



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0504

www.nscyc.org

April 2005

PRESIDENT'S REMARKS

Greetings and Happy New Year everyone! Better late than never, eh? By now many of you have probably started putting winter behind you and have begun thinking forward to the new riding season. I know I'm one of them. I hope most of you took advantage of the local snow amounts to get out and play, be it X/C skiing or snowshoeing or some other form of winter exercise. And I hope you came through it all healthy & happy and looking forward to another great year.

As most of you know, elections were held back in October, 2004 to vote for a new Board of Directors, amongst other things, and before the alcohol wore off I volunteered and was elected President of The North Shore Cyclists.

As such, I want to thank the previous Directors for all they've done. Without folks like this stepping forward and assuming their highly paid positions, we'd have no Club to call our own. Unfortunately, Ed Bolton, President, and James Danis, Vice President decided to take a much needed hiatus from the rigors of office responsibility. They did a great job trying to steer this Club in the right direction with their insights and stamina. Their services are greatly appreciated and I hope they continue to be active in the Club.

Thanks again Ed & Jim.

Howard

WHO'S WHO

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Web Master - Mike Habich (978) 664-0187
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WEB SITE AND MAILING LIST

NSC has a new address on the web: www.nscyc.org. All the same stuff is still there, and the navigation is much improved. There's now a schedule showing all the Sunday rides for the year.

We're now running the e-mail list ourselves, rather than using Topica. No more ads! It's also likely that this list will get through spam filters that blocked Topica. We'll try to keep postings on-topic. Details on the web site.

Membership dues are due on 04/01/05. If you receive a newsletter in the mail, then your expiration date will be on top of your address label. **If it reads 04/01/05 then your dues are due.** If you download your newsletter and if you are unsure whether your dues are due please look at your NSC membership card (everyone was sent one). It has your expiration date on the bottom. If you are still unsure, then contact Emmett Halpin at emmetthalpin@comcast.net or 781-246-5268. Otherwise, he will track you down and politely ask you to renew.

MY STORY

Who am I? Why am I here?

My name is Howard Wack and I live in Topsfield, MA with Ellen, my wife of 8 eight years this past Valentines Day. We both had no choice but to get involved with cycling and the NSC since the Biking Diva herself, Paula Bossone was the girl next door. I remember saying 25 miles, are you nuts??? I remember riding a mountain bike with full knobbies on the Monday night ride for the first month or so and was told I needed a road bike. That was about 5 years ago. Slowly but surely, my body and muscles started accepting my new hobby and I improved as a result. My mileages steadily increased the more I rode. I've had good days and bad days. I remember the first ride of the year a few years back with Paula, Jimmy & Chris as we rode out to Essex. It was a bit brisk and we had about \$10.00 between all of us. The only thing we could afford was soup at a Chinese restaurant. It tasted delicious and we sat there for about an hour talking and relaxing. I felt good...until I got back on the bike and started to ride. About 100 feet later both of my quads froze. I never felt pain like that before! First I'm hobbling like the Terminator in T-2 when it gets hit with the Liquid Nitrogen and starts to freeze while walking. Next, there I am a grown man, lying on the ground in Spandex with Jimmy & Paula rubbing my legs like it's out of some B-rated movie. What a spectacle that must have been! Eventually I could walk again and rode the last 15 miles back home with pain on every stroke of the pedal. That August I rode my first Century in a light drizzle with temps around 55* and, again, Paula was there. This time it was I urging her to continue, and we're both glad we did, because it was her first Century as well. This past fall I did the Portland to Quebec ride hosted by Arnold Nadler/CRW and I felt great...until I hit that dog at 25mph, but that's another story. But, again, Paula was there to drive my broken body...to the bike shop for a new wheel, helmet & water bottle. I finished the rest of the rides that week and am still impressed by how much improvement can be made by doing just one ride of that caliber. I came back home and thought, as I was doing Baldpate and Uptack---hills? These ain't no stinking hills! Watch out App Gap! Then the bruised rib, bone chip and shoulder pain said "well, maybe next year". I logged about 1900 miles for the year, which is much less than many of you, but about 1000 miles more than I did last year. Ellen also surpassed 1000 miles for the first time and has also improved dramatically. She used to ride around 14 mph, but now cranks at 18 mph. Wait until she gets her new bike & fit kit this year!

