



The North Shore Cyclists Newsletter

October 2000

Visit the NSC website at: www.astseals.com/nsc

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nsc-subscribe@topica.com

Fall Meeting

The NSC Fall election meeting will be held Wednesday, October 18, at 7:00 p.m. at Jake's Bar and Grill in Danvers. Come to see your buds, voice your opinion, or throw the bums out.

Directions: From Rte. 1 South: Entrance is right off Rte. 1S, just past Home Depot. From Rte. 114W: enter through the Home Depot parking lot and follow the signs for Jake's. From Rte. 128: Follow to Rte. 1 to Rte. 114W and enter through the Home Depot lot.

Preliminary Agenda:

1. Elections
2. Ride leader packets
3. Follow up on ride phone
4. Publicity
5. Advertising
6. Membership Application Changes
7. E-newsletter followup.

Though numerous, these items should not take long and we will have plenty of time for what we do best. Any other items for the agenda should be brought to my attention.

Regards,
Ed Bolton
President, NSC
603-382-6989
ebolton@ttlc.net

Fall Planning...

Look inside for Fall Banquet details.
We hope to see you there!

More Fall Thoughts

Well kids, the summer riding season is winding down, but in my opinion, the best time of the year to ride is from the middle of September to the middle of October. I call it Septober. Warm days, cool nights, and the smell of ripening Concord grapes and apples along the more scenic rides.

I also want to thank all the riders who attended the NSC, B2C joint Thursday night rides. I think we shall have to rename it the "Thursday Night Cookie Ride". One night several years ago a rider brought a box of animal cookies and the rest is history. At our last ride in August this year, Pam R. Made a couple of dozen Toll House Cookies. Needless to say, Pam left with an empty cookie container. Thanks go to Steve Winslow, former president of B2C, as well a long time NSC member, for co-leading the rides this summer. Special thanks to Paul De Gusto, who lead one ride, when neither Steve or I could attend. I had planned on attending that night but my boss had other plans. I missed the ride by 5 minutes, but Paul did exactly what I wanted, he left with the group.

Ride Safely,
Emmett

Side note: The NSC is in great shape. Membership remains around 250. We do need someone to step up and do our publicity, as nothing was done this year to advertise our rides in the local and regional papers. Most of our new membership came from information left at the bike shops, word of mouth or the Internet. We did not have as many new members as we have had in the past. We also need someone to solicit advertising revenue from our list of bike shops to help offset some of the club's costs. Our Fall meeting is in October, so anyone wanting to help out in these matters should attend and make it known.

Please check the weekly ride calendars carefully. Some rides have finished for the season and others may have changed times.

Mountain Biking News

The mountain bike season is upon us. Look forward to riding over leaves, through mud and snow. What a great way to experience the foliage! And don't miss out on a great cookout. Soup is so good after a ride in the fall. So dust off the mountain bike or buy one and join us on the trails. Anyone can ride with us since, on most rides, we divide the group into two ability groups, beginner and advanced. And once again, "single speed" Rick will give us a chance to learn and practice some skills in his clinics. They will be in Lynn Woods on October 21st and November 12th. Our ride season will begin with a ride at Great Brook

Farm in Carlisle on October 28th and Lynn Woods on November 5th. You will see many more places from last years calendar. This will give you another chance to tackle some of the rocks, roots, and hills that were challenging last year.

Please let us know if you are up for a mountain bike ride on Columbus Day. Also, sign up now to lead a rides. Some of the schedule is still open and we welcome new ideas.

Francesca Lewis
Lenny Sullivan

Deja Vu

Once again the almighty and powerful Century Gods have showered their favor down upon the Blazing Saddles Century. From the early morning of the first day, with a sighting of a hot air balloon floating over the starting area, we knew the weather was going to be near perfect for the weekend.

Rider participation extended from the four corners of New England and beyond. There was one rider from California, and a couple of return cyclists from Canada who look forward to doing our century every year.

This year we had a new food sponsor, WildOats, whose generous donation of brand name products was more than enough to feed the hungry cyclists. Not to forget the bountiful supply of water from Monadnock

water, and a copious amount of SmartFuel energy bars and drinks.

One would think Paula would run out of ideas for a tee shirt, but once again she out did herself with the best design ever on this year's shirt. The demand for the T's from the participants quickly surpassed the supply we had ordered.

