



The North Shore Cyclists Newsletter

Visit the NSC website at: www.astseals.com/nsc

To subscribe to the North Shore Cyclists E-mailing list, send a blank message to: nsc-subscribe@topica.

Jan/Feb 2002

Achievers in 2001

It was my pleasure to recognize the following individuals at the NSC Banquet November 3.

Sunday ride leaders:

Mike Whalen
Mike Habich
Jim Danis
Lenny Sullivan
Eric Shaktman
Jimmy White
Jim Trudeau
Jeff Turpel
Jack Ferguson
Al Savageau
Rita Savageau
Pam Houck
Donna Ventura
Tony Salerno
Arnold Nadler
Scott Sirota
Dianalyn Sirota
Howard Wack
Ellen Wack
Steve Zaya
Emmett Halpin
Frank Roberts
Phoebe Johnson
Rick Zagdangross
Chuck Hale
Mark Davis
Amanda Davis
Bruce Feindel

Newsletter Contributors:

Nora Colliton
Emmett Halpin
Jim Berry
Eric Shaktman
Peter Bazely
Jim Trudeau
Marie Doyle
Bob Makowiecki
Lenny Sullivan
Francesca Lewis
Tony Salerno
Dave Mohr
Mike Habich

John Taylor
Arnold Nadler
Kitty Farago
Martha McGowan
Janet Nestor
Bruce Gates
Jimmy White
Paula Bossone
Matt Varrell

Weekly Ride Leaders:

Paula Bossone
Diannalyn Sirota
Peter McCann
Lori Balboni
Jimmy White
Eric Shaktman
Marie Doyle
Emmett Halpin
Steve Winslow
Mike Habich
Jeff Turpel

Outstanding Contributor Award:

Presented to Mike Habich. As usual, Mike's name is on all the lists above. He maintains our web site, and he hosted the meeting last winter where we finalized our ride leader guide. He consistently provides advice and guidance both on the bike and off. He has introduced the NSC to dozens of riders, many of whom have become members.

Road Captain:

This year, I've again used my "Presidential Authority" to acknowledge riders whose experience and personality make them leaders on the road. These people have the experience, local knowledge, and capability to hold a group together and get it home. This year, I designated Jimmy White as an NSC Road Captain.

My sincere thanks to all those named here, to anybody else I may have missed, and to all those who have helped out in other ways.

Ed Bolton, President
North Shore Cyclists

From The Road

You must excuse me- I'm a little more out-of-touch than usual. I've spent most of January living and working in the Charlottesville, Virginia area. I went down in four separate trips, with just a few days here at home between each trip. By the time this is to press, I hope to be home for good. Though I've had some fun in Virginia, it will be great to be back.

Charlottesville is a very nice little city, about the size of Nashua NH. While there I toured Monticello and walked around the gorgeous campus of the University of Virginia. The city has marked bike lanes on many roads, but I was not impressed with their efficacy. The lanes were mostly being used by motorists looking for a few extra feet for parking or turning.

The surrounding area in central Virginia is very, very rural. It is quite hilly, with good shoulders on many roads. Most roads seem to have very few imperfections. A lot of the pavement there seems to be coarser than usual around here, the type of pavement that adds rolling resistance. It would make a good training locale.

There are a lot of horse and angus cow farms down there. Up here, we often see garages converted to horse barns and front yards changed over to trampled, muddy paddocks. Down there, grassy pastures the size of shopping mall parking lots support only a few large animals.

I didn't ride at all down there, but instead concentrated on photography in my free time. It's much easier to carry a camera than a bike, and I'm happy with what I came back with. I have a lot of negatives to scan.

But it's back to business now. It's time to prepare for the road season. The jersey design team is finishing up, the Heritage Ride planning is in full swing- the road half of the club comes back to life soon.

Ed Bolton
President, North Shore Cyclists

Officers and Coordinators

President:

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

Vice-President:

Marie Doyle (978)777-4455 marie.doyle@verizon.net

Treasurer:

Chuck Hale (781)595-8274

Secretary:

Jim White (978)689-9847 jdwhite@mathbox.com

Clerk:

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

Ride Coordinator:

Eric Shaktman (603)580-1010 ericnsc@attbi.com

Mtn Biking Coordinators:

Lenny Sullivan (978)689-2884 LPSullivan@attbi.com

Francesca Lewis fjlewis@thepersonaltrainer.net

Century Coordinators:

Tony Salerno (978)352-2524 litespd1@aol.com

Bob Williamson (978)887-3855

Newsletter Editor:

Nora Colliton (603)425-6848 nccolliton@yahoo.com

Newsletter Coordinator:

Tony Salerno (978)352-2524 litespd1@aol.com

Advertising:

(call to help out)

Public Relations:

John Grant (978)463-3310 zymrgist@attbi.com

Mileage:

Joe Lewis (617)472-4868

Membership:

Emmett Halpin (781)246-5268 emmetthalpin@attbi.com

Web Master:

Mike Habich mhabich@astseals.com

Clothing Coordinator:

Eric Shaktman (603)580-1010 ericnsc@attbi.com

North Suburban Bicycle Plan

Hey!

