



The North Shore Cyclists Newsletter

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August 2001

WENHAM, MA to QUEBEC CITY

AUGUST 11-22, 2001. Join us for the 10th issue of the 500 mile, supported tour through New England to cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day for eight days with one layover day. Lots of hills, and cyclists should be prepared to cycle in various weather conditions including rain. We'll have 3 nights and two full days in QC. Price of \$975 includes 11 nights lodging. Also breakfast and lunch on 8 riding days, 3 dinners, sag support, charter bus back to our start, and T-shirt. Sponsoring club is the Charles River Wheelmen. Limited to 28 persons. To register and for more information, call tour leader Arnold Nadler, 978-745-9591, ardnadler@aol.com.

BOVINE LITE

BICYCLISTS OVER VERMONT IN NEAR ECSTASY SEPTEMBER 14-16, 2001. Join us for a weekend version of BOVINE. See the beginnings of Fall colors at the higher elevations. We'll stay at the classic Capitol Plaza Hotel in downtown Montpelier, VT, across the street from the state capitol. Good restaurants nearby, including the Culinary Institute. Enjoy rides of approx. 30 to 60 miles in scenic Vermont on Saturday and Sunday, plus an option to cycle in New York's Adirondacks. \$130 includes two nights lodging with 2 persons/room, lunch on Saturday and Sunday, and cue sheets and maps.

Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com

Co-leader: Iva Kazda, 781-646-9344.

Arnold Nadler

(Arnold is a long time NSC member and is also active with CRW and AYH. He often rides with the NSC on Sunday)

NSC Clothing

We still have plenty of stock on many items. To get outfitted, you can contact Eric or Ed, or visit any of the shops where we have placed clothing. The shops are Northeast Bikes (both Saugus and Newbury) and The Bicycle Shop in Topsfield. 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.

Ed Bolton and Eric Shaktman

Out of State /Out of Mind Biking

As a rider who rides 3 to 4 times a week and completed 4 centuries by mid June I could not let a family vacation break the momentum. So while staying with the in-laws I got my wife to rent a tandem with me. It was a heavy GT with wide tires. We rented it for 1 hour but they were not watching the clock. We traveled along a bike path past seaside villas along the emerald water beaches of So. Walton County, Florida on the gulf coast. We went easy and it was a positive experience. I give credit to the experienced couples who make tandeming look so easy. Luckily for us first timers there were no hills or clipless pedals. After that ride the clerk said "Take this for a spin." It was a single speed beach cruiser with 2 foot plus high raise handle bars! Took it out for a mile or so. It was different with the flex of the handle bars at eye level. Can't imagine doing the Quabbin on it.

Another day I went out to the shop early since you have to be done riding by noon or you melt. This time I rented a mountain bike. For \$12 for ½ day they gave me a Kona Lavadome with front suspension. I headed to Point Washington State Park as advised by a brochure I had picked up that had a map with 3, 5 and 10 mile fire road loops. The text inside the brochure described it like a nice ride, the home of many species of trees, plants and wildlife including coyotes and alligators. The cover shows an innocent looking couple riding in it so I thought I would give it a shot. It was about 4 miles down the bike path from the shop. I started riding in from the main road and at ½ mile I could no longer hear any cars in the distance. After only minutes I saw lizards running away from the bike in all directions, heard noises in the brush from unseen creatures, and saw odd shaped droppings on the soft sand. It was getting hotter and no shade was to be found. I thought I was in a Hunter Thompson novel. At one mile in with only a ½ a water bottle left I stopped and raced back to the main road. It was not a place to ride solo.

Back at the shop they said you don't want to ride there. There is some single track a mile away. So off I went again but stopped at the Tom Thumb convenience store for a Gatorade first. Saw the sign for the trail and 100 feet in was greeted with broken glass, discarded washers and refrigerators. No decent riding here so I turned around and headed up the road where I found another trail marker. Entered there and found some beautiful twisty single track. It had shade from time to time but it was narrow and frequently lined with burlap type material to prevent erosion. It crossed 3 or 4 bridges of dark murky water and again lizards everywhere along with the brush noises and droppings. Stopped a few times for pictures and drinks. Insects I never saw before buzzed around. It took about ½ hour to get to the next main road. I took the

(Continued on page 2)

Officers and Coordinators

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Clothing Coordinator:

Eric Shaktman (603)580-1010 ericnsc@mediaone.net

New Members

The NSC welcomes:

Miles Light - Beverly

Sandy Williamson - Marblehead

Ken Taylor - W. Newbury

Len De Benedictis - Groveland

Dana Messenger - Reading

September Newsletter:

Deadline is 8/12/01

Mail date 8/31/01

Contributions after the deadline may not make it!

