



The North Shore Cyclists Newsletter

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April 2004

What Have you Been doing This Winter?

Going to the Gym

I haven't been able to ride for a year or so due to a chronic back problem (mostly middle age, I'm afraid). This winter I hired a personal trainer. Weights, total gym, and cardio (elliptical trainer my favorite). May be able to add spinning soon. I plan to hit the road with a strong back and legs this spring. I miss riding with the club. (I'm in the slow group on Sundays and Mondays, and occasionally Thursday).

Linda Y. Goldstein
Collaborative Leadership

Spinning

I am presently "spinning" several days a week and have recruited some new members for the club from the class. I'm looking forward to riding on the road soon. I was mountain biking earlier this month [January], but this cold weather is somewhat of a deterrent!!!!

Paula Bossone

Coming Back for the Tour

Last year, for those that I rode with on the Topsfield weekly rides, my sudden disappearance was due to a knee injury from a foolish frisbee game that I had no business playing. It pretty much wiped out my season until October when I finally had a surgery done. Now things are much better and I'm picking up where I left off... double time! Got a new job in Boston (wow, who has used 'job' and 'new' in the same sentence lately?) and I'm sub-zero bike commuting into the city. For this I use an old GT mountain bike and hundreds of dollars worth of Patagonia products. Boston riding is definitely not for the faint-hearted!

The very unfortunate closing of Aries Cycles gave me a deal I couldn't refuse on a brand new Marinoni. Can't wait to take it out when the salt and sand disappear. If it would just disappear...

I've booked a 10 day cycling tour in France next July. The ride starts in Bordeaux and ends in the Alps. Here's the link for anyone

who's interested:

www.wideopenroad.co.uk/BordAlp2.html.

A British tour company hosts the ride. This is basically a no-frills trip, just riding, camping and afternoon tea, about half the price as most tours in its class. But as any Francophile will tell you, even the lowliest brasserie chow is still a fine dining experience! I've been down a many of the roads on the itinerary and they're breathtaking. Literally. Check out the final climb to Alps D'Huez.

I'll have to get an NSC jersey to take along with me.

All for now---

Tim Gillette

Bullet Time

No, I'm not recommending we all start packing the Smith & Wesson Model 342 AirLite Ti in a jersey pocket to answer back to those motorists who nearly kill us. At least not yet, anyway.

I was actually thinking about the special effect introduced in the Matrix movies, where motion speed is manipulated to make time seem to slow down. I've looked at a lot of timers this past winter. More correctly, I've looked at a few timers many times. The last seconds on trainer sessions or the last few meters counting down on the rower seem to pass sooooooo slow.

I completely took September 2003 off- no cycling or anything else more strenuous than a short hike. In October, I resumed riding the trainer in the early mornings alternating at various times with my cheap rower at home. In late October, motivated by reasonable pricing arranged by my company, I joined a gym near the office and begun using their Concept 2 rowers in the morning instead of my home rower.

During November and December, I stopped riding the trainer entirely and used the Concept 2 at the gym every day, having taken up the Concept 2 web site 200K Holiday Challenge (successfully). In January, I was back on the trainer again, and for the rest of the winter alternated longer rides on the trainer with interval work on

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Membership...

...is due kids, so break out the checkbook and renew with the NSC. For your 20 bucks you get our (almost) monthly newsletter, an identification card that will get you discounts at most of your favorite bike shops and a great cycling club that allows you to meet new people and hang out with old friends. So ladies and gentlemen, "Saddle - up!"

Ride safely,

Emmett

New Members

The NSC Welcomes:

Curtis Johnson - Westford
Stephan Wenis - Wakefield
Paul Cosenza - Haverhill
Dan and Kathie Sierpina - Methuen
Susan Brown - Salem
Walter Zybko - Salem
Michael Beneal - Salem
Sharon Freeman - Georgetown
Richard Abbott - Amesbury
Charles Marino - Melrose
Lisa Melanson - Salem
Paul Levenson - Wakefield
Bridget Fish - Beverly
Howard & Ellen Wack - Topsfield
Ron Rieder - Medford
Tom Reed - W. Boxford

Newsletter Contributions

Send contributions electronically or on paper.