At this time I would like to thank the Georgetown School Dept., all our Sponsors, and most of all every volunteer, for you are the ones who make the The Blazing Saddles Century a success year after year, THANKS AGAIN TO ALL OF YOU

Tony

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NSC October 2000 Mt. Bike Schedule

Saturday October 28 Great Brook Farm Carlisle, MA

Who: **Lenny Sullivan** (978)689-2884
Lsulli7079@aol.com and **Mark Davis**
(978)957-0674 motocows@msn.com
When: 10:00am

How to get there: Rt. 3N to Exit 29 (Rt. 129) East (left) 1 mile and take right onto Rangeway Rd. stop 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. Right onto 129, then as above. What to expect: Great Brook Farm has miles of trails through the woods, corn fields and single track for all skill levels. Lenny will lead intermediate ride and Mark advanced ride.

Sunday November 5 Lynn Woods Lynn, MA

Who: **Rick Zagdangross** (781)596-2294
mebike2@aol.com
When: 10:00am

How to get there: NEW START LOCATION. From Rte 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

Wicked Ride of the East

Sunday October 29, 2000

North Shore NEMBA Funride - a part of the EFTA/
NEMBA Funride Series

Location: Harold Parker State Forest, North Andover
Sign in: 9:00 am to 10:00 am. Ride leaves @ 10:30
Fee: \$3.00 NEMBA/EFTA members or \$6.00 non-
members
Contact: Jessica Slate 978-921-4355 jmslate
@mediaone.net or Dan Streeter 978-618-8596
dwstr@shore.net

* Marked loops for all abilities: Wicked Awesome -

Medium Scary - Wicked Lite * Self-Guided! * Ride
at your own pace! * Halloween Fun! * Raffle!

The ride start is at the picnic pavilion on Middleton Rd. There will be arrowed loops both the east and west of the start location. The western loop of about 10 miles will offer some great singletrack and more advanced terrain around Bear and Brackett Ponds. The eastern loop of about eight miles will be a bit less demanding but still take in all the best trails in this section of the woods. A route will also be arrowed in this area that is mostly doubletrack for novice riders. The pavilion will make a nice place to hang out or rest up during the day, especially if the weather is less than perfect.

Weeknight Ride Updates

Monday nights ride has officially ended for the season. However, there are some of us whose bosses will let them leave early. We will be meeting at 5:00 on Monday nights until the clocks change. Wednesday night is officially still meeting at 5:00 also. We will be meeting for dinner after the last ride on October 25.

Eric

Area Centuries

Oct. 7 -- BIKE THE BERKSHIRES Great Barrington, MA, fund-raiser for National MS Society, Nancy Dlugoenski (413)659-0036, nancy.dlugoenski@mam.nmss.org www.msnewengland.org · **Oct. 8 -- GREAT RIVER RIDE**, Northeast Sport Cyclists, 25, 62 or 100 miles, Park Square, Westfield, Mass.; \$25. Contact: New Horizons, (413) 562-5237. · **Oct. 9 -- ROUNDQUABBIN**, 100 kilometers around Quabbin Reservoir. Watch for details in The Ride magazine, www.ridezine.com.

Sundays On the Road

October 8 Apple Harvest Ride

Who: Ed Bolton 603-382-6989

Where: Maudslay State Park, Newburyport

When: 9:00am for 60 miles, 10:00am for 30 miles.

How to get there: From Rt. 95 take exit 57 and go east on Rt. 113. Two blocks from the highway turn left on Noble St. (just after the St. Mary's Cemetery Arch). At the end of Noble St. turn left. Go two blocks and veer left at the fork. Go 1.2 miles and turn left into the Maudslay parking lot.

What to expect: Ride to Applecrest Farm Orchards in Hampton Falls, NH for the Applecrest Harvest Festival. What could be a better motivator than a rest stop with apple pie and ice cream, apple cider, cider donuts and more. The short loop is an easy rolling 30 miles, the long loop is a rolling to hilly 60 miles. Arrows and cue sheets.

October 15 Going North

Who: James Danis 978-388-2193,
jamesdanis@earthlink.com

Where: Amesbury Elementary School, So. Hampton Rd., Amesbury

When: 9:00 for 55 miles, 10:00 for 30 miles

How to get there: Rte 95 to exit 58 for Rte. 110 Amesbury. Go to the 1st traffic light and take a right onto Elm Street. At the rotary take the 1st right onto Market St. (Rte. 150). Go about .5 mile, bear left onto South Hampton Road. From Rte. 495 take exit 54 for Rte 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rte. 150. Go about .5 mile, bear left onto South Hampton Road. The school will be on your left.

