



# BIKE BITS

## NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0509

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

September 2005

### PRESIDENTS REMARKS

Well, the 2005 North Shore Cyclists Blazing Saddles Century has come to a close without an incident and with a turnout of over 300 people! I would like to send a big THANK YOU to all of the people that made it happen. Without them we'd have no food, water, porta-potties or a place to hold the event. And thanks go to Mother Nature who blessed us with a great day which was, thankfully, no where near as HOT and HUMID as last year. Honorable mentions also go to Dave Smith, owner of the Bicycle Shop of Topsfield, who is always there to ensure our bikes are safe and sound and ready to go the distance, and to the massage therapists, Jeffrey Dooling and Christina Brown, who helped soothe the sore muscles of many a weary rider.

I heard no reports of injuries or breakdowns other than some flat tires and Ellen's new bike running like an automatic instead of a stick shift (a new crank solved that problem?). All in all the comments were very positive and everyone seemed to have a great time. With your help and determination we can have another stellar performance in 2006; hopefully better!

On another note, look for details regarding a September/October meeting, and the annual banquet is on November 4<sup>th</sup> this year. Until next month...

*Howard*

### WHO'S WHO

President - Howard Wack (978) 887-6338  
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### MARK YOUR CALENDAR!

The NSC will be having its fall meeting and elections at 7:00pm on Friday, September 30, 2005 at Calitris Restaurant on Route 1 South in Peabody, MA. The NSC will also be holding its annual banquet at the Lycium in Salem, MA on Saturday, November 5, 2005 starting at 6:30pm.

**ALL ARE ENCOURAGED TO ATTEND!**

## SPECIAL EVENTS

CRW Nautical Tour of NH/ME, September 9<sup>th</sup>-18<sup>th</sup>  
CCB Road Race, Topsfield, MA, September 10<sup>th</sup>  
Nashoba Valley Pedalers Fall Century, September 10<sup>th</sup>  
Flattest Century in the East, September 11<sup>th</sup> (filled)  
CRW Fall Century, September 18<sup>th</sup>  
GSW Tri-State Seacoast Century, September 24<sup>th</sup>&25<sup>th</sup>  
Hub on Wheels, Franklin Park Zoo, September 25<sup>th</sup>  
Major Taylor Century, October 2<sup>nd</sup>

## NEWSLETTER CONTRIBUTIONS

Please send any articles of interest or suggestions to:  
Howard Wack  
[meandew@comcast.net](mailto:meandew@comcast.net)  
175 Haverhill Road  
Topsfield, MA 01983

## WELCOME NEW MEMBERS!

Joanne Samuels - Portsmouth, NH  
Richard Bowen - Portsmouth, NH  
Michelle Mc Dermott - Dracut  
Kevin O'Brien - Stoneham  
Richard Seltnerich - Ipswich  
Harland Robinson - Melrose  
Jim Nally - Reading  
Chris Brown - Windham, NH  
Dom Jorge - Marblehead  
David Palmacci - Melrose  
Timothy Miles - Georgetown

## HELP WANTED!!!

WE DESPERATELY NEED SOMEONE TO  
TAKE CHARGE OF OUR ADVERTISING  
AND MARKETING. PLEASE CONTACT ME  
ASAP IF YOU CAN HELP! THANK YOU!

*Howard*

## THE STRAIGHT AND ARROW

We have ridden so many rides that we often take for granted the time and effort that goes into leading a ride. For many this is reason for not leading a ride. I mean, really, you have to decide where to ride, how far to ride, where to start, when to start, when to paint and what arrow to use. Then there's the BBQ issue; to have or have not? For others it's a time to express their creativity and longing for something different.

