



Bike Bits

Newsletter of the
North Shore Cyclists

Issue 0610

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October 2006

THE NSC: WHO ARE WE?

The NSC is a volunteer organization run by a Board of Directors and a number of Coordinators. Some of these positions are well defined by club documents or past practice; other positions are largely defined by the occupant in office. We encourage all club members to read about these positions and consider a larger role in the club.

NSC governance and operating procedures are partially specified in three documents: 1) the NSC charter filed with the Commonwealth of Massachusetts, which specifies the club mission, 2) the bylaws, and 3) the Ride Leader Guidelines. This article summarizes these materials.

In accordance with the bylaws, the NSC Board of Directors consists of the President, Vice President, Treasurer, Secretary, and Clerk. The bylaws provide only general guidance on the role of officers: the President presides over meetings of the members and regular meetings of the Board; the Vice President "shall have such duties and powers as the members shall determine;" the Treasurer "shall be the chief financial officer;" and the Clerk shall be responsible for maintaining all corporate books and records of all proceedings of the members or directors."

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FALL MEETING

The fall meeting has been scheduled for Thursday, October 26th at 7:00 pm at The Majestic Dragon on Rt. 1 in Ipswich, MA across from the Tee Time Driving Range. Club business will be discussed and elections will be held, amongst other things. For more information please contact any of the Board members. Hope to see you there!

FALL BANQUET

It's that time again folks! We had a full season of riding and now we plan to celebrate! Our annual fall party will be held on Saturday evening, Nov. 4th. Once again, it will be held at the Lyceum Restaurant, 43 Church St., Salem, MA from 6:30 pm until 10:30 pm. The cost of the evening which includes appetizers, dinner, dancing, and dessert will be \$25 per person (cash bar). In addition, we will have a new DJ this year so remember to bring your dancing shoes! (The club generously subsidizes the remainder of the cost of the evening). We have a limit of 100, so please send your check, payable to NSC, to:

Paula Bossone
52 Prospect St
Topsfield MA 01983
paulajbossone@comcast.net

WHO'S WHO

President - Howard Wack (978) 887-6338
Vice-President - Paula Bossone (978) 887-0688
Treasurer - Nancy Cole (781) 899-7187
Clerk - Pam Houck (978) 388-2986
Secretary - Jim White (978) 689-9847
Ride Coordinator - Eric Shaktman (978) 948-7156
Membership - Emmett Halpin (781) 246-5268
Web Master - Mike Habich (978) 664-0187

CLOSE ENCOUNTERS OF THE ADVENTUROUS KIND (PART III)

After South America, Robbie went to Africa and we didn't hear from him for nearly a year. His reporting from the Dark Continent was sparse and worrisome.

On August 6, 2003, Rob writes, "Wow, where do I begin. I'm still in Africa. I broke the frame on my Cannondale and I lost almost two months trying to get a replacement on warranty. Things move very slowly in Africa. But Cannondale shipped me a new frame for free and I am rolling again. In terms of being home yet...not even close. My two year planned journey -- not that I really planned it --is now looking like a four year plan. Egad. I've still got a long, way to go!"

Just an odd thought. That night you took me in probably saved me fifty bucks at a hotel. A man can live for two weeks in Africa sleeping in a bed every night -- not a clean one, mind you -- for fifty bucks. Thanks again. Later, Rob"

Robbie's next message was dire. He writes, "Hi Emmett and Dot: Africa is finally over. The Cape to Cairo leg of this global adventure was by far the hardest. I am drained both physically and mentally. In fact, I am so run down I contracted pneumonia! Egad. I was actually in the hospital for a while. Still terribly weak. I am sitting in a cheap hotel trying to figure out what in the world I should do. I don't have the strength right now to keep going, but if I fly home to recover, I fear I will not have the money or the will to return. So...I guess I'll just wait and see. Hope the holidays went well, and I just checked out the ESPN website and found out the Pats won again. You must be thrilled! I'll let you know whatever the decision is (stay the course, or go home)...till then keep warm! Later, Rob"

Along the way, Rob met a man from Chicago and this man told me his story of Rob:

"Rob was carrying a laptop when I met him. He must have picked it up after he was at your place. I met him in Lusaka, Zambia July '03. I was cycling from Malawi to western Namibia. He was considering checking into the youth hostel I was already at, and I convinced him to stay at my hostel. I wanted some reconnaissance on the direction I was going, and I reciprocated since he was going where I came from for at least a few weeks. He had just arrived in Lusaka after hitching a few rides. His bike frame had broken a second time (you'd think a science teacher would not be riding an aluminum frame for so many miles with so much weight). I had to laugh at his ordeal. His frame cracked once in NE Namibia-he got it welded somehow-aluminum isn't easy to weld without great equipment. He made it to Lusaka in June where the weld cracked. The USA frame was guaranteed, but only in Cape Town, S Africa. He hitched on a semi there and back(over 1000 mi. each way). I saw him in July with his new frame and better wheels (48 spokes).