Send to Ed Bolton

ebolton@ttlc.net

41 Maple Ave.

Newton NH 03858

The Great Mass Getaway and The North Shore Cyclists

I know of five NSC members that made the GMG this year. They were Janet Nestor, Bill Steven, Kelvin Okamoto, John Grant and myself. This was my 13th year and it was not my lucky year. The weather on Saturday (7/30) was so hot that I barely made 50 miles before I threw in the towel. I think if the heat and humidity were less, then all of us would have made the 150 miles to Provincetown for the two day ride.

For five years my son, Ray and I have been members of the "infamous" Wolf Pack team. This year, Janet and Bill were also "wolfies". One of our riders, David Lupo, has Multiple Sclerosis and because of the money raised by the riders for research to find new drug treatments for this debilitating disease, he has been in remission for over three years with no significant progress of the disease. David has also ridden every mile of the GMG for the past five years. His sister Sue started the team and his sister Sally also rides with the team, as well as a number of friends and relatives from around the country. We had 20 riders this year. By the way Lupo means "wolf" in Italian, hence the name of the team.

In the past years a number of NSC members have ridden this challenging ride. Next year I would like to organize our own Team NSC to ride the GMG. If you have an interest please contact me. My name, address and e-mail is in the newsletter.

Ride safely,
Emmett

(Emmett Halpin is the NSC Clerk, Membership guy, and leads the Thursday evening ride from Wakefield).

Download Your Newsletter

Get it earlier, make less stapling and mailing for your friends, and print out as many copies as you want. From time to time there may be extra content in it as well. Let Emmett know you are downloading and subscribe to the E-mail list. A notice goes out when it's ready and you can get it any time.

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bike path back to the shop. The clerk said it was a 3 mile single track between the main roads. Not technical with roots and stumps like N.E. but challenging to do solo in the Florida heat.

I could have rented a bike for \$40-60 for a week but I could not understand the Florida signs "Share the Road with Bicycles" on a busy 4 lane 45 mph road without a shoulder. Also the 2 lane roads with a bike lane only on 1 side of the road with 2 way bike traffic. So I elected to rent by the hour and drive to the starts.

I made it back with only a scratch and the first morning home before work I jumped on the road bike for an hour to get re-acquainted with it and the north shore roads I call home.

Lenny Sullivan

(Lenny is one of the NSC Mountain Bike Coordinators and rides with us on Sundays, Mondays, and Wednesdays)

There is a picture of the beach cruiser in the electronic version of the newsletter.



August 25 and 26, 2001

Ride along beautiful rivers, lakes, and bridges, and see New England churches, town halls, and farms. The scenic routes will travel through the North Shore of Massachusetts and into southern New Hampshire including Amesbury, Georgetown, Merrimac, Newbury, West Newbury, historic Newburyport, and many more beautiful towns and sights. The 100-mile loop swings through Ipswich, Essex, Manchester-by-the-Sea, and Beverly. The terrain includes rolling hills, long flats, and rural roads. The nearby ocean furnishes cool breezes, trees along the route provide plenty of shade, and the sun lends warmth on those open flats.

There are three loops: the 100-mile ride starts at 8:00 AM, the 62-mile loop at 9:00 AM, and the 25-mile ride at 10:00 AM.

Registration starts at 7:00 AM.

In consideration of being permitted to participate in any way in the North Shore Cyclists (NSC) sponsored Bicycling Activities; 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 of 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 involve risks and dangers of serious bodily injury, including permanent disability, paralysis and the risk of death, (b) These risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the other participants, (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 NSC, the League of American Bicyclists (LAB), their representatives, administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the participants herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be cause in whole or in part by the negligence of the participants 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 and Inducement or assurance 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, not withstanding, shall continue in full force and effect.

EVERY HOUSEHOLD MEMBER WHO WILL PARTICIPATE IN CLUB ACTIVITIES MUST SIGN THIS RELEASE.

NSC 2001 Blazing Saddles Century
Application and Release Form

Signature: _____

Date: _____

Additional Signatures:

Parent/Guardian (if rider is under 18):

I plan to ride 25 62 100 miles
 Saturday Sunday

Name(s): _____

Address: _____

City/State/ZIP _____

E-mail _____

Phone _____

Emergency Contact Info: Name & Phone:

Registration:

- Member Preregistration (\$12)
- Non-member Preregistration (\$14)
- Member Registration (\$15)
- Non-member Registration (\$15)

T-shirt (\$10):

- X-Large
- Large
- Medium
- Small

How did you hear of the NSC Century?

- Bike Shop Newspaper
- Bike Club Flyer
- NSC Web site Other

Other: _____

Please mail completed form to NSC, c/o Tony Salerno, 56 Pond Street, Georgetown, MA 01833.

