



The North Shore Cyclists Newsletter

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September 2001

Mad King Challenge

The Mad King Challenge is a century route option during CRW's Velo Vermont weekend. It climbs and descends 4 mountain gaps in central Vermont's Green Mountains. The route is not arrowed but cue sheet and numbered routes keep you on course.

The first climb is Appalachian Gap (2356 ft). The 6-mile climb starts less than 4 miles from the start. At the start I was greeted with the sounds and smell of wood being cut at an old style sawmill. Near the top the road makes a sweeping 200° arc. Internet research states it climbs 1600 in 6 miles with half of it the last 1.5 miles. At the top you get a great view of the Champlain Valley below. The descent from the top is steep with a twist. A local who rode that side warned me that careful braking and keeping speed in check is required. I would later find out there were motorcycle crashes both days that weekend on that descent.

After the descent it is 6 miles to the next climb at Lincoln Gap (2424 ft). All the gaps start off tame going up then 2-3 miles from the top they shoot up steeper. Before Lincoln shoots up there is about 2 miles of uphill dirt road to get past first were a woman was walking 2 loose dogs. She said good morning as she grabbed their collars and headed to her house. Then it's pavement again, but I knew the top was coming since the grade of the road shot up. I could have used a great granny gear for this one! I've heard this is the worst gap, and it was the steepest pitch I ever biked on. The descent is steep and I watched a few other riders under duress pedal up that side. I stopped to let my rims cool before tubes blew then continued down were the road again became dirt for a while before returning to pavement. Lincoln Gap is closed during the winter and only the steep top and lower parts of each side where houses are have pavement.

The worst climbs were over and now I had about 14 miles to ride to get to the next climb, Middlebury Gap (2149ft). I fueled up at a local store and started the ascent. It was now late morning and getting hot, with less shade and more traffic than the first 2 gaps. Again, great views at the top, and a sign to indicate I just climbed a 12% grade (and it is not as steep as the first 2 gaps!). The way down passes by Middlebury College and a large field with various colored Adirondack chairs randomly placed. Further down a sign warns of a 15% grade and one lane ahead for bridge repairs.

At the bottom it was now time for lunch and I got a sandwich and small apple pie, and refilled the water bottles again. It is 13 miles from there to the final climb of Brandon Gap (2170ft). Getting there requires travel for a while on Rt. 7- a busy road without shade but with a wide shoulder. Along that road an awful odor appears. Up ahead is a large water tower type structure but shorter in height. It is red and is labeled "Manure Bank". I could not get away from that fast enough.

The route leads off the main road and into to shade and quiet roads following the shores of Lake Dunmore. It goes past many small beaches, docks, swimmers and BBQ's cooking. I was ready to jump in and eat but still had 45 miles and a gap ahead to complete. Could not imagine riding in sweaty\lake-wet clothes.

Finally comes Brandon Gap. It is similar to Middlebury and at the top there is only 31 miles left to the inn. On this climb I meet up with a tandem couple who I had kept seeing from time to time since the start of Middlebury. They were doing the same route and had started ½ hour before my 7:15am start. We are all almost out of water at the top and she asked a hiker if there is a store in Robinson 5 miles down. He is a local and tells us that Robinson was a town 100 years ago and is only a name on a map now. We must go to Rochester 10 miles away. However it was payback time and almost all downhill the next 9 miles.

We fueled up for the last 21 miles back. It is mostly flat except for a few miles of now minor climbing through Granville Gulf. After that climb it is 5-6 miles of flat to slightly downhill with a tailwind all the way back to the inn. It was over at 5:30 pm. I had climbed 8200 feet according to the tandem couple's instrument. It took 10 ¼ hours for the trip with over 8 hours of the wheels spinning. I started off with \$15 on me and have a dollar and change left. I have never eaten, drank and rode\climbed for this distance or time before. The inn has a hot tub, pool, cable TV with TDF coverage and CRW has a happy hour before the evening's dinner. I did partake in all of the above. At dinner I found out a handful of other NSC riders did a more sane ride of only 2 gaps that day. The next day I did a 43 mile recovery ride with 2 climbs similar to a tough hill that could be found in central Mass. I feel great accomplishing the ride but don't believe it could be habit forming.