So, when and where do you put the arrows? Since most people arrow from their cars the obvious choice would be on the shoulder of the rode near the white line. But therein lays one of the problems. It's hard to envision when to put an arrow because of the depth perception factor of cars vs. bikes. I've seen this many a time and I'm guilty of it as well. You're approaching an intersection on a downhill doing 20mph and don't see an arrow so you slow down, which also causes the people you're riding with to slow down. Then you see the arrow at the intersection, so you have to speed up again. It seems like a simple concept but it isn't. The person doing the arrowing has to contend with traffic, people, weather, road conditions, government officials, and, as in my case, the nozzle of the spray can popping off and getting paint all over my hand. That's why you see arrows all over the place and in a variety of sizes. Here's what I've heard to be acceptable:

- ✓ Use white chalk paint (although the lime green ones we see look great and seem to last a while).
- ✓ Paint an arrow no larger than 8"x8"; the less conspicuous the better as far as the towns go.
- ✓ Use 2 arrows before a turn and 1 after the turn, giving plenty of advance warning on downhills.
- ✓ When in doubt add another arrow.
- ✓ Drive the route when you're done to reevaluate.
- ✓ Better to arrow from a bike than a car.
- ✓ Put arrows where they won't be in the shade at the time of the ride.
- ✓ Don't arrow under where cars park for church on Sunday.
- ✓ Think like a biker and be careful!

*Howard*

## WEEKLY RIDE SCHEDULE

These rides occur each week as listed during the road season. They will be back in the spring. Non-members are always welcome on all NSC rides.

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**Monday \*\*\* Starts August 22, 6:00PM \*\*\***

**Topsfield Plaza**, Topsfield. Leaders: Paula Bossone (978)-887-0688 [paulajbossone@comcast.net](mailto:paulajbossone@comcast.net) and Dianalyn Sirota. There are always riders available that know the way. **Please note there's a new route!!!**

Beginner & intermediate, 15, 20, 23 & 27 mile loops with hill options. Average speeds around 14-18 mph-a social paced ride. Focus is on having a good time. New members encouraged to attend. 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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**Tuesday \*\*\* Starts 6:00PM through September\*\*\***

**New Start Location** is **Union Congregational Church**, N. Andover. Leader: Jimmy White (978) 689-9847 [jwhite.2@netzero.com](mailto:jwhite.2@netzero.com), Peter McCann (781) 245-8115 [mccann\\_peter@yahoo.com](mailto:mccann_peter@yahoo.com)

This location is only 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; take 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 \*\*\* Starts August 17, 6:00 PM \*\*\***

**Topsfield Plaza**, Topsfield. Leaders: Eric Shaktman (603) 580-1010 [ericnsc@verizon.net](mailto:ericnsc@verizon.net) & 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.

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**Thursday \*\*\* August 1st starts at 6:00 PM \*\*\***

**Wakefield Center**, Wakefield. Leaders: Tom Keane [huknpuf@aol.com](mailto:huknpuf@aol.com) 781-477-0834 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 go throughout the year as long as the roads are rideable. There is no fixed route. They may follow old Sunday ride arrows or go somewhere of interest to the leaders or other participants. Rain, snow cancels.**

Masconomet Regional High School, Boxford. Start time 9:00am mid September through mid November. Leaders: Mike Habich (978) 664-0187 [mhabich@astseals.com](mailto:mhabich@astseals.com) and Jeff Turpel (978) 356-6241 [jaturpel@verizon.net](mailto:jaturpel@verizon.net). Maps? Cue sheets? Arrows? Nope. Directions to Masco: From Route 95 take Exit 51 (Endicott St) east towards Topsfield. The school is 1/4 mile on right. The ride leaves from the parking lot (at the far end from I-95).

## UP AND COMING RIDES

### September 4<sup>th</sup> - Salt Marsh Tour

**Who:** Gordon Harris [Gordon@bikenewengland.com](mailto:Gordon@bikenewengland.com) 978-312-1006 or 413-822-5071

**Where:** Ipswich downtown central parking lot behind Market Street stores

**When:** 9:00 for 35 or 45 miles

**Directions:** Take Ipswich Rd. toward Ipswich from Rt. 1 in Topsfield; as you enter downtown Ipswich cross R/R tracks, go left on Depot Square and bear right around the back of the downtown stores; parking lot is on the right before Rt. 1A/133

**What to expect:** Easy loop along 1A and back roads to Newburyport, Byfield and Rowley; cue sheets, arrows, maps at [www.bikenewengland.com](http://www.bikenewengland.com) and at start of ride; post-ride pool party with refreshments only at Gordon & Deb's house; 17 Mill Road, Ipswich

### Monday, September 5<sup>th</sup> - Labor Day Show & Go

**Where:** Montserrat RR Station

**When:** 9:30 for all rides

**Directions:** Rt. 128 to exit 18 (Rt. 22); Rt. 22 south 1 mile; RR station is on the right.

**What to expect:** Show & Go format. Distance & direction determined by participants.

### Saturday, September 10<sup>th</sup> - CCB Road Race

**Who:** Please contact Mike Zagachin at [lmzagachin@verizon.net](mailto:lmzagachin@verizon.net) if you'd like to volunteer to marshal.