Send to Ed Bolton
ebolton@ttlc.net
41 Maple Ave.
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The Radar Screen

June 6: Essex County Heritage Ride
June 27: Independence Day Ride
July 18: Emmaus House Cycle for Shelter
August 28: Blazing Saddles Century
October 3: SPNEA ride

Note: April 11, May 30, July 4 and September 5 are holiday weekends (Easter, Memorial Day, Independence Day, and Labor Day).

Other important local dates:

May 16: CRW Spring Century
July 18: CRW Climb to the Clouds
September 12: NBW TFCE
September 19: CRW Fall Century
September 25: GSW Seacoast Century

Jim Welch

F. James "Jim" Welch age 72, of Marblehead died Friday, March 5, in Salem Hospital following a three year battle with cancer.

Born in Salem the son of the late J. Norman and Margaret E. (Desmond) Welch, Mr. Welch was graduated from St. John's Preparatory School in Danvers. He then attended Bates College and was graduated from Merrimac College. From 1954 to 1956 he served in the United States Army. Until his retirement, Mr. Welch was employed for many years in his family's construction business, James J. Welch, Inc. which was established by his grandfather.

Mr. Welch was an outdoor enthusiast enjoying both cycling and hiking. Following his retirement, Mr. Welch became a very active member of the **North Shore Cyclist Club** and the Appalachian Mountain Club and participated in many trips with both organizations. He is survived by three daughters Lisa Ann Grande of East Longmeadow, Ma., Sheryl Ann Leveroni of Madison, Ct. and Christine Elizabeth Devoky of Wilmington, N.C.; two sisters Rosemary Gilligan of Bridgeton, Maine and Margaret Martin of Wildwood, Florida; a sister in law Caryl Welch of Marblehead and Nantucket; nine grandchildren Benjamin, Jordan, Madison and Payton Grande all of East Longmeadow, Ma; Max and Anna Leveroni of Madison, Ct., Heather, Brenna and Cooper Devoky all of Wilmington, N.C.; two close friends Paula Bossone and Bob Williamson both of Topsfield, Ma.; and many nieces and nephews. He was predeceased by a brother J. Norman Welch.

From Emmett Halpin:

When I met Jim Welch at my first NSC Century ride, he tried my rear wheel by using my detached brake pad as a guide. That impressed me about his self reliance. Being able to do that is something we all as cyclists, must count on, especially when 50 miles out from the start and something goes "kaput".

It is a great pleasure to be part of this club and I am glad Jim was there for us. I am sure there are many other stories out there. May Jim rest in peace.

From Pam Houck:

Jim was one of the icons in the bike club. I know I will miss Jim. Every time I go to Hodgies Ice Cream, I think of my father and of Jim. Maybe we can do a special group ride from Masco to Benson's Ice Cream in the spring. He loved to go there after the Saturday rides years ago.

From Diane Isenberg:

I am happy to hear that he was surrounded by his family and I know he put his life in order before the end. We shall all miss him. He used to ride beside me and gave me the encouragement and support that I needed to stay with NSC and improve my riding

From Paula Bossone:

Jim was a long time member of NSC - a strong cyclist and a good friend to all, especially to me. He bravely endured cancer for three

years - never complaining and always with the hope that he would beat it. It was not meant to be. He lost the battle with family by his side.

I'm sure many of you remember Jim and have some fond memories and equally funny stories. Say a prayer if you will. I'm relieved that his suffering is over. I'm hoping that there are many ice cream stands where Jim has gone.

From Arnold Nadler:

Several years ago, while arrowing a North Shore ride by bike, I stopped at Bob Williamson's house in Topsfield to say hello. Jim was there and asked me if it wouldn't be faster to do it by car. I said yes, but with just me doing the arrowing, stopping and starting my car numerous times was harder than bicycling. He said OK, get in my car, I'll drive, you arrow. And that's what we did.

Thanks Jim.

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the rower a couple of times per week.

The C2 rower is a perfect machine for intervals. Power is measured precisely and very repeatably. With the damper setting on 10, it takes quite a pull to turn that flywheel and a proper stroke engages almost every muscle you've got. I therefore felt no need for any additional strength training.

My only concern is I may have built up too much. Like Jan Ulrich, I'm coming into the riding season heavier than I would like.

I now have a few miles on the road. The slower rhythm and greater range of motion of the rower has clearly affected me. I'm riding more like I did years ago, more Ulrichy than Lancey, more comfortable in higher gears and slower cadences. I've raised the seats on each of my bikes about half a centimeter.

