



The North Shore Cyclists Newsletter

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November 2002

2002 Fall NSC Meeting Results Summary

The agenda was composed of elections and issues.

Election Results:

President:

Ed Bolton (re-elected unanimously)

Vice President:

Lenny Sullivan (elected unanimously)

Treasurer:

Chuck Hale (re-elected unanimously)

Clerk:

Pam Houck (re-elected unanimously)

Secretary:

Jimmy White (re-elected unanimously)

Issues

- Membership report- 259 current members
- Financial report- total cash balance as predicted from prior projections.
- How long do we need to keep old records?- Answer 7 years minimum. Longer at treasurer's discretion. To be verified with authorities.
- Should we maintain multiple bank accounts?- Left to treasurer's discretion.
- Should club officers and volunteers pay dues?- Yes.
- Should we increase membership fee? (Several proposals)- Individual membership to be \$20. Family memberships \$25. Supporting and patron stay the same.
- Format/date/Coordinator for 2003 Century- No resolution. Tony Salerno and Ed Bolton will meet to establish a plan.
- Proposal for road ride calendar. Designate all start times and places before March. Recruit ride leaders for specific dates later. Proposal was not accepted. Eric Shaktman and Ed Bolton to confer on firming up ride calendars earlier.
- Do we want to have a meeting in December, January, or February to have Walter and Barbara Smith present a slide show on bicycling in Cuba?- Limited level of interest. Ed Bolton to contact the Smiths and try to get a combined date with another local club.

-Officers of the North Shore Cyclists

NSC 2002 Fall Mountain Biking Schedule

In this issue is the November/December Sunday Mountain Bike ride schedule. We will cover familiar parks and forests we have rode in the past plus 2 new areas. Dogtown (November 10) got rained out last year. Bradley Palmer (November 24) is a park we pass by on road rides frequently. In fact, all the areas we will be mountain biking this year, from Gloucester to Exeter NH, are passed by on our road rides. The Exeter ride start is off Rt. 85 between Rt. 101 and Exeter Center where the road take a blind turn under a railroad bridge. As in the past there may be 2 rides heading out both intermediate and advanced. Nobody gets dropped or left behind. Frequent stops to catch your breath and let riders re-group. When the 2 groups meet in the woods the intermediate group enjoys watching the advanced group do their roots and rocks act!

Also check out the Turkey Burner ride at Lake Massabesic, also in this newsletter. Several NSC members rode this fun ride last year. Expect company as over 400 riders showed up last year!

We would like to thank the rider leaders who stepped forward to lead this season. Since the last two Sundays are around the holidays, they are show and go like some of the road rides. If the weather is good riders show up and make up rides on the fly. Anyone could step forward to lead up to the last minute by contacting us or the email list. See you on the trails.

Mt. Bike ride coordinators:

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

Francesca Lewis Francesca_fjlewis@thepersonaltrainer.net

Important Note:

Effective Jan. 1, 2003 there will be a dues change for the North Shore Cyclists. Individual memberships will increase \$5 to \$20 per year. Family memberships will increase \$5 to \$25 per year.

Also, dues exemptions for club officers and volunteers as been revoked.

We are sorry to have to take these steps, and we hope to go as long again without an increase.

Officers and Coordinators

President:

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

Vice-President:

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

Treasurer:

Chuck Hale (781)595-8274

Secretary:

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

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Francesca Lewis fjlewis@thepersonaltrainer.net

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

Famous People

A conversation this past weekend reminded me of a story. In the mid-70's, I met a cycling icon in his living room.

In 1976, I was a freshman at RPI in Troy, New York. I saw a notice of some type on campus, and ended up joining the newly formed RPI Cycling Association. The RPICA got its name because all the good acronyms were taken. For instance, RPICC was the RPI Christian Community and not the RPI Cycling Club. And so it goes. In any case, RPICA members, and one in particular, gave me instruction and coaching in the hills of the NY Capital District that I still draw on today. Of course, I can take less advantage of what I learned now at 44 years than I could at 18.

One member of the RPICA was Munson. Munson had the first integrated controls I ever saw, maybe the first ever made, in 1976. He was a Physics grad student back then, older than the rest of us, and he had been born with no fingers on one of his hands. He had designed and constructed a special lever for his Peugeot that allowed him to control both brakes and both derailleurs with one hand. It was friction shifting on a 5-speed freewheel back then, but it was a remarkable rig at that time and would be so even today. He had a setup rigged from a toestrapped hold his malformed hand onto his bar and he rode quite well by 1976 American standards

Another member of the RPICA was Honda. Honda was a local boy, having grown up in Schenectady. He was my age but was shorter, stockier, and much stronger than me or anybody else I've met in a sprint. He had an inexpensive bike. His sprint was so strong, his bike handling skills so good, and his motivation so intense his equipment could not keep up. He was constantly building and rebuilding 36-spoke wheels because in a sprint he would go anywhere, at any speed, to win. If he had to jump a curb and there was no referee looking, he would do it.