What to expect: The rides go through the scenic farm country of southern New Hampshire. Both loops go through Philips Exeter Academy in Exeter, N.H. and the long loop going through the University of New Hampshire in Durham. Don't worry about the hills, they are offset by the descents. Arrows and cue sheets.

Chili and chowder will be served after the ride at my house. I live directly across the street from the school parking lot.

October 22 Cowpies and Leafpiles

Who: Mike Habich (978-664-0187)
mhabich@astseals.com

Where: Ipswich River Park, North Reading, MA

When: 9:30 for 40-50 miles, 10:00 for 25 miles

How to get there: The park is in North Reading center on Central St. between Chestnut St. and Rte. 62. From Rte. 128, take exit 40; follow Haverhill St. 3 miles north, left on Chestnut St., 1/2 mile to park. From Rte. 62, Central St. is 1/2 mile west of Haverhill St./Batchelder School.

What to expect: Through Harold Parker State Forest, Middleton, Boxford, North Andover. Arrows and cue sheets.

Cookies and cider (hot cocoa and soup if it's one of those days) at Mike and Betsy's after the ride.

October 29 Ride for the Border

Who: Peter McCann 781-245-8115
pmccann@comversens.com

Where: Comverse Network Systems Parking Lot, Wakefield

When: 9:30 for 62, miles 10:00 for 25 & 40 miles

How to get there: From Rt 128 Take exit 39. Coming from the north take a left at the exit, coming from the south take a right. Then take your first left onto Quannapowitt, at the Car Dealer, then take your second left into the parking lot. (in front of the parking garage near the foot bridge)

What to expect: flat to rolling, with a couple of short steep hills thrown in. Almost completely tree-lined. The ride will travel north from Wakefield thru Reading, Middleton, Boxford, North Andover, Haverhill, with a turn around at a Deli, on Rt. 108 near Plaistow.

Drinks and snacks after the ride.

Sunday Ride Coordinators: **Eric Shaktman** (603)394-0090, ericnsc@mediaone.net & **Bob Mackowiecki** (978)352-2407, bobmak@netway.com

Picnic rule-of-thumb: Please call the ride coordinator about a food to bring (salads, dessert, chips, etc.). If you cannot bring food, a \$5 donation is to be given to the cookout host. Lawn chairs are always welcome!

North Shore Cyclist Weekday Rides

Monday	<p>Topsfield Plaza, Topsfield</p> <p>Ride has ended for the season, but it may continue informally.</p> <p>Co-leaders: Paula Bossone 978-887-3855, gregio@aol.com & Dianalyn Sirota (978)686-5475, KidKoop@aol.com</p> <p><i>Two groups -- Beginner & Intermediate -- traditionally under 15 mph. Arrowed. This is a social-paced</i></p>	<p><i>ride. Focus is on meeting new people and having a good time. New members encouraged to attend this ride.</i></p> <p>Directions: From Rte 95N, 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 1/4 mile on right.</p>
Tuesday	<p>Batchelder School, North Reading</p> <p>Ride has ended for the season, but it may continue informally.</p> <p>Intermediate. Rolling hills. Arrowed, map.</p> <p>Ride lengths 15 & 25 miles. Average speeds 14-18.</p> <p>Note: If you show up early, don't confuse this with the 6:00 ride leaving from the same location de-</p>	<p>scribed below...you might get more than you bargained for!</p> <p>Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Rte 62. Parking lot is ahead on the left, across from the gazebo.</p>
Wednesday	<p>Topsfield Plaza, Topsfield.</p> <p>Start Time: 6:30 p.m. - beginning August 23rd, 6:00p.m.</p> <p>Co-leaders: Eric Shaktman 603-394-0090 ericnsc@mediaone.net & Marie Doyle 978-777-4455 mdoyle@phcs.com.</p> <p><i>Intermediate w/cue sheet -- ride averages 15+ speeds. Mix of flat to rolling terrain. Lengths vary from 18-35</i></p>	<p><i>miles depending on daylight w/shorter options available.</i></p> <p>Bring \$\$ for pizza following the ride.</p> <p>Directions: From Rte 95N, 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 1/4 mile on right.</p>
Thursday	<p>Wakefield Center</p> <p>Ride has ended for the season, but it may continue informally.</p> <p>Co-leaders: Emmett Halpin 781-246-5268, ehalpin@email.msn.com and Steve Winslow 781-397-6893.</p>	<p><i>All riders welcome -- speeds average 10-13 mph. This is a leisurely, joint ride with Bike-to-Sea. The focus is on cycling in a group. Cue sheet.</i></p> <p>Directions: Rte 128 to Exit 40. Follow Rte 129 (Wakefield) to the head of the lake. Or take Rte 1 to Walnut Street. Follow Rte 129 to Wakefield and the head of the lake. Meet at or near the gazebo.</p>
Saturday	<p>Masconomet Regional High School, Boxford</p> <p>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. (It's a good idea to call or e-mail during the winter to confirm... we might ride on Sunday now and then too.)</p> <p>Leaders: Mike Habich (978)664-0187 mhabich@astseals.com & Jeff Turpel (978)774-3854 jturpel@star.net</p> <p>We'll ride about 40-50 miles at average 17-19 mph-- conversational pace, but with a bit of speed play when the pavement's just too smooth to resist. We might</p>	<p>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.</p> <p>Maps? Yup, you might want to bring one. Cue sheets? Arrows? Nope.</p> <p>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 Rte 95).</p>