-Lenny Sullivan

(Lenny is one of our Mountain Bike coordinators, and rides with the NSC frequently on Sunday, Monday, and Wednesday. Pictures from Lenny's Mad King Challenge ride are in the electronic newsletter).

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Cycle for Life

The fifth annual Cycle for Life bike ride will take place Saturday September 8, 2001 starting at 9:00 am in Marblehead, MA. The event is held annually to benefit the Floating Hospital Children's Cancer Center at the New England Medical Center in Boston. Riders should gather at Devereux Beach in Marblehead by 8:15 am to check in.

The bike route begins at Devereux Beach in Marblehead, runs northward along the coast to Gloucester, then west to Essex and southward back to Devereux Beach. The entire route is approximately 50 miles. There will be rest stops and support resources along the way. "I have done the ride for the last 4 years and you can't beat the views of the Northshore of Boston," according to Michael Bonadio, a parent involved with the Floating Hospital.

The Cycle for Life event was started to raise money for toys, games and for Child Life Therapists for children undergoing difficult therapy at the Floating Hospital for Children. The money is used to keep the playroom open on the weekends so children have a diversion from their treatment. Last year 95% of the money raised went directly to these children and their families. As a rider, you will be matched with one of the children undergoing treatment by wearing a photo button close to your heart.

According to Dr. Howard Grodman, the organizer of the event, "Last year the event attracted over 170 riders and we raised over \$88,000, money for the Floating Hospital Cancer Center for Children. We also need volunteers such as bike mechanics to perform simple repairs, people to man the registration tables, drivers for the Sag Wagons and people to man the water stops." Call 617-636-5535 to volunteer.

To register in advance for the event, login to their website at www.cycleforlife.com or call 617-636-5535 for a registration package. There is a \$15.00 non-refundable registration fee. Each rider is asked to raise at least \$250.00 in pledges. Upon receipt of your registration a packet will be mailed to you with pledge forms and directions to Devereux Beach in Marblehead.

(Press release forwarded by Emmett Halpin)

Letters

I just wanted to share some thoughts with you concerning the recently held century for Heels & Wheels that took place on July 22, 2001.

I have been an N.S.C. member for only 3 years now and I have participated in this event for two out of the three years. Thanks to *Landry's* of Danvers and *Two for The Road* in Georgetown for thier contributions to this cause.

This was my first ride of any significant length (62 miles) and I was doing two things that make me feel better...riding my bike and helping those less fortunate.

I urge as many N.S.C. members as possible to try to participate in this ride next year. I understand there are a myriad of charities looking for cyclists participation but I believe helping a needy neighbor is a truly worthy endeavor.

Thanks,
Bruce A. Gates

October Newsletter:
Deadline is 9/9/01
Mail date 9/28/01

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@ttlc.net
41 Maple Ave.
Newton NH 03858

NSC Clothing

We still have plenty of stock on many items. To get outfitted, you can contact Eric Shaktman or Ed Bolton, or visit any of the shops where we have placed clothing. The shops are Northeast Bikes (both Saugus and Newbury) and The Bicycle Shop in Topsfield. You will pay no more buying NSC clothing from the shops and may find it more convenient. As a reminder, when paying individuals for clothing or membership, checks should be made out to "North Shore Cyclists" and not the individuals. When buying clothing at the shops you pay the shop.

Important Information

The annual NSC election meeting is coming up in October. As usual, we are looking for a few people to assume active roles in our organization. In the belief that people are more likely to volunteer and serve if they know what is involved, I've prepared this article to describe the organization and the basic positions involved. I've reserved a lot of space for this since it is intended to be as complete as possible, describing both our procedure and our practice. It represents a fair amount of both research and thought. Discussions with my predecessor as NSC President, Meg Curry, helped me understand the need for this. She had wanted to accomplish something like this but never had the opportunity to complete it.

The NSC is a non-profit bike club incorporated in the Commonwealth of Massachusetts. The club was incorporated soon after it was founded to give certain legal protections to its organizers and volunteers and to provide continuity of the club as individuals come and go.

Under the NSC Bylaws there are 5 Officers of the Corporation. The individuals holding these positions are club members that are elected in October for a term ending the following October. These positions have relatively specific obligations, as required by Massachusetts law. Since the *methods* in which these obligations are met are generally *not* specified, in practice we are quite flexible in how things get done. The organization of the club specifies that the individuals holding these positions are also the Board of Directors of the corporation. In the box that is usually found in the upper left of newsletter page 2, these officers are the top 5 on the list- President, Vice President, Treasurer, Clerk, and Secretary.