Anyway, Honda decided he would like to try cyclocross. It worked out well for the RPICA because none of the rest of us was interested in that discipline. As a USCF sanctioned club we had to promote one race each year. A cyclocross would suffice, and it was much easier to promote a cyclocross on campus than a road race or criterium on the public roads. Back then, time trials were generally 25 flat miles, usually 12.5 out and back, and in that area there is no possibility of finding 12.5 miles in a row with no hard climbs. And with Honda riding cyclocross alone, we had plenty of manpower to run the race.

After a very limited amount of cyclocross practice, Honda's riding style destroyed his bike. He had the classic frame failure: buckling of the top and down tubes where they meet the head tube. Being on a budget, he took the bike to a friend of his who was starting out in the bike business. He got it fixed, rather than spend the money for a new bike or frame. His friend fixed it for no more consideration than applying his brand new stickers to the repaired frame and Honda's promise to pass the word around about who had done the work.

Honda's friend replaced the top and down tubes of the steel bike. He also fit and fillet brazed a new tube from the midpoint of the head tube to about 6" above the crank on the seat tube. It looked heavier than it was, but it served Honda well through several cyclocross seasons.

RPI provided us with money for tires, shorts and short sleeved jerseys, and gas for one of the school vans. Some of us bought our own long sleeve jerseys. I still have mine, and if I ever feel I'm riding well enough again to do it justice I'll wear it on a cool day for an NSC ride.

We looked around for the best deal for the clothes and the tires. The money we saved on those items would go to the gas for the van. We

New Members

The NSC welcomes:

Dan Solomon - N. Reading

Jack Simons & Family - Danvers

Jan/Feb 2003 Newsletter:

Deadline is 12/15/02

Mail date 12/30/02

Contributions after the deadline may not make it!

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

The 14 Revolution Road Test

An electronic conversation

Ed Bolton (to the NSC list):

Also, if you make changes to your bike before a big ride, such as changing cassettes or mounting new brake pads, make sure you road test your bike before the big day.

Joe Sullivan:

I could have told you this over ten years ago at TFCE. Is there a recent story behind this you'd like to share or are you saving the tale of woe for a newsletter?

Ed Bolton:

No, nothing really. I wanted to come up with something but I haven't seen anything worth complaining about in the last few weeks. This is the first thing that came into my head. Slow tale-of-woe week I guess. What happened 10 years ago at TFCE?

Marie Doyle (to Joe):

I seem to remember you showing up to the hotel with an assortment of bike parts, brakes, cables etc. in a little plastic baggie. You calmly reassembled your bike after eating pound of pasta at Tweet's. I was amazed to see you show up in the morning with a bike that worked, handlebars that were taped and the energy to ride 100 miles.

Joe Sullivan:

It was back at a time when I thought a clean bike was a faster machine, and riding was all about speed. I think I hitched a ride with Mike Whalen, and we planned to arrive on Saturday afternoon. Since we were arriving too late for an afternoon ride I began cleaning my bike after the Saturday morning ride. Well, one thing led to another and pretty soon I had disassembled most of the bicycle attempting to get at all the accumulated grit. Thankfully, I had already packed my bags and only needed a medium size box to carry the component group down to Fall River when Mike arrived.

Well there is not much re-assembly that can done while the frame is on the roof rack, the pieces are in a box, and the car is on the highway, so I arrived at the Holiday Inn with a bike frame and the boxed but still dirty components. As soon as we settled in to the hotel room the dinner bell was rung and one of those long caravans of cars set out to find the famed Tweet's restaurant.

I say find because we only almost knew where it was. Just over the bridge and then a bunch of right turns, or mostly right turns, I forget, and at the time so did the leader of the caravan. Eventually we found it, because after all it is world famous. Well at least everybody in *Rhode Island* knows where it is. Now here's a tip for all Italian style restaurant owners - sell the spaghetti by the pound as they do at Tweet's. Sure it sounds like a lot, but spaghetti is cheap and the customers need a lot of drinks to wash it down.

It takes a long time to eat a whole pound of spaghetti, and as I said, a few beers to wash it down. I know from experience and there are pictures; I have seen them, and they are not pretty. Anyway we got back to the hotel and it was late, but not too late. Some people headed off to sleep, some people headed off to the lounge, and I set out for my room. Wait, I'm thinking of a different year, but the difference is only in the sleeping quarters.

We stayed at a cluster of small cottages, and there was no entertainment in the lounge, because there was no lounge. I was the after diner entertainment. Yes, me and my box of bike parts to be reinstalled on the frame was the only show in town. Sure there were hecklers, and some people offered helpful advice, but nobody wanted to get their hands dirty.