Notes and Observations at the End of the Season

Gloucester version of Murphy's Law: when you are off the back of the group trying to get back on, the bridge over the cut will open up just after they get across. There is a companion to this rule of thumb. When you are off the back of the group and just want to drop back to the (more reasonable) next group behind, the bridge over the cut will open in front of the group ahead.

It's a bad idea to get into the habit of putting your shoes on before your shorts in the parking lot when getting ready for a ride. I leave it to the reader to figure out why...

During the season I rode by a Civil War reenactment in West Newbury and a Revolutionary War reenactment in Exeter. How come we never ride by reenactments of WW1, WW2, Korean War, or Vietnam battles? Then again, mustard gas or Tet '68 might be too exiting for my tastes.

When I was a kid, my mother (a former phys. ed. teacher) told me to wear white socks whenever I exercise to prevent the dye in the socks from giving me 'blood poisoning'. In school, the phys. ed. instructors always told us to wear white socks but never provided a reason. The white socks custom was burned in so thoroughly it kept me wearing them for two decades on the bike as an adult. Then, towards the end of last year on a Wednesday night I just didn't feel like changing out of the socks I wore to work, which were black. I rode that night with black socks and did not become poisoned or suffer any other ill effects. So this year, I just wore whatever socks were convenient at the time and many times they were black. I seem to be OK- at least no problems obviously traceable to my socks. I've been told I've broken a fashion rule by riding with shorts and black socks. Oh, well. Slaves to fashion: emancipate yourselves! You'll have less

laundry to do. (By the way- is it socks or sox?)

On the whole, it was a cool and wet season. The 1999 season was hot and dry. I've read that this is due to a "La Nina" weather pattern after the "El Nino" pattern we were in for the last few years. The last few winters have been mild. Are we due for a big one this year? One would think that, but I've read and heard predictions for another mild one this year. We will see in the next few months.

The last few years, I've ridden a few centuries in September finishing up towards the middle of the month. I then did nothing for a couple of weeks and started going to the gym regularly around the first of October. Since I'm leading the Applecrest ride on October 8 this year I guess I'll be outside a few more weeks. You can download the Applecrest cue sheets from <http://members.ttlc.net/~ebolton>. Hope to see you here.

Another place to be: The annual NSC Fall meeting at Jakes on Wednesday, October 18. Hope to see all you there.

Goal for off-season mountain biking this year: learn to hop a curb as gracefully as the guy from Chicago we met on the Labor Day Coastal ride. There is only a slim possibility I will attain this goal.

Ed Bolton
603-382-6989
ebolton@ttl.net

Back by Popular Demand

Mt. Biking Clinics by Professor Rick Z.,
SSR (Single Speed Rick)

Where: Lynn Woods

When: Saturday, October 21st & Saturday,
November 11th

Time: 9:00am

How to get there: Rt. 1 Saugus to Walnut St. exit. Head towards Lynn. Go through lights at Central St. Pass Birch Pond on left, Captain Bob's on right. At blinking light take left on Pennybrook Rd. Go straight

to parking lot for Lynn Woods.