**Where:** River Road, Topsfield, MA Info at [www.ccb racing.com](http://www.ccb racing.com)

**When:** Cat 4/5 at 8:15; Cat 1/2/3/Pro at 9:45

### September 11<sup>th</sup> - Minuteman Ride

**Who:** Jim White [jdwhite.2@netzero.net](mailto:jdwhite.2@netzero.net) 978-689-9847

**Where:** Greater Lawrence Vocational High School, Lawrence, MA

**When:** 9:30 for 62 and 10:00 for 25 or 45 miles

**Directions:** I-93 N, Exit 45 River Road (1st exit north of I-495), Left at 1st set of lights onto River Road, left at 3rd set of lights into school parking. I-93N is Exit 40B off I-495.

**What to expect:** Twisty, scenic ride through Andover/Tewksbury areas; moderate hills; express route to Concord; refreshments following the ride.

### September 18<sup>th</sup> - Tour of the Merrimack

**Who:** Eric Shaktman [ericnsc@verizon.net](mailto:ericnsc@verizon.net) 978-948-7156

**Where:** Cushing Park, Newburyport, MA

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

**Directions:** From I-95 take exit 57 (Rt. 113 East) Go about 2 miles and turn left onto Kent St; parking lot is 2 blocks on the right; From Rt. 1 take Merrimack/Water St. west 0.3 miles to Kent St (gas); go left up a few blocks; park is on left.

**What to expect:** Scenic tour of the Merrimack River; the 25 mile loop is fairly flat; the 50 mile loop is varying.

### September 25<sup>th</sup> - North to Newburyport

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

**Where:** Hamilton, MA Commuter Rail Station where RR tracks cross Rt. 1A in Hamilton

**When:** 10:00 for 55 miles; 10:30 for 30 or 40 miles

**Directions:** Route 128 to exit 20 (Rt. 1A north); Go about 3 miles to the RR station parking lot; parking on right side of 1A adjacent to a small shopping center.

**What to expect:** Lots of quiet North Shore roads; long route goes to Newburyport; shorter route turns off in Georgetown or West Ipswich; maybe a few fall colors.

### Saturday, October 1<sup>st</sup> - Fit or Fat Ride ( MTB Season Opener )

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

**Where:** Topsfield Town Beach

**When:** 10:00 for an easy paced 10-15 mile ride

**Directions:** Route 95 to exit 53A; parking is just past Mobil gas on your left; Route 1 to Route 97N; go about 2 miles; parking is on the right just before Mobil gas.

**What to expect:** Easy pre-season ride through Willowdale for all levels; should be some good color; food & drinks at our house (0.2 mile ride) after.

## LACTATE THRESHOLD (PART 2)

With permission, this is excerpted from a series of articles written by Exercise Physiologist Dr. Stephen Seiler. Visit his website at <http://home.hia.no/~stephens/exphys.htm>

**Performance Implications:** Lactic Acid production is not all bad. If we could not produce lactate, our ability to perform brief high intensity exercise would be almost eliminated. However, as I am sure you are aware, lactic acid is the demon of the endurance athlete. Cellular accumulation of the protons (increased acidity) that dissociate from lactate results in inhibition of muscle contraction. Blame those heavy legs on the protons! The bottom line is that exercise intensities above the OBLA point can only be sustained for a few minutes to perhaps one hour depending on how high the workload is above the intensity at OBLA. Exercise at or below this intensity may be sustainable for hours. The causes of fatigue at these sub-LT intensities include carbohydrate depletion and dehydration.

