



The North Shore Cyclists Newsletter

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September 2002

Steve, Phil & Emmett's Excellent and Easy Ride!

We finally took the plunge. We are combining cycling advocacy with our favorite social cycling club, our own beloved North Shore Cyclists. Steve Zaya, Phil Posner and Emmett Halpin comprise three-quarters of the Wakefield Cycling Committee and are active NSC'ers. We are presenting **Steve, Phil & Emmett's Excellent and Easy Ride** as the club ride for September 22. The long ride of approximately 30 miles will encompass the five communities that make up the North Suburban Regional Bicycle Transportation Plan (NSRBTP). The communities included in this plan are Wakefield, Lynnfield, N. Reading, Wilmington, and Reading. The NSRBTP envisions connecting these five communities with safe cycling routes to their Mass-Transit hubs as well as points of interest within the towns. Connecting with other bikeways included in the East Coast Greenway plan is another goal of this project.

Bob Rodgers, N. Reading's Town Planner, is the lead man for this project. He can provide you with contact information for those of you who want to become involved with this project within your own town. He heads a committee that includes officials from the five towns. He can be reached at brodgers@ttlc.net or 978.664.6050.

Come join us, there will be cookies for all!

Ride safely,

-Emmett



Easier Riding North of Boston

Lets say you live in North Reading and work in Boston. This probably describes a lot of North Shore people, cyclists and otherwise. Wouldn't it be great to be able to cycle in safety a short distance from your home to a train station, have decent bike parking there, and be carried into the city on the train while reading a paper and drinking coffee? In nice weather, or when time allows, you could ride to a more distant train station to get some more miles. This scenario could be the result for many people if all the goals of the North Suburban Regional Bicycle Transportation Plan (NSRBTP) are met. I heartily endorse these goals and urge NSC members to attend **Steve, Phil & Emmett's Excellent and Easy Ride** on September 22 as a show of support for their work.

The Blazing Saddles Century is upon us, just barely in the future as I write this. T-shirt sales are good; pre-registrations are good; so we're hoping for a 'slammer'. See you there.

Paula has reminded me our banquet will be held November 2 at the Lyceum in Salem. As usual, proceeds from the Century will fund a portion of the banquet. We will have more information including cost in a coming newsletter after the century. The banquet always has a great turnout and will probably sell out. Be prepared.

Another approaching date is our annual meeting in October. The exact date at this point is TBD, but it will be in October. Contact me if you wish to run for any of the club's elected positions (including mine), or if you have an issue for the meeting agenda. Full details will be in the October newsletter.

I'm happy to report that my run for Governor of Massachusetts is going well. I have several votes promised to me as of this writing. To cinch the election I plan on having it moved to Florida, where I have several family members who can contribute 300-400 more votes. Bike commuting into Boston will be a breeze with a State Police escort. I'll probably drive from NH to Topsfield and ride to the State House from there.

Finally, remember we are still looking for stories. How did you start cycling and find the NSC? Describe your best ride ever, or your worst. The worst ones sometimes make the best stories. Send them to me.

-Ed Bolton
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Pedros 2002

2002 Pedro's-Harpoon Mountain Bike Adventure Series is Presented by MetroSports Magazine and the New England Mountain Bike Association.

Come ride on great trails and support good causes! Each Pedro's-Harpoon MTB Adventure Ride will allow you to follow marked courses at your own pace. There will be lots of prizes, and best of all Harpoon will be hosting a post-Adventure party at a local pub after each event! The cost will be \$10 per ride, \$3 for members of the New England Mountain Bike Association and free to anyone who joins NEMBA at that event. All money raised will benefit a charity or go directly back to the trails!

