly with earlier starts and lots of hydration stops.

I also enjoyed riding on your "north shore" through very pleasant surroundings. If any of you are travelling "down under" to Sydney then I'll attempt to return your favours.

If you have any questions about Australia that I may help you with then please contact me.

Best regards,  
Doug Stewart  
speedwell74@yahoo.com.au +61 2 9887 1478

## *Officers & Coordinators*

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# NSC Late Fall Mt. Bike Schedule

**Sunday November 12**

## Lowell-Tyngsboro-Dracut State Park Lowell, MA

**Who:** Mark & Amanda Davis (978) 957-0674  
motocows@msn.com

**When:** 10:00am

**How to get there:** NEW START LOCATION. Rt. 3 or Rt. 495 to the Lowell Connector exit. Follow Connector to Thorndike St. exit. Stay right and go under connector. Take left at lights on to Fletcher St. Take left at end of Fletcher on to Pawtucket St. Take right at next set of lights and cross Merrimack River. Straight through lights on to Mammoth Rd. Straight at 4-way stop sign. Left at fork in road on to Nashua Rd. Then first left on to Totman Rd. Park at gate at end of Totman Rd.

**What to expect:** Varied terrain through woodlands and wetlands, not much climbing. Single track and double track which is moderately technical. Deliberately engineered stupidity for advanced riders available.

**Sunday November 19**

## Harold Parker State Forest

**Who:** Dave Smith (978) 887-6511 bikedave@juno.com & Bob Moccaldi (781) 229-5691

**When:** 10:00am

**How to get there:** NEW START LOCATION. Rt. 93 to exit 41 Rt.125 North. Take right at 3rd set of lights (State Police Barracks on right) bear left into HPSF and park in dirt lot 300 yards down on left.

**What to expect:** Variety of fire roads, single track and pavement for all levels surrounding many roads that our part of our road riding season.

**Sunday November 26**

## Georgetown\Rowley State Forest Georgetown, MA

**Who:** Bruce Feindel (978) 462-4832  
bwf100@email.msn.com

**When:** 10:00am

Come and work off that turkey and stuffing (so you

can make room for turkey and stuffing sandwiches).

**How to get there:** From Interstate 95 take Exit 54B and follow Route 133 west for 1.9 miles. At the lights in the center of Georgetown, bear left (south) on Route 97 and continue 1.6 miles to Pingree Farm Road. Turn left and follow the road to the parking lot at the end. Be careful not to block the trail head gates when parking. PARKING IS LIMITED. If you can double-up and share a ride it will make things a lot easier for everyone. You can also park at Boxford Meetingplace just south on Rte 97.

**What to expect:** Straddling an interstate highway, this 1100-acre state forest offers a surprisingly secluded mountain biking experience. The 15-miles of single- and double-track trails include options for every cyclist, from rough footpaths to smooth woods roads, while rolling terrain and an array of wetlands provide an ever changing backdrop. This state forest gets less use than other riding locations so the trails are typically abandoned. A map will be available.

**Sunday December 3**

## Lynn Woods Lynn, MA

**Who:** Rick Zagdangross (781) 596-2294  
mebike2@aol.com

**When:** 10:00am

**How to get there:** NEW START LOCATION. From Rt 1 take Rt. 129 east towards Lynn. At rotary. Continue on 129 east pass Atlantic Care Medical Center. Look for sign on right that says Lynn Woods Reservation. At sign take right onto Great Woods Road. Follow straight through stone pillars into parking lot.

**What to expect:** Rick will lead the advanced riders. Intermediate ride leader TBD. Ride fire roads, single track and visit the stone and steel towers (nice views of Boston and points north of Lynn), can stop by the wolf pits.

Mt. Bike ride coordinators: **Lenny Sullivan** (978)689-2884 Lsulli7079@aol.com and **Francesca Lewis** Francesca\_Lewis@bigfoot.com

# *Excitement on the Road*

Thanks to everybody who rode my Applecrest ride on October 8. This was the first ride I've led since coming back from my 7-year hiatus. Everybody made it back, I heard of no crashes, and only one minor mechanical problem. That makes it fairly perfect.

One thing I learned about arrowing that I think I knew before but had forgotten: On the route splits, put some distance between marks for the loops so it can be read easier at speed. Another thing: Carry a can of black spray paint to use as an eraser.