Those 5 years under Paula's direction and influence, not to mention her gregarious personality, gave us the opportunity to meet a great bunch of people from all walks of life, all of whom enjoy cycling in one form or another. That's what friends and comrades are all about and what makes a good club great. I've also learned a lot about bicycling along the way, and the many faces of it.

- ✓ I had my first crash and the experience of road rash.
- ✓ I now know what 2nd Skin™ is (Thanks Phil).
- ✓ I learned that I need work on my pace-line techniques. Please be patient
- ✓ I know most of the lingo.
- ✓ I know good (and bad) etiquette.
- ✓ Too few people "single up" when they should.
- ✓ I learned I have to eat & drink religiously to avoid dehydration, bonking and cramping.
- ✓ I learned how to maintain and do basic repairs.
- ✓ I now own a tool kit and repair and truing stands.
- ✓ I can tell when my bike isn't running right.
- ✓ I can tell when I'm not running right.
- ✓ I look at other riders and critique their riding position and offer suggestions and help.
- ✓ I look at the weight of accessories before buying.
- ✓ There is always something to upgrade.
- ✓ There's nothing like a summer ride through horse country to put Route 128 into perspective.
- ✓ I color coordinate for God's sake!

I definitely found a sport I enjoy and that doesn't bother my iffy knees. I look forward to riding more and hope to meet and ride with more of you this year as a result. Unfortunately, I have spent most of my cycling years on the outside looking in and taking things for granted. Now it's my turn to look from the inside out.

This is **Me and Ellen Wack**, aka "meandew" on the Bovine-Lite trip run by Arnold Nadler/CRW over the 4th of July last year. What a great trip!



Howard

PERSPECTIVE

What I think we need is to grow the membership. There are about 165 members now. We need an infusion of new blood. We have a great Club with great people and great rides, not to mention some of the nicest roads for biking. Consequently, I think we should have double that amount. So, when the Board met a few weeks ago, we decided to form committees for several aspects of the Club. This is so no one has to take sole responsibility for something that isn't appreciated by all, but we also gain the creativity of the group to accomplish a common goal. Of course, this system only works if the committee members set aside their differences and work together. Remember, "The needs of the many outweigh the needs of the few"---Spock. **We also need ride leaders. Many rides are ready to go, they just need a leader like you - contact Eric Shaktman for details.** Do you have any comments or suggestions on how to improve the Club? Don't just tell us what's wrong; tell us how you would make it better! Contact me at meandew@comcast.net and I'll put you in touch with the appropriate person. So far here is what we have and those that have volunteered to actively participate. Please note the **Open** positions and consider stepping forward if you can contribute to the cause. We'll all benefit from it! *Howard*

NSC CLOTHING

We still have NSC clothing available. To get outfitted, contact Eric Shaktman for availability and an order form. The order form is also available on the NSC web site (<http://www.nscyc.org>). When the new clothing comes in, we will place it in shops also as in the past. Details will be available. You will pay no more buying NSC clothing from the shops and may find it more convenient. As a reminder, when paying individuals for clothing or membership, checks should be made out to "North Shore Cyclists" and not the individuals. When buying clothing at the shops you pay the shop directly.

NEWSLETTER CONTRIBUTIONS

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

WHAT'S NEW

Ride Committee

Eric Shaktman - Leader
Paula Bossone
Ann Pernice
Pam Houck
Jim Danis
Lenny Sullivan - MTB rides

Century Committee

Gerard Hosman - Leader
Eric Shaktman - Rte Coordinator
Paula Bossone - Food, T-Shirts
Chuck Hale - Applications, \$\$\$
Pam Houck - Arrowing
Jimmy White - Rest Stops
Open - Marketing/Advertising**

Newsletter Committee

Howard Wack - Leader
Jimmy White
Ann Pernice

Membership Committee

Emmett Halpin - Leader
Open - Marketing/Advertising**
Open - Misc.

Winter Activities

Open

****Volunteers with marketing/advertising experience are desperately needed, so please contact me at meandew@comcast.net for details. We sure would appreciate your support and efforts!**

SPECIAL EVENTS

CRW Spring Century May 15 (Get to work!)
Independence Day BBQ ride July 3
CRW Climb to the Clouds July 17
Emmaus House Cycle for Shelter July 24
Blazing Saddles Century August 27
White Mountain Century September 10
NBW Flattest Century September 11
CRW Fall Century September 18

Bold - NSC events

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.