Over the years as needs developed or changed, other positions have been created. Membership Coordinator and Newsletter Editor came in very early; others have come and gone since then. For instance, in 1983 the need for a webmaster could not have been anticipated but a webmaster is crucial in 2001. These positions fill the rest of the box on page 2 and while they are important contributors, they are *not* subject to election as the board members are. Most of them are self-explanatory and will not be explored in depth here. Officially, these individuals are appointed by the board. In practice, they are people with skills and interest in the particular areas who have volunteered to lend a hand.

The President of the club is responsible for setting meeting dates and creating agendas for them. The President can also sign checks for the club. The President can call for Board Member meetings and with the agreement of the Board, General Membership meetings. In practice, we usually have 2 General Membership meetings a year and checks signed by the President are very rare. For the last several years, all of the Board Members have been internet-capable active riders who see each other frequently so we have had very few actual board meetings. Issues get discussed on easy stretches of road at 17 mph, after rides, or via e-mail exchanges. The e-mail forum has worked particularly well since it provides a record of the discussion and usually opens board issues up to a broader group of knowledgeable people where many times solutions are generated. At present, I am President of the NSC.

The Vice President of the club has the responsibilities of the President when the President is not available. Marie Doyle is the current Vice President.

The Treasurer is responsible for maintaining the club's financial records. The club has its own bank account, currently at First and Ocean in Newburyport. The treasurer deposits money received from memberships, clothing sales, events, and other income streams into this account and writes checks from it for expenses, reimbursements, purchases, and the like. During the height of the season, there is probably 6 checks per month that get written and 2 or 3 deposits per month to be

made. There are spikes of activity around the century and the banquet. At present, Pam Houck is Treasurer.

The Clerk is the position that deals with governmental bodies. The Clerk is responsible for the Annual Report, a single page form we must file with the state every February. The Clerk also files any changes to our bylaws or Articles of Organization that become necessary. We also are required to file a federal tax return. Because we have non-profit status, low cash flow, and no employees this is merely another single page form with just a few check-off blocks and we only have to do it every 3 years. In practice, the Treasurer (Pam) filed this return most recently when the Clerk position was vacant. Our bylaws carry through a requirement of Massachusetts law that the Clerk must be a resident of Massachusetts. The Massachusetts law technically makes this unnecessary as we can have a non-resident Clerk if we designate a resident agent. Our bylaws avoid this complication by requiring the Clerk to be a Massachusetts resident. Emmett Halpin is the current Clerk.

The Secretary is responsible for publishing notices of meetings, generating meeting minutes, and, in general, documenting board activities. As mentioned previously most board activity is done through e-mail now and is essentially self-documented. At present, Kathy Ahern is the Secretary (and is also the senior Board member).

Per our bylaws, no one person may hold more than one Board position. For example, Emmett cannot be Clerk and Treasurer at the same time. However, there is nothing preventing a Board member from having one of the other non-Board level volunteer positions. Again, to use Emmett as an example he is both Clerk and Membership Coordinator, and this is entirely proper.

I hope you will look over these descriptions and think about who is doing what, and whether you might want to become involved. Nominations for any Board positions should be sent to myself and we are always open to hearing from new volunteers.

Regards,

Ed Bolton
President, North Shore Cyclists
603-382-6989
ebolton@tllc.net
41 Maple Ave.
Newton NH 03858

Tony Wins Beer

Most people thought my wager with Tony was for a turnout of 300. That was not the case(sic). All he had to do was better last year's performance. I'm pleased to announce that (by my observation at least) he accomplished the goal.

A total of 283 riders over two beautiful days. No crashes and minimal mechanical troubles made for a fantastic weekend.

Tony will get his Rolling Rock at the Nov. 3 banquet.