Sep. 8 White Mtns NH, Location to be announced

Oct. 20 Great Brook Farm SP, Carlisle MA

For more info on these upcoming MTB rides go to the web site:
<http://www.mtbadventureseries.org/>

-Forwarded by Lenny Sullivan

Northern Vermont Labor Day Getaway

Enjoy 3 days of bicycling through the quiet, bucolic countryside of Vermont's Northeast Kingdom Aug. 30 - Sept. 2. Rides of approx. 30-65 mi. each day. Stay in a charming B&B overlooking spectacular, idyllic Lake Willoughby. Low gears and helmets strongly recommended. Cost of \$190 per person (double occupancy) includes 3 nights lodging, 3 hearty breakfasts, 2 multi-course dinners, happy hour snacks, maps, cue sheets, and access to canoes on the lake. Leaders Robin & Bill Inman (781) 324-8826 before 9:00 pm; rock-rob@att.net).

-Robin Inman

New Members

The NSC welcomes:

Bill & Marian Siegel - Beverly
Richard Montgomery - Magnolia
Edward J Boudreau - Danvers
Ryan Preczewski - Salem
Marshall Mazzarella - Lynnfield
James Champoux - Newburyport

Downeast Maine Sept. 24-29

Enjoy the scenic Maine coast in early fall. We'll meet in Portland on Tuesday night, then take three days to ride to Bar Harbor, with overnight stops in Wiscasset and Belfast enroute. Some highlights along the way include LL Bean, Moody's Diner, Camden Harbor and Penobscot Bay/Fort Knox. Then we'll have two days to enjoy one of the most beautiful bicycling places I've ever been to -- Acadia National Park, with its wonderful scenery of mountains and ocean. In addition to road cycling, other Acadia options include renting mountain bikes for the carriage trails, and hiking. First three days average about 60 miles/day, staying off of Rt. 1 wherever feasible. Acadia options are up to about 65 miles. Mostly flat to rolling terrain, with some hills. Optional: Cycle to the top of 1,530 foot Cadillac Mt., the highest point on the U.S. east coast. Trip fee of \$450 includes five nights hotel/motel lodging, five days lunch food, some breakfasts, sag van support, return transportation from Bar Harbor to Portland on Sunday, T-shirt, and maps and cue sheets. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com. Co-leaders, Jack Vergados, 508-799-0377, Mike Barry, 781-762-2784. Sponsoring club: Charles River Wheelmen

-Arnold Nadler

Cadillac Challenge Century

I'm planning on heading downeast this year for the tenth annual Cadillac Challenge Century on October 6, and am thinking there are other NSC'ers who may be interested in doing the ride. This is a Maine Freewheelers event on Mount Desert Island, about 6 hours by car from the Massachusetts-NH border. It's supposed to be one of the most scenic century rides in the USA, and based on my familiarity with the area I do not doubt that it is.

I've not yet ridden this event. The ride itself is likely to be difficult, as is the White Mountain Century or Climb to the Clouds. Unlike the WMC, there are metric and quarter century options. Like the WMC, you have one monster climb near the end- Cadillac Mountain in this case- then a lot of coasting to the finish. Unlike the WMC, you can skip the big climb and still get to the end if you're fried after 85 miles. And if the free island busses still run up there in October, they will make excellent self-service sag vehicles.

The Cadillac summit road goes up about 1500 feet in 3.5 miles. I've ridden this on my 35+ pound MTB. It's a respectable climb but it's not as hard as the Kanc. I'd rate it a little tougher than Wachusett. The rest of the ride may sum up to be tougher, like the CttC before and after Wachusett. I expect short, steep uphill, long gradual uphill, long steep uphill, and possibly a few downhill. The organizers claim 6000' of climbing over the full century route. That's about the same as the WMC and a little more than CttC.

My plan is to go up Saturday the 5th and come back Monday the 7th. I'll either have the truck in which I can take one passenger and extra bike inside in relative comfort or the minivan, which can take 4 bikes on the roof, the equivalent number of people inside, and offers greater economy. An early enough start on Saturday would allow time for a no-perspiration, muscle-loosening ride on the Acadia carriage roads for those who also bring or rent an MTB. On Monday, if people still have the urge to climb, we can swing by Camden and ride up Mount Battie.

