



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0609

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September 2006

CENTURY UPDATE

WOW! ANOTHER RECORD TURNOUT!!!

Thanks to our century committee and all the volunteers who helped to make this year's Blazing Saddles Century another spectacular event, we have yet another notch in our belt! We had:

- ✓ 141 online registrations
- ✓ 58 mail-in registrations and
- ✓ 217 walk-in registrations

That makes a total of 416 participants in the 2006 Blazing Saddles Century, or 25.7% more than last year! I would like to thank everyone involved in making that happen!

That includes:

- ✓ Route planning and coordination
- ✓ Arrowing
- ✓ Marketing with brochures
- ✓ Setup
- ✓ Rest Stops
- ✓ Food, clothing, parking & facilities management
- ✓ New online registration
- ✓ Our sponsors, Georgetown High School, Clifbar, Hammer Nutrition & Monadnock Water

We couldn't have done it without all of you! Can we do it again next year??? Not without YOU! THANKS!

FALL MEETING

The fall meeting is tentatively scheduled for Thursday, October 26th at 7:00 pm at Calitris on Rt. 1 in Danvers, MA. Annual elections are to be held and all board positions are up for election. If you are interested in a position, please notify the newsletter editor of your intentions no later than September 30th so it can be posted in the October newsletter. For more information please contact any of the Board members.

MARK YOUR CALENDARS Saturday evening, Nov 4th, is the NSC's annual party and will be held at the Lyceum restaurant, Church Street in Salem MA. The cost is yet to be determined, but the club will again be generously subsidizing a portion. This has always been a wonderful evening and all are invited to attend; however, we are limited to 100, so please block the date out soon. More details will be forthcoming. If you have any question, please contact Paula Bossone.

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

WHAT'S INSIDE

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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 II)

Rob finally reached Cuba in April after riding through part of Mexico. Here is the message he sent on a postcard: Hi Guys, The average wage in Cuba is \$10 (U.S.) per month. Therefore most people do not own a car, or even dream about owning a car. Bicycles Rule!! Cuba is a cycling paradise! The country is mostly flat; the traffic is light, (almost non-existent in the South). The locals are friendly the drivers are courteous, the dogs seldom bark and never chase (unlike Mexican dogs!), the views are spectacular and the winds are always at your back! I loved this place! Later, Rob

On 08/27/02 Robbie was in South America and his first message was:

Hi Guys:

Let's see...I rode across Columbia (over three thousand people get kidnapped a year there, roughly ten a day!) and I wasn't one of them. It's a beautiful country. Do you think a guy with a degree in Chemistry could find work there? Ecuador was fantastic—what a wildly diverse country. I got caught in a mudslide in the Amazon rain forest and got terrible altitude sickness in a blizzard at 16,000 ft climbing the highest active volcano on the planet. Cool! Right now I'm in Trujillo, Peru. I just rode through a thousand kilometers of coastal desert. I could really use a cold coke! Unfortunately, most stores do not sell cold drinks. If its 95 outside, the coke they sell is also 95! But after drinking hot water all day, even hot coke tastes good.

I guess football season is starting up again...what are the Pats doing about the quarterback thing? (Editor's note: The Pats traded Drew Bledsoe and kept Tom Brady. The rest you know!)

I should be going; my bike is on the street. Keep in touch, Rob

The next dispatch from our Man of the Great White North was from Chile when he wrote on 11/25/02:

Hi guys, it's far from chilly in Chile! In fact it's freakin' hot! That huge gaping hole in the ozone layer sure isn't helping.

I just rode across the Atacama Desert, the driest place on the planet! There was no shade, no stores, no restaurants, no hotels, no nothing! I stand corrected...there was Lots of Nothing! My guidebook said it has never rained in the city of Calama (it was settled 400 years ago)...so I rode into town and did a little rain dance right there in the main plaza. I figured it was due, and if it did rain, well...I'd be famous! Guess what... it didn't rain, but, hey, not my fault, it hasn't rained in four centuries.