### Factors that Influence the Rate of Lactate Accumulation in the body

- **Absolute Exercise Intensity-** for reasons mentioned above.
- **Training Status of Active Muscles-** Higher mitochondrial volume improves capacity for oxidative metabolism at high glycolytic flux rates. Additionally, improved fatty acid oxidation capacity results in decreased glucose utilization at submaximal exercise intensities. Fat metabolism proceeds via a different pathway than glucose, and lactic acid is not produced. High capillary density improves both oxygen delivery to the mitochondria and washout of waste products from the active muscles.
- **Fiber Type Composition-** Slow twitch fibers produce less lactate at a given workload than fast twitch fibers, independent of training status.
- **Distribution of Workload -** A large muscle mass working at a moderate intensity will develop less lactate than a small muscle mass working at a high intensity. For example, the rower must learn to effectively distribute force development among the muscles of the legs back and arms, rather than focusing the entire load on the legs, or the upper body.
- **Rate of Blood Lactate Clearance-** With training, blood flow to organs such as the liver and kidneys decreases less at any given exercise workload, due to decreased sympathetic stimulation. This results in increased lactate removal from the circulatory system by these organs.

### Measuring the Lactate Threshold

We have previously discussed the value of high [maximal oxygen consumption](#) for the endurance athlete. A big VO<sub>2</sub> max sets the ceiling for our sustainable work rate. It is a measure of the size of our performance engine. However, the Lactate Threshold greatly influences the actual percentage of that engine power that can be used continuously.

Most of you will never have this measured in a laboratory, but a brief description of a lactate threshold test is still useful, because it will lead us into some specific applications for your racing and training. The test consists of successive stages of exercise on a treadmill, bicycle ergometer, swimming flume, rowing machine etc. Initially the exercise intensity is about 50- 60% of the VO<sub>2</sub> max. Each stage generally lasts about 5 minutes. Near the end of each stage, heart rate is recorded, oxygen consumption is measured, and a sample of blood is withdrawn, using a needle prick of the finger or earlobe. Using special instrumentation, blood lactate concentration can be determined during the test. After these measurements, the workload is increased and the steps repeated. Through a 6 stage test, we would expect to achieve a distribution of intensities that are below, at and above the intensity of OBLA or the lactate threshold.

ANN DERNICE



# NORTH SHORE CYCLISTS

## NSC APPLICATION FORM

Membership in the North Shore Cyclists (NSC) includes the monthly newsletter, club meeting events, bike shop discounts and a number of other social activities. The NSC is affiliated with the League of American Bicyclists.

Dues (Payable to North Shore Cyclists): Individual \$20 Family \$25 Supporting \$35 Patron \$75

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Optional: E-mail \_\_\_\_\_ Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Include in Membership directory (circle): Yes No

### Release Form

*Notice: The Release Form Is A Contract With Legal Consequences.*

*Please Read It Carefully Before Signing.*

In consideration of being permitted to participate in any way in North Shore Cyclists ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards or traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. Fully understand that (a) Bicycling Activities invoke risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and Dangers may be caused by my own actions, or inaction's, the actions or inaction's of others participating in the Activity, the condition in which the activity takes place, or the negligence of the "release's" named below;
- (c) There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the Activity.
3. Hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless the club, the LAB, their respective administrators, directors, agents, and employees other participants, any sponsors, advertisers, and, if applicable, owners and leases of premises on which the Activity takes place, (each consideration one of the "release's" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "release's" or otherwise, including negligent rescue operations.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurances of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by LAW and agree that if any portion of this agreement is held to be invalid the balance notwithstanding, shall continue in full force and effect.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Parent/Guardian (if rider is under 18): \_\_\_\_\_ Please circle: New Member Renewal Address Change

Please Circle: I can help with: Rides Newsletter Special Events Publicity Map Making  
Other \_\_\_\_\_

Please Circle: Interest: Mountain Biking Road Biking Both Road and Mountain Newsletter Format: Paper Electronic

Mail to: NSC c/o Emmett Halpin, 541 Lowell St., Wakefield MA 01880. If possible mail this whole page to Emmett.

*The North Shore Cyclists strongly recommends that all riders wear helmets, obey the rules of the road, and keep their bikes in good working order and ride defensively.*

NSC  
% Emmett Halpin  
541 Lowell Street  
Wakefield, MA 01880

TO:

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