We shared some stories about cool stuff and crap to look out for. He was willing to take some risks back then, I hope he didn't go too far riskwise in Tibet/China. In a place called the Caprivi strip, with no traveler place to stay for 150 miles, he free camped and told me how he was setting up his tent when he saw 2 green eyes look at him and blink. After the eyes disappeared, he realized it was a cat, and not the US sized type either. Luckily not a hungry one. After I got to that region, and talked to some locals, I knew free camping there was a bit unsafe. He was considering going into Angola at that time to see one really cool place, but I think he wisely backed off. People with guns are different than animals. I have many other stories, but shall not bore you.

Attached is a photo of Rob's bike. I was having a blast talking to Rob as another cyclist (hockey fans etc) and never thought to take a photo of "RoundTheWorldRob" until I was leaving. He wasn't around so all I have is the bike photo. Your reach out comment is right on the spot Emmett. Nice of you to help a tourer out.

Regards, Joe

Next installment: Rob makes it to Europe.

Emmett Halpin

WEEKLY RIDE SCHEDULE

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

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**MONDAY**      \*\*\* ENDED FOR THE YEAR \*\*\*

**Topsfield Plaza**, Topsfield. Leaders: **None**.

**NOTE:** This ride is now a Show-N-Go until next spring.

This is an arrowed ride through the quiet roads of Topsfield and the surrounding towns. The loops are approximately 15, 20 & 25 miles. The slowest riders will be accompanied by a leader. We will group riders by speed as we usually have a large turnout. Focus is on having a good time. New members are encouraged to attend. We usually gather afterwards to refuel. Come join us!

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 *** ENDED FOR THE YEAR ***

Union Congregational Church, N. Reading, MA Leader: Jimmy White (978) 689-9847 jwhite.2@netzero.com, Peter McCann (781) 245-8115 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

*** ENDED FOR THE YEAR ***

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman 978(948-7156) ericnsc@verizon.net

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**      \*\*\* ENDED FOR THE YEAR \*\*\*

**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 **9:00 AM** mid-September through mid-November. **10:00 AM** through the winter. 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).

## WELCOME NEW MEMBERS!

Darlene Prinz - Boxford  
Marshall & Elena Jespersen - Byfield

## UPCOMING ROAD RIDES

### **Sunday, October 1<sup>st</sup> --- Over Hill and Dale from Ballardvale**

**Who:** Alex Gershaw, [abgershaw@yahoo.com](mailto:abgershaw@yahoo.com)

**Where:** Ballardvale MBTA station, Andover

**When:** 10:00 for 25, 35 or 50 miles

**Directions:** Route 93 to Dascomb Road; take the ramp towards Andover; turn right onto Clark Road then right onto Andover Street to the MBTA station.

**What to expect:** The short route goes through Andover and Tewksbury only; medium adds North Andover; long adds Bradford, West Boxford and Georgetown as well.

### **Sunday, October 8<sup>th</sup> --- Harvest Festival Ride**

**Who:** James Danis (978) 388-2193 [jamesdanis@verizon.net](mailto:jamesdanis@verizon.net)

**Where:** Amesbury Elementary School, 20 So. Hampton Rd., Amesbury

**When:** 10:00 am for 27 or 45 miles

**Directions:** Rt 95 to exit 58 for Rt. 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. The school will be on your left. From Rt. 495 take exit 54 for Rt 150 Amesbury. At the rotary, go 180 degrees or 2nd right onto Rt. 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; Stop at 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 w/ice cream, apple cider, cider doughnuts and more?

### **Sunday, October 15<sup>th</sup> --- Let's go Coastal**

**Who:** Marty Silvia, [marsilvia@comcast.net](mailto:marsilvia@comcast.net)

**Where:** Cushing Park, Newburyport

**When:** 9:00 for 70, 50, and 35 miles.

**Directions:** From Route 95, take Exit 57 for Route 113 East. Go for 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right. From Route 1 go onto Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go 1 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

**What to expect:** Beautiful ocean views and Portsmouth NH. Mostly flat with a few small hills. All rides feature NH coastline and rural inland. Long ride goes to Fort McClary, Maine.

### **Sunday, October 22<sup>nd</sup> --- Cape Ann ride from Magnolia**

**Who:** Gordon Harris [gordonharris2@yahoo.com](mailto:gordonharris2@yahoo.com) 978-979-6598

**Where:** Surf Park, Magnolia, MA (Gloucester)

**When:** 9:00am for 20, 30, 46, 62 miles

**Directions:** Take Rt. 128 to exit 15 toward Manchester by The Sea. From downtown take Rt. 127 about 3 miles east and turn right on Raymond St. Go 1 mile to the center of Magnolia. Surf Park is on the left and parking is on either side.