I'm in Santiago right now. Very modern place...McDonalds, Pizza Huts, but alas, no Subway" I could really use a sub!

Stay cool, Later, Rob

Rob had finished over a year of traveling and was still in our hemisphere. His original plan was to tour the world in two years. This goal now appeared in serious doubt as he still had to cross the ocean and travel Africa, Europe and Asia. Next stop, Africa.

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 ***** Starts 6:00 PM *****

Union Congregational Church, N. Reading, MA Leader: Jimmy White (978) 689-9847 jdwhite.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 paceriders 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 ***** Starts 6:00 PM, 5:00 PM beginning September 20th *****

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 pacerline! 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**           **\*\*\* Starts 6:00 PM \*\*\***  
**Bill & Tom's Excellent Bike Ride**

**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 8:30 am, changing to 9:00 mid-September. 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).

## UP COMING ROAD RIDES

### Sunday, September 3<sup>rd</sup> Stone Walls Ride

**Who:** Gordon Harris, (978) 979-6598 [gordon@bikenewengland.com](mailto:gordon@bikenewengland.com)

**Where:** Ipswich downtown parking lot

**When:** 9:00 for 20, 28, 40, 51 or 62 miles.

**Directions:** From I-95, take exit 54B, Rt. 133 east, to Ipswich Center; turn right 1 block before downtown center; Hammatt Street parking lot will be on your left. From Rt. 1 take Ipswich road east towards Ipswich; cross the RR tracks and turn immediate left; the lot will be on your right.

**What to expect:** Ride from Ipswich on back roads past Appleton Farms, through Bradley Palmer State Park, along the Ipswich River and past State forests through Topsfield and Boxford to North Andover with frequent shortcuts for shorter loops. Go to <http://berkshirecycling.tripod.com/index.html> for cue sheets and maps.

### Monday, September 4<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, Billerica, Carlisle & Concord. No big hills. The 54 and 68 mile routes go through Concord Center. Refreshments following the ride.

### Sunday, September 10<sup>th</sup> Picnic in Cushing Park

**Who:** Ann Pernice (978) 373-6647 [darkhorse01835@yahoo.com](mailto:darkhorse01835@yahoo.com) and Pam Houck (978) 388-2986 [pahouck@adelphia.net](mailto:pahouck@adelphia.net)

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

**When:** 9:30 for 30, 40 or 60 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 1/4 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

**What to expect:** This is a remake of the old Picnic at Maudslay Park ride with a new start. The loops go through scenic back roads of the Newbury's, Merrimack, Amesbury and along the Merrimack River. The medium and long routes go along back roads of southern New Hampshire. The long loop is hilly and goes through Exeter. There will be sandwiches and refreshments after the ride in Cushing Park.

### Sunday, September 17<sup>th</sup> Divorce Court Hill Ride

**Who:** Tom Keane [huknpuff@comcast.net](mailto:huknpuff@comcast.net) 781-477-0834

**Where:** South Lynnfield Post Office, Lynnfield, MA

**Directions:** From Route 95/128 take exit 43 (Walnut St) east towards Lynnfield/Wakefield. Take your first left onto Salem Street and follow it about 1 mile. The post office is on your left at the intersection of Summer and Salem Streets.

**When:** 10:00am for 25 and 40 miles

**What to expect:** This is a great short ride that will seem as if you are seeking as many hills in as short a time as possible. There are lots of small stores along the route for refueling.