Anybody out there riding during the winter? Not too many, good! How about writing a letter or two to your state rep about cycling and the issues that concern you and your club? The "sleepy" wintertime is the best time to light fires under the butts of those who say it's "too late" in the Spring! Time to plan. The North Suburban Regional Bicycle Plan will be looking for your input for linking the towns of North Reading, Reading, Wakefield, Lynnfield and Wilmington with a viable cycling plan. The big picture is linking these pathways to the "National Greenway". "Is there anybody out there?"

Emmett

To help with the plan contact Emmett Halpin, 781-246-5268

Winter is the Time for Tune Ups

This is a very slow time for most shops. If you were thinking of upgrading your bike with new components or just thinking about servicing the current group, now is a great time. One thing that I see that drives me nuts as a mechanic is the ever so dirty drive train. It's not that expensive to have the entire drive train cleaned and serviced. All that extra grease and road gunk just slows everything down. Not to mention the 500 extra grams of sand it carries.

I change my cables almost annually. Cables and housing to be exact. It's about 30 - 50 bucks all said and done with adjustments and all. A clean drivetrain and cables is like getting on a new bike. A little bit more involved would be having the wheels completely overhauled. Getting into the bearings and seeing how the hubs, cones and axles are doing goes a long way for the life of the bike. Same with the headset and bottom bracket. Even though most bottom brackets are sealed these days they still can wear down or run into trouble.

I just had my frame painted by a very experienced painter that paints for Ted Wojcik. I had been looking at new bikes for a while and decided that instead of paying 2 - 3 grand for a new bike I'd try this first. For about \$300, (nearly the cost of a cup of coffee at Starbucks these days) I have quenched my thirst for a new bike. It's awesome, it is a new bike. It looks and feels faster.

So, in short, it's a great time of year to do those things to your bike that you put off last year. Having your bike overhauled or repainted will give you a new respect for your ride.

Geoff Hull

March 2002 Newsletter:
Deadline is 02/10/02
Mail date 02/22/02

Contributions after the deadline may not make it!

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

Saturday Road Rides

Masconomet Regional High School, Boxford. Start time 10:00 AM.
Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jat@nii.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).

In the Woods

NSC February 2002 Mt. Bike Schedule

Mt. Bike ride coordinators:

Lenny Sullivan (978) 689-2884 lsullivan@attbi.com

Francesca Lewis fjlewis@thepersonaltrainer.net

February is a show and go month for mountain biking due to the unknown trail conditions and possible snow cover. Interested riders should contact the NSC e-mail list just prior to the ride for feedback of others planning to attend. In case of snow cover like last year members stepped forward to organize alternate events at scheduled locations that included x-c skiing, snow shoeing, hiking, etc. This would be encouraged again this year.

Sunday February 3 Georgetown/Rowley State Forest Georgetown, MA

Who: Show and Go

When: 10:00am

How to get there: From Interstate 95 take Exit 54B and follow Route 133 west for 1.9 miles. At the lights in the center of Georgetown, bear left (south) on Route 97 and continue 1.6 miles to Pingree Farm Road. Turn left and follow the road to the parking lot at the end. Be careful not to block the trailhead gates when parking. PARKING IS LIMITED. If you can double-up and share a ride it will make things a lot easier for everyone. You can also park at Boxford Meetingplace just south on Rt 97.

What to expect: Straddling an interstate highway, this 1100-acre state forest offers a surprisingly secluded mountain biking experience. The 15-miles of single- and double-track trails include options for every cyclist, from rough footpaths to smooth woods roads, while rolling terrain and an array of wetlands provide an ever changing backdrop. This state forest gets less use than other riding locations so the trails are typically abandoned.

Sunday February 10 Harold Parker State Forest

Who: Show and Go

When: 10:00am

How to get there: Rt. 93 to exit 41 Rt.125 North. Take right at 3rd set of lights (State Police Barracks on right) bear left into HPSF and park in dirt lot 300 yards down on left.

What to expect: Variety of fire roads, single track and pavement for all levels surrounding many roads that are part of our road riding season.

Sunday February 17 Boxford State Forest

Who: Show and Go

When: 10:00am

How to get there: From Rt. 114 in N. Andover take Sharpners Pond Road all the way to end. Entrance and parking located here.

What to expect: Bald Hill has a mix of fire roads and single track trails. Good riding for all abilities.

Sunday February 24 Willowdale State Forest, Topsfield & Ipswich, MA

Who: Show and Go

When: 10:00am

How to get there: From I-95 Take Exit 53A - Rt 97 South for 1.6 miles to Topsfield Town Beach entrance (on Left). From Rt. 1 Take Exit RT 97 North for 2.3 miles to Topsfield Town Beach Entrance (on Right). There is no sign at the entrance so look for cars with MTB's.

What to expect: Nestled between Bradley Palmer State Park and Georgetown-Rowley State Forest is the lesser-known Willowdale State Forest. Divided by Rt 1, the 2,400 acre forest features roughly 40 miles of marked trails which are mostly double track and novice rideable. The well marked Bay Circuit trail will take adventurous riders across the 3 state forests. There will be snacks after the ride.

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

Worth 1000 words...

Mountain Bikers at Bald Hill (Chuck Hale)



Descent at Fork Rock (Chuck Hale)



Fall Mountain Biking at Lynn Woods (Chuck Hale)

John Grant carries the Olympic Torch in Kittery, Maine (Pam Houck)