**What to expect:** We ride counter-clockwise along Atlantic Ave. out to Rockport, back through Annisquam Village with optional rides along narrow winding roads in "W. Gloucester" to Essex, then returning to Magnolia. The "metric" adds a loop to Ipswich. It's a great time to ride out to Rockport before the roads get clogged with tourists.

### **Sunday, October 29<sup>th</sup> --- Cowpies and Leafpiles**

**Who:** Mike Habich (978) 664-0187 [mhabich@astseals.com](mailto:mhabich@astseals.com)

**Where:** Ipswich River Park, North Reading

**When:** 10:00 am for 29 or 42 miles.

**Directions:** From Route 93, take Exit 39/Concord St. toward North Reading (right off exit if you're heading north); bear right at stop sign; cross Rt. 28 at the light; bear right at stop sign onto Park St./Rt. 62; turn right onto Central St; turn left into park. From Rt. 128 take exit 40/Rt. 129 and turn off on the Haverhill Street/Camp Curtis spoke of the rotary; turn left on Chestnut St (about 3 mi); bear right around curve; turn right on Central St; park is on your right.

**What to expect:** Through Harold Parker State Forest, Middleton, Boxford and North Andover by a bit different route with some new cows. No cows on short route unless you get lost.

**MOUNTAIN BIKING STARTING SOON - STAY TUNED.**

## OTHER SEPTEMBER RIDES

### October 6<sup>th</sup> through 9<sup>th</sup> --- Mid-Coast Maine Tour

**What:** Enjoy the 3-Day Columbus Day weekend cycling in mid-coast Maine. Located between Portland and the Acadia region, the mid-coast offers lots of quiet roads from harbors to hills. Should be good fall color, but not many leaf-peeping tourists. We'll stay in an attractive Inn overlooking the Sheepscot River in Edgecomb/Wiscasset. Arrive Friday evening and bike Saturday through Monday. Choice of about 30-60 miles each day. Possible routes include south on the Boothbay Harbor and Pemaquid peninsulas, north to Augusta (the state capital), and east to Camden Hills. Mount Megunticook is nearly as high as the coast's highest peaks in Acadia National Park and Nova Scotia's Cape Breton Highlands. Cost is \$195 per person and includes 3 nights lodging double-occupancy, 3 breakfasts off the Inn's restaurant menu, some lunch food, cue sheets and maps.

**Contact:** Arnold Nadler (978) 745-9591 [anadler@aol.com](mailto:anadler@aol.com)

## THE NSC: WHO ARE WE?

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The bylaws do not define the role of the secretary. The bylaws require "regular" meetings of the Directors, but meeting frequency is not defined and is largely at the discretion of the President.

In fact, the role of the Board is largely defined by the people holding office. At a minimum, the Board must ensure the club's continued status as a nonprofit organization, thereby ensuring that club members are not personally liable for any obligation of the organization. This is achieved with very little effort: by filing papers annually with the Commonwealth and maintaining insurance coverage for the club. The Board is also responsible for the finances of the club, including decisions about advertising, donations, member subsidies (to the banquet), and investments (for example, investing in a larger century or equipment for century use).

The roles of some Officers have become fairly well defined over time:

- Clerk – File the annual report with the Commonwealth; every three years, file the Federal Tax for Non Profit based on income from the Treasurer; maintain official NSC documents.
- Treasurer – Maintain itemized accounting in Quicken; deposit membership dues, century registrations, and clothing income; pay the annual

insurance and century insurance; write checks to reimburse ride leaders for expenses; coordinate the payment of century expenses and banquet expenses with persons overseeing those events; deliver an accounting report at meetings, as required.

Ideally, the President should hold quarterly Board meetings to review membership, finances, and the status of clerk and treasurer activities. The President should also be a resource to Coordinators, as needed. The President is also responsible for informing officers/coordinators of their roles, especially in times of transition, and ensuring smooth transition at the completion of his tenure.

The membership is probably more aware of the club activities organized by Coordinators:

- Membership Coordinator – Receives and processes new member applications and renewals, and forwards membership dues to the Treasurer.
- Ride Coordinator – Solicits ride leaders and fills the ride calendar
- Newsletter Editor – Collates information on a monthly basis from several sources and distributes the newsletter; sources generally include the ride coordinator's ride calendar, President's announcements, and possibly articles contributed by members
- Century Coordinator – Assembles a century committee and oversees the annual century (includes advertising, overseeing route development, obtaining sponsors, soliciting volunteers, processing registrations, procuring food and supplies)
- Webmaster – Maintains the website by posting new information provided by Coordinators and Board members
- Clothing Coordinator – Maintains accurate inventories of club clothing, and forwards payments to the Treasurer.

Many individuals contribute to NSC and many opportunities exist to hold a position or assist those in officer or coordinator positions. Get involved! Run for office! The following positions are open this year: President, Clerk, and Newsletter Editor.