-Ed Bolton
President, NSC

Sundays on the Road

September 2 Flattest Metric in the West

Who: Jimmy White, jdwhite@mathbox.com, 978-689-9847

Where: Great Brook Farm, Carlisle

When: 9:00 for 62 miles, 10:00 for 35 miles

How to get there: From Rte. 495: Take Rte. 495 S to Exit 35A Rte. 3 S, follow Rte. 3 S to EXIT 28, Treble Cove Rd (see EXIT 28)

From Rte. 128 (I-95): Take Rte. 128 S to Rte. 3 N, follow Rte. 3 N to EXIT 28 - Treble Cove Road. From Rte. 3 EXIT 28: Turn R off Exit 28 (Carlisle) & follow Treble Cove Road for 1.1 mile, crossing Rte. 4 at 1.0 M, and turn R on WEST ST. Follow WEST ST for 2.3 Miles (becomes North St @ Rangeway X) to Great Brook Farm, unpaved parking lot on right. If lot becomes full, go to the lot on Lowell St. right turn 1/3 mile up. What to expect: Return of a ride started by Mike Wheeler with a new start at the Great Brook Farm in Carlisle. The rides ramble thru the Concord, Groton, & Dunstable areas. Bring your climbing legs for this one! A lite picnic will be served and there are 56 flavors at the farm's famous ice cream parlor.

September 3 Show & Go

Leader: Anyone who wants to lead this ride please contact Eric 603-580-1010

Location: Centerville School, Beverly

Time & Distance: 9:00 for distance to be determined by riders or ride leader

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.

September 9 Going North Two

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

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

When: 9:00 for 55 miles, 10:00 for 35 & 25 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. All loops go through Philips Exeter Academy in Exeter, N.H. and the long loop going through the University of New Hampshire in Durham. Arrows and cue sheets. Food and refreshments after the ride. Bring lawn chairs.

September 16 Tour of the Merrimack

Who: Eric Shaktman (603) 580-1010 ericnsc@mediaone.net

Where: Northeast (Aries) Sports, Newbury

When: 10:00 for 25 & 50 miles

How to get there: From Rte. 95, take the Rte. 113 exit into Newburyport. Right turn at 2nd light. 3rd light take right Rte. 1 S 1 mile. Northeast (Aries) Sports is on right. Arrows and cue sheets. Refreshments after the ride

What to expect: Scenic tour of the Merrimacs. The 25 mile ride will be mostly flat while the 50 will be varying.

September 23 Some More Cheese with your Whine

Who: Pam Houck 978-388-2986 masstriathelete@earthlink.net

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

When: 9:00 for 65 and 55 miles, 10:00 for 25 and 35 miles

How to get there: Rte. 95 to exit 58 for Rte. 100 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 loops go through scenic back roads some beautiful farm country of southern New Hampshire. The long loop goes up to Durham, NH. The loops will have some hills, which could not be helped. Arrows and cue sheet. After ride snacks.

September 30 Steve and Emmett's Excellent and Easy Ride

Who: Steve Zaya 781-245-3019 and Emmett Halpin 781-246-5268

Where: Ipswich River Park, North Reading

When: 9:30 37 and 22 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, go around the rotary to Haverhill St. (Nat'l Guard Camp on the right). Follow Haverhill St. about 3 miles, turn left on Chestnut, 1/2 mile to right on Central St. and the park. From Rte. 62, Central St. is 1/2 mile west of North Reading Center at the Haverhill St. crossing. Take a left onto Central and to the park.

What to expect: We want to show you some roads rarely traveled by the club. The ride will take you through N. Reading, Reading, Wakefield, Saugus, Lynnfield and N. Andover. Elements of the NSC Tuesday and Thursday evening rides are incorporated in this ride. Need I say, "Bring your appetite! Of course, "Dot on the Spot" will be there to make your sandwiches.

October 7 Apple Harvest Ride Who: Ed Bolton 603-382-6989 60/30 Miles What to expect: Ride to Applecrest Farm Orchards in Hampton Falls, NH for the Applecrest Harvest Festival. Arrows and cue sheets.

Oct. 14 Jeff Turpel/Jack Ferguson from Haverhill. Oct 21 Frank Roberts/Phoebe Johnson TBA Oct. 28 Mike Habich from N. Reading. Then Mountain Biking! Banquet is Nov. 3, see you there!

Weekly Ride Schedule

These rides happen every week subject to weather. Call a ride leader if uncertain.

Saturday

Masconomet Regional High School, Boxford. In September, the Saturday crew goes on holiday to ride centuries. Rides resume October 8 at 9:00 AM Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and 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).