### Sunday, September 24<sup>th</sup> Tour The Merrimacks

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

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

**When:** 10:00 for 35 or 50 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 1/4 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

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

**MOUNTAIN BIKING BACK IN OCTOBER - STAY TUNED.**

## OTHER SEPTEMBER RIDES

### Saturday, September 9<sup>th</sup> NASHOBA VALLEY PEDALERS FALL CENTURY

**What:** 25, 50, 75 or 100 miles, Wayland Pool, Route 126, Wayland; [www.nvpbike.org](http://www.nvpbike.org)

### Saturday, September 9<sup>th</sup> WHITE MOUNTAIN CENTURY

**What:** 100 miles through the White Mountain National Forest over Bear Notch, Crawford Notch, Franconia Notch, and Kancamagus Pass. [www.cascobaybicycleclub.org](http://www.cascobaybicycleclub.org)

### Sunday, September 10<sup>th</sup> -- THE FLATTEST CENTURY IN THE EAST

**What:** Tiverton, R.I. -- Narragansett Bay Wheelmen, [www.nbwclub.org](http://www.nbwclub.org) Registration is closed.

### Sunday, September 10<sup>th</sup> BENEFIT RIDE for MPD FOUNDATION IN AL BOLEA'S MEMORY

**What:** Anyone who rode the CRW Wednesday, Thursday, or Friday night rides probably met Al Bolea, since he led many of them, and was always welcoming to new people. Al was also a big fan of the NSC Century, riding it for many years.

Al lost a long battle with a degenerative bone marrow disease (MPD) last September. In his memory, on September 10, 2006, there will be bicycle rides of 13, 24, 45, and 65 miles starting at Regis College. The registration fee is \$35, and there is a minimum pledge requirement of \$100.

All proceeds will go to the MPD Foundation ([www.mpdfoundation.org](http://www.mpdfoundation.org)), which sponsors research into myeloproliferative disorders.

Tom Magliozzi, one of the Tappet Brothers from Car Talk, was a friend of Al's and will be riding, sending off riders, and leading the post-ride ceremonies.

You can get more information, register or make a donation to the Al Bolea MPD Memorial Bike Ride by visiting the website:

[www.firstgiving.com/mpdride](http://www.firstgiving.com/mpdride)

Those interested in volunteering or being a sponsor can get involved by sending an e-mail to [als\\_mpd\\_ride@yahoo.com](mailto:als_mpd_ride@yahoo.com) or calling 617-947-8935.

## MORE SEPTEMBER RIDES

### Sunday, September 17<sup>th</sup> CRW Souhegan River Tour

**What:** 100, 62, or 50 miles, Acton-Boxborough High School Acton, MA [www.crw.org](http://www.crw.org)

### September 23<sup>rd</sup> & 24<sup>th</sup> Tri-State Seacoast Century

**What:** Granite State Wheelmen. With a flat to rolling scenic route along the coastlines of New Hampshire, Maine, and Massachusetts and all the support services provided for such events, the Seacoast Century has received several national awards. Many riders come back year after year making this event part of their annual vacation plans.

Register now! Participation is limited to 1600 riders. This ride fills early, so move fast and register online by visiting the GSW web site at [www.granitestatewheelmen.org](http://www.granitestatewheelmen.org)

### Sunday, September 24<sup>th</sup> MAJOR TAYLOR CENTURY

**What:** Whitinsville, Mass. Bicycle 25, 62 or 100 miles on the scenic roads of south-central Massachusetts during Blackstone Valley Heritage Homecoming Weekend with the Seven Hills Wheelmen and 10th Gear Christian Youth Cycling. All rides leave from the Whitin Community Center, 60 Main St., Whitinsville, Mass. Directions are below. Pre-registration and full info at: [www.10thGear.com/mtreg.htm](http://www.10thGear.com/mtreg.htm)

## WELCOME NEW MEMBERS!

Martin & Debra Krim - Middleton  
Roger Scott - Wakefield  
Richard Gelb & Family - Swampscott  
Peter Gantchev - Newbury  
Karen & Jeff Ontell - Boxford  
Jackie Bullock - Stoneham  
Michael Vieira - Peabody  
John Peterson - Danvers  
Dana Parris - Marblehead  
Mark Levine - Arlington  
Robert Henkel - Topsfield  
Ronnie Puzon - Peabody  
Donna Fox - Hudson, NH  
Steve Dipeitro - Methuen  
Paul Jolicoeur - Marblehead

And a special "howdy" and welcome back to:

Gale Barry - Reading  
Al & Rita Sauvageau - Prides Crossing