If I'm going myself I'll probably camp at the National Park Campground. If I have company, I'll find us a place to stay with beds and hot showers. Call or e-mail me if interested.

Links:

The event web page:

<http://maineweb.com/freewheelers/caddilac.html>

Cycling perspective on MDI and Acadia:

<http://members.ttlc.net/~ebolton/mdi.html>

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



Maybe Next Time I'll Learn

In July some of us rode in the Emmaus Inc., Cycle for Shelter Century fundraiser. Nine of us started at 8:00 AM. I had an equipment failure and another rider got a flat, so it took us an hour to do the first ten miles. Two of the riders got impatient with the pace and continued on their own. The seven that were left stayed together for the remainder of the trip.

We started at the Northern Essex Community College in Haverhill and followed the Merrimac River to Amesbury. From there, we traveled to Salisbury Beach and then along the coast up to North Hampton, NH. We turned inland and went to Exeter, Kingston and Newton before returning to Amesbury for the fifty-mile rest stop. We crossed the Merrimack and went south through Newbury, Rowley, Ipswich, Boxford and Georgetown before finishing where we started.

The weather in the morning was perfect for biking; cool, dry and just a slight breeze. The toughest part for me was the thirty-six miles between the fifty-mile stop and the next stop in Boxford. It had gotten warm by that time and my feet hurt so much I was reminded of some marches in the Army thirty-five years ago.

There was a serious spill in another group of riders. One person fractured some ribs and got a concussion. A rider who had been in that group was recounting the accident to us at the mile 86 rest stop. We realized from his tale that he had caused the fall.

According to my odometer, we traveled 101.6 miles in five hours and fifty-two minutes. Besides a great deal of personal satisfaction, I had a T-shirt and tired muscles to show for my effort.

The organizers had a cookout at the end of the ride. They had plenty of carbohydrate packed food; pasta salad, potato salad and coleslaw. They also had hotdogs, hamburgers and cookies. Did I refuel on the carbo's? Of course not! I had hotdogs, hamburgers and cookies and washed those down with soda, not water. I felt terrible until late Monday and was too tired to do even a recovery ride. Maybe next time I'll learn.

See you on the road, **Hozz**

(Hozz is GERARD HOSMAN in polite society)

Big Brothers

Big Brothers Big Sisters of Greater Lowell services much of Northern Middlesex County. The agency is a sponsor of this year's Rodman Ride For Kids, www.rodmanrideforkids.org. We are looking for local clubs that may be interested in participating as part of our agency. The ride is September 14th. The riders are asked for pledges for distances of 25, 50 and 100 miles.

Big Brothers Big Sisters has been operating in the area since 1975. Many children have benefited from a mentor in their life, we want to help every child who wants and needs a "big". You can check out our site at www.becomeabig.com

Our hope is some North Shore Cyclists will be interested in helping, please let me know if you think that is possible.

Thank You,
Ken Lazarus
Executive Director
Big Brothers Big Sisters of Greater Lowell
978-453-9339

On The Road

September 1 Ride-Swim Biathlon

Who: Pam Houck (978-388-2986) masstriathlete@earthlink.net

Where: Lake Gardner, Amesbury, MA

When: 9:00 for 65 miles 10:00 for 24, 40 miles

How to get there: From Route 95 North or South, take exit 58B for Route 110 Amesbury. At the first light take a right on Elm St.. At center of town, the lamp post rotary, go straight up the hill, which is High St. About .5 mile, on the right, is Lake Gardner. Pull into the parking lot. From Route 495, take exit 54 for Route 150 Amesbury. Go right at the end of the ramp. Go through 2 lights, into the center of town. Take the 3rd right going around the lamp post rotary which is High St. About .5 mile, on the right, is Lake Gardner. Pull into the parking lot. Note the sign for Lake Gardner is hard to see because of the gray fence. If you go over a bridge, you have gone to far.