I managed to get the bike back together before midnight, but it had only been road tested for the length of the parking lot. A hundred feet, a hundred miles - what's the difference? If it rolls, it's good to go.

The next morning there was another caravan, this time straight into Tiverton and up to the start point. There was no time for any more adjustments to the bike, but there was plenty of time to wait in a registration line. It was just as well, because the beer from the night before was having a heretofore unexperienced after affect. I was tired and had a slight headache. Apparently everybody in New England whose name begins with "S" was waiting in this line. I tried to use the time wisely. I slept a little, I inched forward, I slept a little more. Finally at the cry of "Next!", it was my turn. "Here's my cash, Thanks for the wristband, and I'll see you this afternoon."

Nobody wanted to wait one second more than necessary. We were off! Out of the parking lot, a quick right turn, and then we coasted down the hill for half a mile. It was early in the morning, it was cold, and I was still tired. Somewhere between the first and second waterstops, I realized the bike was in need of some major tweaking. All that time I had been blaming the beer. The seatpost and handlebars needed adjusting, the cables needed tightening. By the time I reached the 50 mile rest stop I had a laundry list of adjustments to be made.

Joe completed this TFCE. How much of the last 50 miles he remembers only he knows, and he's not telling. He might have stopped at Ed's favorite post-TFCE spot, Archie's Tavern in Pawtucket, in which case he probably remembers nothing.

-Joe Sullivan, Marie Doyle, Ed Bolton

Saturday Road Rides

Note: Saturday rides go through the year as long as the roads are rideable. Rain, snow cancel.

Masconomet Regional High School, Boxford. Start time 10:00 through the winter. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. *A Bicycling magazine "Hot Road Ride"*. 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).

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were going as far as Pittsburgh some weekends, and those big V-8 vans loaded with riders and bikes used a lot of gas. If the schools money ran out, we had to buy our own gas to get home. Though we all had licenses and some of us had cars, Munson was the only one of us old enough to drive a school van under the school rules. On long trips, the rest of us set up shifts in the front seat. The front seat person navigated, and also observed Munson to make sure he stayed awake.

Honda's friend provided a deal on the tires. A bale of Wolber Neo-Pros, if I remember correctly, for comparatively short money. One day, Honda, another RPICA member named Law, Munson, and myself took a school van and headed out on Route 87 for the tires. Honda's friend had the tires in his living room, and we executed the transaction there, as he had not yet acquired the factory, racing team, or the enthusiasts group he would have later.

And that is how I met Ben Serotta.

**-Ed Bolton
President, North Shore Cyclists**

NSC November /December 2002 Mountain Bike Schedule

Mountain Bike Ride Coordinators:

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

Francesca Lewis fjlewis@thepersonaltrainer.net

Note: Rain cancels all mountain bike rides. Save the trails for a dry day. If in doubt, contact the ride leader.

Sunday November 3 Harold Parker State Forest

Who: Lenny Sullivan (978) 689-2884 lsullivan@attbi.com and Dave Smith (978) 887-6511 bikedave@juno.com

When: 10:00am

Ride Start: Harold Parker State Forest

How to get there: Route 93 exit 41 (for Route 125 North). Take a right at the 3rd set of lights

(State Police Barracks are on the right) Bear left into HPSF and park in the dirt lot 300 yards down on left.

What to expect: The NSC banquet was last night so lets ease back with this off road season opening ride. Plenty of fire roads, single track and some pavement for all levels surrounding many roads that are part of our road riding season. Lenny will lead intermediate riders and Dave will lead advanced riders.

Sunday November 10 Dogtown Gloucester, MA

Who: Dan Streeter (978) 462-4605 (978) 618-8596 cell dstreeter@attbi.com

When: 10:00am

How to get there: Meeting place is O'Maley School on Cherry St. Take Route 128 north towards Gloucester. Before you get into the city limits of Gloucester you will pass over a large bridge spanning a saltwater river. Shortly after you pass over this bridge, Route 128 will enter a large traffic circle (Grant Circle). Follow the circle 270 degrees around and exit off on Route 127 (towards Annisquam). Turn immediately right on Poplar Street then left onto Cherry Street. The O'Maley School is approximately a half-mile down, on the left. Park to the left of the school as you enter. It's a 2-minute ride to the trails.

What to expect: Try this one if you enjoy an intermediate mix of fast bermed doublewide, twisty singletrack, and some rocky sections. The entire interior of Cape Ann is uninhabited, laced with trails, and has some unique scenery. The full trip will go all the way to some interesting quarries in Rockport where you will get a glimpse of the Atlantic and will also visit the famous inscribed boulders ("Get a Job" "Tranquility" et al.). Not suitable for beginners but we will try to run an intermediate and advanced group. Plan on about 2.5-3 hour ride. Steady or heavy rain cancels. Light rain we ride.