Monday

Topsfield Plaza, Topsfield. 6:00 PM. Start time changes to 5:00 PM September 24. Leader: Dianalyn Sirota 978-255-1774 kidkoop@aol.com & Paula Bossone Gregio@aol.com

Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15--a social paced ride. Focus is on having a good time. New members encouraged to attend.

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

Batchelder School, North Reading. 6:00 PM. Start time changes to 5:00 PM September 25. Leaders: Lori Balboni 978-685-1859, and Jimmy White 978-689-9847 jdwhite@mathbox.com (thru the summer). Rolling hills. Arrowed, map. Ride lengths 15 & 25 miles. Average speeds 14-18. Note: If you show up early, don't confuse this with the CCB ride leaving from the same location...you might get more than you bargained for! 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.

Wednesday

Topsfield Plaza, Topsfield. 6:00 PM. Start time changes to 5:00 PM September 18. Leaders: Eric Shaktman (603) 580-1010 ericnsc@netway.com & Marie Doyle (978) 777-4455. Average pace for these 18-35 mile rides ranges from 15-21 mph; multiple groups, including 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

LAST THURSDAY RIDE FOR 2001 IS AUGUST 30 6:00 PM. Wakefield Center. Co-leaders: Emmett Halpin (781) 246-5268 emmetthalpin@mediaone.net and Steve Winslow (781) 397-6893. Beginner, intermediate. Leisurely ride, 10-13 mph. Less than 20 miles. This is a joint ride with Bike-to-the-Sea. The focus is on cycling in a group. Cue sheet. Directions: Rte 128 to Exit 40. Follow Rte 129 south (Wakefield) to the south end of the lake. Meet at or near the gazebo.

New Members

The NSC welcomes:

Carol Cohee and Frank Corvino - Lynnfield
Jonathan Jost - Kensington, NH
Jane Graffum - Wakefield
Claudette Wile - Newburyport
Jim and Janet Breen - Byfield
Bill Davis - Haverhill
Andrzej and Eva Brzezinski - Lynnfield
Stephen Viegas - Reading
Mike and Robin Markowski - Saugus

Membership News

Hey kids! Aren't you glad the "dog days" of August are past? I, for one, will not miss them. In fact my favorite month of the year is coming up. It's "Septober", you know, the last two weeks of September and the first two of October. This is the time of year to ride, with warm days and cool evenings, its a great way to enjoy New England. What better time than now to recruit new members! After August 1st of each year, new members to the club not only get the rest of the current year for membership, they get the next year, too! Wow, so if your friends and loved ones joined on 8/1/01, their membership runs through 4/1/03. All this and they will be able to attend this year's banquet! Membership in the club is holding steady at about 250 but we can do better.

In other news, the sand dunes of Haverhill St., Reading, MA have been removed making it safer for all riders. Too bad the town waited until the month of August to sweep the streets. My repeated calls in June do not seem to have made a difference. Anyway, that is my "rant" for the month.

That ringing in your ears may not have been your imagination but wedding bells! Within the last year six individual NSC members became three family members. They are Peter McCann and Carol Homiak, Lori Balboni and Bob Moccaldi and Janine Nevano and Mark Roberge. I certainly hope it's true love and not the membership savings! (just kidding).

Ride safely,
Emmett

Heads Up for the Annual NSC Banquet

The annual banquet will be held Nov. 3 this year at the Lyceum in Salem, Massachusetts. More details will be in the October newsletter.

Last year we overloaded the Lyceum. We hate to turn people away, but this year we must limit the number of attendees to 100. When the details are announced next month, act on it quickly to reserve your seat. Based on participation at events this year and the usual strong turnout for the banquet, we expect more than 100 will want to attend.

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 \$15 Family \$20 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, costs, 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, keep their bikes in good working order and ride defensively.

North Shore Cyclists
c/o Emmett Halpin
541 Lowell Street
Wakefield, MA 01880

Extra E-Newsletter Page

From Lenny Sullivan's Sunoco Gas Station disposable camera...



Lenny Sullivan at the top of Appalachian Gap....And refuels before Middlebury



When the grade is 12%, it's always a welcome sign when the truck on the wedge is heading down

"OK, it's solar powered so we don't need any wires. But how do we teach the cows to push the walk button?"



Paula Bossone, Rita, and Al Savageau at the Blazing Saddles Century. Jimmy White photo.



Jeff Turpel and Ed Bolton at the Blazing Saddles Century. Jimmy White photo.