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. After the ride go for a swim in Lake Gardner. Cue sheets, arrows, post ride refreshments.

September 2 Show & Go

Leader: Anyone who wants to lead this ride please contact Eric 978-463-9632

Location: Topsfield Plaza, Topsfield

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

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.

September 8 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 15 Sarah's New Ride

Who: Sarah Weaver 978-664-1370 svw@attbi.com

Where: Ipswich River Park, North Reading

When: 9:30 for 54 miles; 10:00 for 35 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: Serene back roads, farmstands, and lakes of the northern burbs. Enjoy lunch at Ingaldsby Farm and commune with the goats and piggies. We'll explore some less-traveled routes along with scenic favorites. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles, so bring enough snacks to keep you going.

September 22 Steve, Phil and Emmett's Excellent and Easy Ride

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

Where: Crystal Warehouse, 134 Rear Water St. (Route 129), Wakefield, MA

When: 9:30 for 30 miles, 10:00 for 19 & 13 miles.

How to get there: Exit 41 off Rte. 95 Straight to Water St. (Route 129), Left onto Water St. Over the RR tracks, 2nd driveway into the Robie Industrial Park.

What to expect: Come join Steve, Phil and Emmett on their ride through the five towns that make up the North Suburban Regional Bicycle Transportation Plan. The towns are Wakefield, Lynnfield, N. Reading, Wilmington and Reading. The long route is approximately 30 miles in length and passes through all five towns. The medium route is 19 miles and covers four of the towns (Wilmington excluded). The short route of 13 miles passes through the towns of Wakefield and Lynnfield.

September 29 '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.

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, Treble Cove Rd.: Turn right 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.

Weekly Ride Schedule

These rides occur each week as listed. Non-members are always welcome.

Monday

Topsfield Plaza, Topsfield. starts at 6:30 PM up until August 12. From August 19 on, starts at 6:00. Leaders Paula Bossone (978)-887-0688 paulajbossone@attbi.com and Dianalyn Sirota. The route was arrowed last year and there are always riders available that know the way.

Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15-20 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. Starts at 6:30 PM thru August 13. Starts at 6:00 from August 20. Leader: Jimmy White (978) 689-9847 jdwhite@mathbox.com, Peter McCann (781)-213-2204 mccann_peter@yahoo.com, and Lori Balboni

Rolling hills. Arrowed, map. Ride length options of 15 & 25 miles. Average speeds 12-19. Tuesday is a great night to try an NSC ride!

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. Starts at 6:30 PM thru August 14. Starts at 6:00 from August 21. 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, 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.

Thursday

Wakefield Center. Start time 6:00 PM in August. Last ride for season is August 29. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@attbi.com 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-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.

Saturday Road Rides

Note: Saturday rides are suspended in September as the Saturday regulars are off doing Centuries.

Masconomet Regional High School, Boxford. Start time 8:30 thru the summer. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net.

We'll ride about 40-60+ 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).

NSC Clothing

We ordered a small inventory to come with the pre-ordered clothing. To get outfitted, you can contact Eric Shaktman for availability and to get an order form. The order form is also available on the NSC web site (<http://www.astseals.com/nsc>). When the new clothing comes in, we will place it in shops also as in the past. Details will be available. 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.

Download Your Newsletter

Get it earlier, make less stapling and mailing for your friends, and print out as many copies as you want. From time to time there may be extra content in it as well. Let Emmett know you are downloading, then subscribe to the E-mail list. A notice goes out when it's ready and you can download it any time.

October 2002
Newsletter:
Deadline is 09/10/02
Mail date 09/23/02

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@tlc.net

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

Roadside Archeology

On a ride around Rowley and Newbury



Near the Newbury green. Probably an old mile marker– 37 miles to Boston.



On the Monday Night ride route. Early people of the area obviously created this likeness of an ancient astronaut who they believed to be the god of the Coleman Road hill.



Andy Masia pointed this one out. We believe it means the wistle is repairable.