What to Expect: It will be geared toward beginners and novices who want to learn some of the skills that make off-road riding fun. More advanced riders may want to brush up on there skills and roadies (you know who you are) who have been off the knobs all season this will help make the "off season" adjustment if there really is an off-season.

For more info contact the Professor: Rick Zagdangross (781)596-2294 mebike2@aol.com

Cycling MDI

As we have many years before, we vacationed this year at Acadia National Park on Mount Desert Island in Maine. As usual, we stayed in the Park's Blackwoods campground. Every year we do this, we seem to bring more and more stuff. Before, we had an 8' pickup bed to fit it all in but this year we had to get everything and the 3 of us into a minivan. It seemed like rocker panels should have been scraping the pavement, but it all fit. Notably, we had 4 bikes on the roof - a single for each of us and the Trail-A-Bike.

The best cycling on the island is Acadia's Carriage Roads. No motors are allowed on them. The roads are extremely well-made and maintained dirt roads. The surface is similar to the base paths on a baseball diamond, though the crushed rock on top is somewhat coarser. Many people ride them on older road bikes with 1-1/8 or 1-1/4 tires. It is much more comfortable to ride them on the wider lower pressure tires of a mountain bike. My mountain bike has 2.0 tires on it. At 65 PSI they were very comfortable, but the rear was a little low on traction when standing up on the climbs. Deb was running the same setup till she blew out a tire right through the sidewall. Post mortem showed the tire casing was rotting from the inside, so I replaced both with 1.6's at the campsite. She reports that the 1.6's work even better. The Carriage Roads have long, gradual grades so gearing is really not an issue for anybody who rides regularly.

Gearing is an issue if you intend to ride the roads. The island is mountainous. Most of the main roads and park roads are fairly well graded, but the back roads and a few sections of the main roads have very steep hills. I was suffering on the roads with my mountain bike, which is so old it has only a 5-speed freewheel (and Sun Tour components!). The best road riding on the island, like the best MTB riding, is paid for by your tax dollars. The park roads are scenic, well designed and built, and exceptionally well-maintained. There is a 28-mile loop plus the Cadillac Mountain summit road. This year I rode up to the summit. While the way down is a thrill, the satisfaction comes from the trip up.

My trip to the Cadillac summit happened on a very

rare day. It was hot and sunny. This is downeast Maine, where the most common weather pattern is dense morning fog burning off to a sort of gray equilibrium. The fog is not uncomfortable at all to ride in if you are prepared. You will want to bring long clothes no matter what time of year you go, and I recommend you have a nylon windbreaker and nylon front tights to keep the fog you ride through from wicking into and saturating your clothing.

After 28 miles of park roads and 51 miles of carriage roads, what does the hyper-fit NSC rider do for the rest of the day? Not technical mountain bike riding. Despite the sophisticated bouncy bikes in all the Bar Harbor bike shops, there is very little technical riding available on the island. (See the web site mentioned below for details). Any kind of boating is possible. You can rent sea kayaks, canoes, sailboats, and outboards in Bar Harbor or the other towns on the island. You can also take an infinite variety of day cruises. Hiking and/or climbing can also be on the agenda. Be aware that bikes are not allowed on the hiking trails on the island. Most of the trails are unrideable anyway. Even the easiest hikes on the island often have a little climbing required, and hikes listed as "moderate" are borderline between hiking paths and climbing routes. "Difficult" often means you are climbing iron rungs driven into the rock.

There is a free bus service now that really makes the island accessible. The busses have racks for 4 bikes. You can, as an example, ride your bike from your base in the Bar Harbor area to Southwest Harbor on the other side of the island, eat at Beal's Lobster Pier (my favorite place), and hop the bus back so you're not riding on Maine roads in the dark. It's a great service. Except for the bus service and more congestion, the island hasn't changed much at all in the 20 years since I first rode my bike to it with my old friend Norm LeDuc. I'm always looking forward to next time.

For more details and some pictures, go to <http://members.ttlc.net/~ebolton>.

Ed Bolton

End-of-Season Banquet

Time to trade those cleats for dancing shoes. Once again, the Fall Banquet will be held at the Lyceum Restaurant in Salem. Price will be \$18/person. There will be a cocktail hour from 6-7 p.m. with hors d'oeuvres - dinner and dancing to follow.

Checks should be made out to the North Shore Cyclists and mailed to Paula Bossone, 171 Haverhill Road, Topsfield, MA 01983. Contact Paula with any questions at 978.887.3855 or gregio@aol.com.