It was rainy most of the week when I arrowed the ride. At a right turn in Newbury I pulled the Jeep over to paint an arrow. While I was stopped, the shoulder of the road gave way and slid into the ditch, taking the passenger side wheels of my Jeep with it. The driver side wheels stayed on the road, so the Jeep leaned over at an impossible angle. My keys fell out of the ignition and landed on the passenger side door. When it came to rest, I could not believe I wasn't rolled over. Climbing out of the Jeep to lock my hubs, I saw the ditch was deeper right in front of me, so if I pulled forward I'd likely roll the Jeep. About 3 Jeep lengths behind the ditch was deeper as well, so I only had about 30 feet of leeway to get out of the ditch. If I had real off-road tires or at least one locking diff, I think I could have gotten it out. But I couldn't get enough bite in the clay to climb out, and the 30 feet wasn't sufficient distance to get up speed to exit by momentum. I was resigned to calling for help when a guy in a 4WD Ford pickup came by. He stopped, we hooked up a tow rope, and we had the Jeep out in short order. Moral of the story: Don't pull over in Newbury, especially after a week of rain.

As of early October, four people made the local newscasts on bikes in the worst way possible: Don Quill., Vincent Sterlacci, Nicole Rienhart, and Ronald Vincelette. Quill was 42, exactly the same age as myself. He was married with one

child, also matching my statistics. He was a CCB member and was hit by a car of kids while riding alone. One of our club rides was in the same area that evening. Sterlacci was on the AIDS Ride. He was 51 from New Jersey, had a heart attack while riding, and swerved into a motorcycle. I've known a few people who have started the Boston-New York AIDS ride, but I've never known any of them who was physically prepared and experienced enough to be on a ride of that difficulty. That said, I did not know Sterlacci. Reinhart was a professional cyclist. In the jostling for position at the end of a race in Arlington, she went off the road and hit a tree. Vincelette was a machinist whose car was in the shop. He dusted off an old bike and became a one-time bike commuter, hit and killed by an alleged drunk driver.

As bad as this list is, it is essentially a normal year. In 1998, there were 8 deaths in Massachusetts reported as cycling related. In 1999, there were 6. We all sign the waiver when we join the club that signifies we know the risks of the sport. These four deaths, and the severe injury of Harvey Petersiel on a CCB ride in September, illustrate that risk far more vividly than does the fine print on the waiver. The sport has relatively high risk. Nobody should ride a bike without some understanding of this.

Also gone this year is my personal friend Tony Morales of Concord NH. He was another married 42-year old who drowned at the end of February while fishing.

Am I ready for the end of the 2000 road season? Yes! Am I looking forward to the 2001 road season? Absolutely!

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## *The "Yang" to Ed's "Ying"*

I read Ed's article and decided that although there were accidents and deaths in the sport of cycling this year, that overall for most of us, it was a successful year. I admit, it was disconcerting to read the list of riders in Ed's article. I heard of all the incidents through the summer season but, until they were all shown in one place, did I realize the list had grown so long. Listed below are what I consider many of the highlights of my 2000 season. Think about your own highlights, we may all have different ones and different measurements of success but, it's the "success stories" that keep us riding year to year.

- New members to ride with,
- Riding the most miles of any year,
- Completing 6 centuries, including the Quabbin Double Metric and the White Mountain Century for the 1st time,
- Hammering down Scotland Rd. @ 28+ mph, thinking it was "fun",
- Finding new routes and roads to ride in Southern NH,
- Saturday morning Fall Foliage rides to find the best cider, donuts and turnovers in Essex County,
- Perfecting the post-ride recovery phase, complete with beach chairs and brownies,
- Rooting for Tyler, Lance and all the "Posties" in the TdF,
- And finishing the Wednesday Night Ride with the "fast pack" more often than not.

As someone who has ridden with the club since before I could drive, I have seen the club evolve through all its phases. Right now, we are definitely on an upswing, people are riding, socializing and making plans for the future. We have members of all ages and abilities riding on a regular basis. I hope it continues.

Remember the show "Hill Street Blues" - at the end of the briefing the captain always said "Let's be careful out there" - it's the same for us too. We know there are risks to the sport but, we also know the enjoyment side too.

See you on the mountain bike trails, slopes or wherever the next sports takes me.

Cyclist's "Irish Blessing"

May the road slope down for you,  
May the wind be always at your back,  
May your tires be good and your spokes be true,  
May the sun shine upon your face,  
And until we ride again, may you spend your days in the gym.

**Marie Doyle**  
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## *Winter Mt. Biking*

Rides may be scheduled December 10th & 17th and during the winter, weather permitting. They were sent out on the e-mail list and are posted on the web site. Contact Mt. bike ride coordinators if you would like to lead a ride.

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**Francesca Lewis** Francesca\_Lewis@bigfoot.com