Sunday November 17 Lynn Woods Lynn, MA

Who: Rick Zagdangross (781) 596-2294 rzagdangro@aol.com Chuck Hale (781) 595-8274 chale8274@aol.com

When: 10:00am

How to get there: From Route 1 take Route 129 east towards Lynn. At the rotary continue on Route 129 east pass Atlantic Care Medical Center. Look for a sign on the right that says Lynn Woods Reservation. At the sign take the right onto Great Woods Road. Follow straight through stone pillars into parking lot.

What to expect: Rick will lead the advanced riders and pads recommended. Chuck will lead intermediate riders. Ride fire roads, single track and visit the stone and steel towers (nice views of Boston and points north of Lynn), can stop by the wolf pits. Pasta meal at Chuck's house after the ride.

Sunday November 24 Bradley Palmer State Forest

Who: Derrick Click Cell: 781-632-0834 DClick@zoll.com

When: 10:00am

How to get there: Route 95 north to exit 50 Route 1 north. Follow Route 1 to third stop light (Ipswich Road). Take a right and follow Ipswich Road to Asbury Road. Take a right, cross the bridge, and take your first left into the park. Take the first right and the parking lot is on your left.

What to expect: Bradley Palmer is mostly fire roads with some really easy and fast sections of singletrack bisecting the main trails. It is generally a place even the most inexperienced or experienced rider would have a fun time.

Sunday December 1 Fork Rock, Exeter, NH

Who: Mark & Amanda Davis (603) 895-4049 motocows@metro2000.com

When: 10:00am

How to get there: Take Route 95 North into NH to exit 2 (just before the Hampton Tolls. Toll at the exit is 50 cents) and get onto Route 101 west. Take exit 10 off Route 101 onto Route 85 South. Go ½ mile and turn right into the dirt parking lot immediately before RR overpass.

What to expect: Popular NH mountain bike park with new trails to explore in a town that many of the summer road rides pass through. We found some amazingly sweet singletrack that is buttery smooth, as well as some technical forest trails. The place draws a heavy roadie/XC mountain bike crowd. For intermediate and advanced riders.

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Sunday December 8 Boxford State Forest

Who: Bob Moccaldi (978) 474-4093

When: 10:00am

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

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

Sunday December 15 Willowdale State Forest, Topsfield & Ipswich, MA

Who: Paula Bossone (978) 887-0688 Jim White Cell (978) 621-5935 jdwhite@mathbox.com

When: 10:00am

How to get there: From Route 95 take exit 53A - Route 97 south for 1.6 miles to the Topsfield Town Beach entrance (on left). There is no sign at the entrance so look for cars with Mountain Bikes on the roof.

What to expect: Nestled between Bradley Palmer State Park and Georgetown-Rowley State Forest is the lesser-known Willowdale State Forest. Divided by Route 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.

Sunday December 22 Harold Parker State Forest

Who: Show and Go (Contact Mountain Bike Coordinators if you are interested in leading)

When: 10:00am

How to get there: Route 93 exit 41 (for Route 125 North). Take a right at the 3rd set of lights (State Police Barracks are on the right) Bear left into HPSF and park in the 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 December 29 Georgetown/Rowley State Forest Georgetown, MA

Who: Show and Go (Contact Mountain Bike Coordinators if you are interested in leading)

When: 10:00am

How to get there: From Route 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 Route 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.

Other Trails

Friday Nov. 29 Turkey Burner at Lake Massabesic

A favorite of many NSC members and friends. the day after Thanksgiving:

"Come join us for the traditional Thanksgiving weekend ride!"

FOMBA's 8th Annual "TURKEY BURNER" FUN RIDE To Benefit The Auburn Volunteer Rescue Squad. This is the final event of the 2002 EFTA / NEMBA Fun Ride Series.

When: Friday, Nov. 29, 2002 Registration: *Day of event only*, 8:15 - 9:30am Riders off at 10:00am snow or shine!

Where: Lake Massabesic Front Park, Manchester, NH. **Directions:** Rte. 93, North or South to Exit 7 (Rte. 101 East) Exit 1 off of Route 101 Follow green EFTA arrows to start area.

Why: Burn some turkey and sample some of southern NH's best riding! Check out the single-track featured in the April 2000 issue of *BIKE* and maybe win some cool schwag ! Cost: EFTA, NEMBA and FOMBA members \$3.00, others \$6.00.

Ride: Main loop is 12 mi. of mostly rolling fire roads and is suitable for all skill levels. Optional "HERO" section is 12.3 mi. (10.3 mi. of pure singletrack!) and is suitable for intermediate to advanced riders. Route is well marked and route sheets are available.

More info? Call Jack or Barbara at (603)483-2951 or e-mail at: jack@fomba.com.

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