Monday Official start mid-May, 6:00PM (but expect to see people start showing up in early April)

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

Beginner & intermediate, 14, 20 and 25 mile loops. Average speeds around 14-18 mph-a social paced ride. Focus is on having a good time. New members encouraged to attend.

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.

Tuesday **Starts April 12, 5:45 PM******

Start location TBD. Leader: Jimmy White (978) 689-9847 jdwhite.2@netzero.com, Peter McCann (781)-213-2204 mccann_peter@yahoo.com

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: Stay tuned.

COMMON SENSE

- ✓ Always single up when there are cars back!
- ✓ Pay attention to your surroundings
- ✓ Watch out for sand/debris/holes in the Spring
- ✓ Drink before you're thirsty
- ✓ Point/call out obstacles/dangers
- ✓ Always have your bike in good working order
- ✓ Know how to fix a flat/change a tube
- ✓ Have fun!

Wednesday **Starts April 6, 6:00 PM******

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman (603) 580-1010 ericnsc@comcast.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.

Thursday

Wakefield Center. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@comcast.net 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 through 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 9:00 in April. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 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).

SUNDAY RIDES

April 3 - Pothole Inspection Tour

Mike Whalen 603-512-1122 ~~~ Topsfield Center, Topsfield, MA ~~~ 10:00 am for 40, 20, or 10 miles

~~~ This ride will be covering flat to rolling terrain. Come join in Mike's annual season opening ride. POTHOLE, DIRT, CYCLOCROSS, maybe a new road, if they pave it in time..

>>> Take exit 53A off I-95, about 3 miles to shopping center on right, Park behind banks and Post Office.

### April 10 - Ponds and Cows

Mike Habich 978-664-0187 [mhabich@astseals.com](mailto:mhabich@astseals.com) ~~~ Ipswich River Park, North Reading

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

~~~ Through Harold Parker State Forest, Middleton, Boxford, North Andover by a bit different route with the same old cows.

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

### April 17 - Tour of the Merrimacs

Eric Shaktman 603-580-1010 [ericnsc@verizon.net](mailto:ericnsc@verizon.net) ~~~Cushing Park, Newburyport ~~~ 10:00 AM for 25 & 50 miles

~~~ Scenic tour of the Merrimacs. The 25 mile ride will be mostly flat while the 50 will be varying.

>>> From Route 95, take the Route 113 exit east into Newburyport. After 2 miles, take a left onto Kent Street. Parking lot is 2 blocks on the right. From Route 1, go onto Merrimac Street $\frac{1}{4}$ mile west towards Amesbury. Take a left at the gas station. Parking lot is 1 block on the left.

April 24 Olde North Andover Ride Revisited

Ray Porter 781-944-1292 rporter@ch2m.com ~~~Old North Andover Common ~~~ 9:30 AM for 18, 26, & 44 miles

~~~ Short loop goes through Harold Parker State Forest and Andover. The medium loop heads out to Georgetown. The 44 mile long loop combines the medium and short loops. Arrows and cue sheets. Refreshments after the ride.

>>> Rt.495 to Rt. 114. Left at lights onto Rt.125 (Bertucci's Pizza). At next set of lights right on to Mass. Ave. Follow to the common. Park on left side of common.

From Rt. 95 to Rt.114 take right at Rt.125 (Bertucci's Pizza) then same as above.

## WELCOME NEW MEMBERS

Doug Coonrod - Lynnfield  
Heather and Tom Keane - Lynnfield  
Matthew Mandia - Andover  
Brenda Reardon - Medford  
Kevin Sullivan - Wakefield  
Benson T. Caswell - N. Andover  
Eileen Burke - Methuen  
Bill Cionci - Stoneham  
Roger Tomkins - Reading

## NEW MEMBERS (CONT'D)

Gregor Przybyl - Tewksbury  
Michael O. Moore - Newburyport  
Rita Long - Waltham  
Kevin Dabler - Andover  
Mitch Dyer - Everett  
Lynne Fitzgerald - Lynn  
Brenda Nichols - Groveland  
Pierre Avingnon & Family - W. Newbury  
Steven Stanganelli - Amesbury  
Kelly & Terese Strong - Melrose