



# BIKE BITS

## NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0511

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

November 2005

### PRESIDENTS REMARKS

Well, the fall meeting is history with elections, rides, membership and a variety of other topics discussed. Look for highlights inside.

**BIG NEWS: THE FALL BANQUET IS NEXT SATURDAY, NOVEMBER 5<sup>TH</sup>. SEE BELOW FOR DETAILS!**

The mountain biking season is upon us so get yours out and check our ride calendar for schedules rides; that is if all this friggin' rains stops long enough!

See you at the banquet! Don't forget to turn the clocks back this Saturday!

*Howard*

### WHO'S WHO

President - Howard Wack (978) 887-6338  
[h.w@verizon.net](mailto:h.w@verizon.net)

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**MARK YOUR CALENDARS** Saturday evening, Nov 5<sup>th</sup>, is the NSC's annual party and will be held at the Lyceum restaurant, Church Street in Salem MA. The cost will be \$20 per person with the club generously subsidizing the remainder. Appetizers and a cash bar will be available at 6:30 with dinner and dancing to follow. This has always been a wonderful evening and all are invited to attend; however, we are limited to 100, so please send your checks in ASAP to:

**Paula Bossone**  
52 Prospect St  
Topsfield MA 01983

### WHAT'S INSIDE

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### SAFETY REMINDERS AGAIN

When riding at this time of year it is more important to keep in mind the diminishing daylight.

- Wear bright colored jerseys/jackets/vests
- Have a blinking red LED light on the rear of your bike and unobstructed
- Dress in layers or bring a jacket for when the temperatures start dropping
- Don't rely solely on sunglasses even if it's sunny. The roads get darker when they are tree lined
- Be conscientious of wet leaves on the roads

## WEEKLY RIDE SCHEDULE

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

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**Wednesday \*\*\* Start time 7:00 PM \*\*\***

**Salem Center**, Salem, MA. (the parking lot across from the Post Office) Leader: Mike Salerno  
[Mike\\_in\\_salem@yahoo.com](mailto:Mike_in_salem@yahoo.com)

**Lower North Shore mountain bike night ride series.**

Starting November 2, I will be leading a 15 mile mountain bike night ride from Salem Center every Wednesday night until winter tells us to stop.

Ride locations are Marblehead Woods or Salem Woods. Rider limit is 10 folks since this is a follow the leader style ride.

The Marblehead ride is 15 miles of beginner-intermediate level bike riding on dirt paths and some good single-track. Salem Woods is a level higher than this. The route and the level of ride will depend on the makeup of the riders. Since this is a weekly ride, it would be great to form a core riding group.

A 10 watt or stronger night light with 2 + hours battery time is mandatory as well as rear blinkie lights since we must use some public roads. Heavy rain (snow) within 10 hours of ride start time will cancel the ride.

## OTHER RIDES OF INTEREST

**Sunday, November 6<sup>th</sup> Tour De Grave**

**Who:** Hub on Wheels

**Where:** Franklin Park Zoo

**When:** noon

**What:** 25 miles to Boston's famous/infamous graveyards

**Info:** <http://hubonwheels.org/default.asp?go=rides&m=3>

**Friday, November 25<sup>th</sup> Turkey Burner Ride**

**Who:** FOMBA (Friends of Massabesic Bicycling Assoc.)

**Where:** Lake Massabesic, Manchester, NH

**When:** 9:30

**What:** 10-12 mile mountain bike ride for all levels

**Info:** [www.fomba.org](http://www.fomba.org)

CRW road rides throughout November can be found at <http://crw.org/NextMonth.htm>

## SATURDAY ROAD RIDES

**Note:** Saturday rides may go throughout the winter as long as the roads are rideable. There is no fixed route. Probability of a ride decreases as XC ski season approaches, so call or e-mail to check. Rain or snow cancels.

Masconomet Regional High School, Boxford. Start time 9 am through mid November, then 10 am. 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).

## FALL MEETING HIGHLIGHTS

Well, it was an interesting evening as both the pizza and the conversation heated up. Here are some of the topics that were discussed.

Club & Rides:

- All 2005 Sunday rides were filled
- In 2006 there are 32 rides to fill
- Should charity rides be listed as the only scheduled NSC weekend ride?
- Which charity rides should the NSC support?
- What organizations should the NSC join?