We'll soon see the effects, good or bad, on the longer rides!

Ed Bolton

Correction

In the January newsletter I forgot to mention that Ann Pernice was co-leader along with Pam Houck of the Cheese and Whine NSC ride between Amesbury and Durham NH. My apologies for this oversight.

Ed Bolton

President, North Shore Cyclists

Sunday Road Rides in April

April 18 Ponds and Cows

Who: Mike Habich 978-664-0187 mhabich@astseals.com

Where: Ipswich River Park, North Reading, MA

The park is in North Reading center on Central St between Chestnut St and Rt. 62. From Rt. 128, take exit 40, follow Haverhill St 3 miles north, left on Chestnut St, 1/2 mile to park. From Rt. 62, Central St is 1/2 mile west of Haverhill St/Batchelder School.

When: 10:00 am for 40-50 miles or 25 miles

What: Through Harold Parker State Forest, Middleton, Boxford, North Andover. Bovine spectators on the climb on the long route.

April 25 Going North

Who: James Danis 978-388-2193 jamesdanis@earthlink.net

Where: Amesbury Elementary School, So. Hampton Rd., Amesbury, MA

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.

When: 9:00 for 55 miles, 10:00 for 35 & 20 miles

What: The rides go through the scenic farm country of southern New Hampshire. Both loops go through Philips Exeter Academy in Exeter with the long loop going through the University of New Hampshire in Durham. Arrows and cue sheets. Chili and chowder will be served after the ride.

Upcoming Sunday Road Rides

Visit the NSC web site, <http://www.astseals.com/nsc> for up-to-date schedule information.

July 25- Fio's Last Ride (Ed Bolton from Newton NH)

The following is a proposed schedule of 'default rides' to be run leaderless. Rides may be scheduled to replace these at any time. Keep up-to-date by visiting the web site, watching the e-mail list, and attending weekly rides.

May 2: Coastal Ride, from Newburyport

May 23: Cape Ann, from Manchester

June 13: Durham NH ride from Amesbury

July 11: Rattlesnake Rendezvous, from Lawrence

August 1: Northwest, from Topsfield

Weekly Ride Schedule

Non-members are always welcome on all NSC rides.

Monday 6:00 PM April and May

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@comcast.net and Dianalyn Sirota. There are always riders available that know the way.

Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15--a social paced ride. Focus is on having a good time. New members encouraged to attend.

Directions: From Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Tuesday 6:00 PM April and May

Batchelder School, North Reading. 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 Route 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Route 62. Parking lot is ahead on the left, across from the gazebo.

Wednesday 6:00 PM April and May

Topsfield Plaza, Topsfield. 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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Thursday Starts in May, 6:00 PM

Wakefield Center. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@comcast.net.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: Take Route 128 Exit 40. Follow Route 129 South (in Wakefield) to the south end of the lake. Meet at or near the gazebo.

Saturday Road Rides

Starts at 9:00 AM in April, 8:30 AM in May.

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.

Maps? Yup, you might want to bring one. Cue sheets? Arrows? Nope.

Masconomet Regional High School, Boxford. Start time 9:00. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. *Get up-to-date info on the e-mail list.* 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).

BOVINE LITE

Bicyclists Over Vermont in Near Ecstasy July 2 - 5, 2004

Meet on Friday night and then enjoy three days of classic, Vermont cycling staying in one of our favorite hotels and towns -- the Capitol Plaza in downtown Montpelier.

Choice of about 30 to 60 miles each day, varying from flat to hilly. Most rides start from our hotel, but we'll also offer some starting from outside Montpelier. Each day's rides will go in a different direction: Southwest toward the "infamous" App. Gap or Waitsfield/Warren, northwest toward Morrisville and Stowe, and southeast toward Northfield, Chelsea and/or Barre. Lots of good restaurants in town, plus holiday fireworks, parades and small town celebrations. Trip fee of \$200 includes three nights lodging with 2 persons/room, bicycling food (e.g. Clif Bars, salty snacks, fresh fruit, juice paks, nuts and dried fruit), and maps and cue sheets.

Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com
Co-leader: Paula Bossone, 978-887-0688, paulajbossone@comcast.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 \$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, 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