Century:

- 310 riders - highest ever! Great job by the Century Committee and volunteers!!!
- Offer discounted memberships on registration day?

Membership:

- 192 members as of 10/1/05
- Investigating auto-renew with PayPal
- Investigating expired member notification
- Create a brochure/business card for shops

Committees:

- Any NSC member can be on a committee. They are as follows:
  1. Ride Committee
  2. Century Committee
  3. Advertising Committee
  4. Newsletter Committee

Please contact Howard at [h.w@verizon.net](mailto:h.w@verizon.net) if you'd like to be on a committee.

## UP AND COMING ROAD RIDES

**NOTE: THIS IS THE LAST OFFICIAL SUNDAY ROAD RIDE OF THE SEASON!!!!**

### Sunday, October 30<sup>th</sup> - Halloween Happenings

**Who:** Paula Bossone [Paulajbossone@comcast.net](mailto:Paulajbossone@comcast.net) 978-828-5549 & Jimmy White [jdwhite.2@netzero.net](mailto:jdwhite.2@netzero.net) 978-689-9847

**Where:** Beverly Middle School, 580 Cabot Street, Beverly, MA

**When:** 11:00

**Directions:** Route 128 to exit 20B (Rt. 1A south); Take Route 1A south about 1 mile; school is on your right.

**What to expect:** Come ride as we wind our way through Salem for some haunted happenings. We have no planned agenda, but a costume is always a fun way to celebrate Halloween. Use your imagination! Join us - we've had many laughs when we've done this ride in the past.

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## UP AND COMING MOUNTAIN BIKING RIDES

### Sunday November 6<sup>th</sup> Harold Parker State Forest

**Who:** Bob Moccaldi (978) 474-4093

**Directions:** Route 93 exit 41 (for Route 125 North). Take a right at the 3rd set of lights (State Police Barracks are on the right). Bear left into HPSF on Harold Parker road and park in the dirt lot 300 yards down on left.

**When:** 10:00

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

### Sunday November 13<sup>th</sup> Great Brook Farm, Carlisle, MA

**Who:** Lenny Sullivan (978) 689-2884 [lsullivan@comcast.net](mailto:lsullivan@comcast.net)

**Directions:** Rt. 3N to Exit 29 (Rt. 129) East (left) 1 mile and take right onto Rangeway Rd. Straight across Nashua Rd. at stop sign. Take a right on to North Rd. Parking lot will be on your right.

From Rt. 495, take Rt. 3S in Lowell. Exit 29 is the first exit off Rt. 3. Go right onto route 129, then as above.

**When:** 10:00

**What to expect:** Great Brook Farm has miles of trails through the woods, corn fields and single track for all skill levels. Maps available at park. Note: there is a \$2 parking fee if you don't have a current MA State Park parking sticker.

### Sunday November 20<sup>th</sup> Lynn Woods, Lynn, MA

**Who:** Michael Salerno Home: 978-741-1933 [Mike\\_in\\_salem@yahoo.com](mailto:Mike_in_salem@yahoo.com)

**Directions:** Route 1 or Route 128 to Route 129 East in Lynn. Follow Route 129 East (Lynnfield Street) in Lynn from the rotary for about 1.5 miles, the entrance for Lynn Woods is on the right (Lynn Woods Sign) at Great Woods Road. We will meet at the rear of the Ball Field Parking lot entrance.

**When:** 10:00

**What to expect:** Technical Single track and some fire roads; Loop around the whole park; Intermediate ride of 10 - 12 miles in about 3 hours; Heavy rain the day of (or the day before) the ride cancels. Snow??? Hummm... too early to think snow???

Please contact me by email for ride information, questions, and to let me know you are attending.

### Sunday, November 27<sup>th</sup> Willowdale State Park, Ipswich, MA

**Who:** Howard and Ellen Wack 978-887-6338 [h.w@verizon.net](mailto:h.w@verizon.net)

**Directions:** Route 1 North or South to Linebrook Road (Cumberland Farm gas station); turn onto Linebrook Road away from gas station and toward Marini Farm; Go past the farm and the Paul F. Doyon Memorial School is on your right at the bottom of the hill; park in lot.

**When:** 10:00

**What to expect:** Cold? Mud? Snow? Ice? Maybe. Intermediate ride with plenty of fire roads and single-track. About 10 miles or so in a few hours. Expect to burn off some turkey and fixins!

## SAVING PRIVATE RIDIN'

I deduced many years ago that bike shorts by themselves were not the complete panacea to biking comfort. I learned that certain substances dramatically enhanced comfort levels when applied to the portion of your body that makes contact with the bicycle seat as well as other connecting areas that move around during the pedaling motion and don't get to see much sun. What substances worked? Well, to tell you the truth, virtually everything I applied made an improvement over bare skin. Hand lotion from Wal-Mart, petroleum jelly, it all helped and so much so that I think even Welch's grape jelly would work better than nothing. I haven't, however, tried any edible concoctions yet so we'll leave that to another venue.

Getting back to what works, I first must point out that, although petroleum jelly and other non-water soluble ointments can perform admirably, I don't recommend them for the following reasons. First, we wash our shorts typically in cold water and delicate cycle and I don't see these heavier petroleum products washing out completely, thus keeping our body fluids and skin cells locked up in the scum. If you know this stuff washes out, go ahead and Vaseline yourself up. Secondly, for women, it is not recommended to use non-water soluble potions in the area, let's say, that their gynecologist is concerned about. This is why they invented K-Y Jelly which is water soluble but it is not on my recommended list for biking lubes because it dries out before you leave the parking lot. Thus, my investigation spent most of its time evaluating water soluble products but I also included baby oil which is admittedly a pure petroleum oil but is very light and permitted for use on babies, both male & female. Thus baby oil made the cut as safe & effective, but if any women have concerns with baby oil, please see your friendly gyno.

There are two products that work well and that I consider the foundation for personal skin lubricants - regular baby oil and Playtex Baby Magic Creamy Baby Oil. You can use these products alone, together, or as will be shown, in conjunction with other products to personalize the lube for your needs. You can mix them in a bottle and shake it when needed to re-establish the emulsion. I do this for multi day trips away from home. About 2/3 Baby Magic to 1/3 baby oil will stay in suspension if that is important to you. Baby Magic is emulsified mineral oil with glycerin so is perfectly compatible with baby mineral oil and it definitely enhances the wash ability of anything you mix with it from clothing. Baby oil and Baby Magic are both very inexpensive too. By the way, the only expensive product I tried that was allegedly made for this function was a product called "Body Glide". Body Glide was so inferior to my other formulas that I never tried another expensive product and stayed with testing primarily baby skin protectants. Another very expensive product called "Chamois Butter" has ingredients similar to Baby Magic but costs about 600% more. If others have tried this or other fancy butters out there, let me know what you think but please try potions too.

The baby skin ointments, in general, work wonderfully but have a common trait: they protect the skin well but don't have quite enough lubricity for the anti-friction function that is so important to bicycling. Of the diaper rash protectants I like, Aveeno Diaper Rash Cream and Desitin Creamy Diaper Rash Ointment have the most lubricity, so you can try them alone and they may meet your needs as is. Two other products are also very effective but generally will need some Baby Magic or Baby Oil in addition to add lubricity in order to make an ideal lube. They are Balmex Diaper Rash Ointment and Target Creamy Diaper Rash Ointment. The Target formula is a generic version of Desitin Creamy Ointment at less than 1/2 the cost so there is no trouble here on issuing the "Best Buy" seal to the Target Creamy Ointment. A decent, but in my view less effective product to use, is Vaseline Creamy Petroleum Jelly. I found it doesn't last like the others and is more like hand cream, which, as I mentioned, is still better than nothing at all.

I recommend applying a liberal base of baby oil or Baby Magic or both and then adding the heavier ointment product for better longevity. For Century rides, I would rank Balmex as probably the longest lasting but all 4 of the ointment types I have recommended stay with you for many miles. I have found that baby oil and/or Baby Magic by themselves are good for perhaps a 20 mile ride so I typically can use them alone for the weekday rides. I am sure that each individual may have different results when applying various lubes to their special area, but I really recommend giving it a try and see if you don't have a better experience in the saddle on your next ride.

JIM WHITE



# NORTH SHORE CYCLISTS

## 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, cost, 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, and keep their bikes in good working order and ride defensively.**

NSC  
% Emmett Halpin  
541 Lowell Street  
Wakefield, MA 01880

TO:

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