Sundays on the Road

August 5 It May Be Long, But At Least It's Hilly

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

Where: Ipswich River Park, North Reading, MA

When: 8:00 am for 65-70 miles, 9:00 am for 40 miles, 10:00 am for 25 miles

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

What to expect: Head north toward the Merrimack in search of frost heaves. Long route has some nice vistas and good downhills. Short routes have fewer scenic heights. Picnic after the ride at Mike and Betsy's, 1/2 mile from ride start. Bring swimsuit, lawn chair, food or \$5--call for ideas.

August 19 (rained out August 12) Let's Go Coastal

Who: Scott & Dianalyn Sirota 978-255-1774 kidkoop@aol.com

Where: Maudslay State Park, Newburyport

When: 9:00 for 65 miles, 10:00 for 35 miles

How to get there: From Rt. 95 take exit 57 and go east on Rt. 113. Two blocks from the highway turn left on Noble St. (just after the St. Mary's Cemetery Arch). At the end of Noble St. turn left. Go two blocks and veer left at the fork. Go 1.2 miles and turn left into the Maudslay parking lot.

What to expect: Beautiful Ocean views, and Portsmouth NH. Mostly flat with a few small hills. All rides feature NH coastline and rural inland. Long ride goes to Fort McLary, Maine. There will be a BBQ at Scott's house after the ride. Contact Scott for what food to bring or bring a \$5 donation.

August 28 and 29 North Shore Cyclists 1998 Blazing Saddles Century

Ride along beautiful rivers, lakes, and bridges, and see New England churches, town halls, and farms. The scenic routes will travel through the North Shore of Massachusetts and into southern New Hampshire including Amesbury, Georgetown, Merrimac, Newbury, West Newbury, historic Newburyport (site of our 50-mile stop) and many more beautiful towns and sights. The 100-mile loop swings through Ipswich, Essex, Manchester-by-the-Sea, and Beverly. The terrain includes rolling hills, long flats, and rural roads. The nearby ocean furnishes cool breezes, trees along the route provide plenty of shade, and the sun lends warmth on those open flats.

There are three loops: the 100-mile ride starts at 8:00 AM, the 62-mile loop at 9:00 AM, and the 25-mile ride at 10:00 AM. Registration starts at 7:00 AM.

If you register before August 22, the cost is \$12 for NSC members and \$14 for non-members. Ride day registration is \$15 for everyone. The fee covers cue sheets, maps, arrowed route, sag wagon, 50 mile stop with food and refreshments, after-ride refreshments, and water bottles (first 300 registrants). Massage therapists will be available after the ride for a nominal fee. T-shirts are available to early registrants for \$10 each (sizes S, M, L, XL). Only the first 500 entries will be accepted so sign up early!

All rides start at Georgetown High School. From I-95, take exit 54B (Rte. 133 west) toward Georgetown center. After about 2 miles, turn right onto Winter Street...the parking lot is directly in front of the high school.

To all club members: Come on out and ride the Century! Let's go for a record turnout this year.

Tony Salerno & Ed Bolton

Weekly Ride Schedule

These rides happen every week subject to weather. Call a ride leader if uncertain.

Saturday

Masconomet Regional High School, Boxford. 8:30 AM thru August. In September, the Saturday crew goes on holiday to ride centuries.

Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 774-3854 jturpel@star.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).

Monday

Topsfield Plaza, Topsfield. 6:30 PM thru the summer. No ride Labor Day. Leader: Dianalyn Sirota 978-255-1774 kidkoop@aol.com & Paula Bossone Gregio@aol.com

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 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

Batchelder School, North Reading. 6:30 thru the summer. Changes to 6:00 September 4.

Leaders: Lori Balboni 978-685-1859, and Jimmy White 978-689-9847 jdwhite@mathbox.com (thru the summer). Rolling hills. Arrowed, map. Ride lengths 15 & 25 miles. Average speeds 14-18. Note: If you show up early, don't confuse this with the 6:00 ride leaving from the same location...you might get more than you bargained for! Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Rte 62. Parking lot is ahead on the left, across from the gazebo.

Wednesday

Topsfield Plaza, Topsfield. starts 6:30PM thru Aug. 15. Changes to 6:00 on Aug. 22.. 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, including 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. Start time 6:30 PM July, 6:00 PM August. Co-leaders: Emmett Halpin (781) 246-5268 emmetthalpin@mediaone.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-the-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.

Look Around First

WE GOT A COMPLAINT from the school at North Reading where the Tuesday Night Ride starts. We think it actually involved one of the CCB riders who start from the same location at 6:00, but the typical lay person can't tell us apart and our guys were there at 6:30 when the CCB was gone so we got the noise. It could as well have been an NSC rider, though the Tuesday and Thursday riders are usually civilized enough to avoid these incidents.

It seems a male rider had to 'drain the tank' before starting off and did so right against the wall of the school, allowing a full, unimpeded view of the proceeding to a female school custodian who took some offense at it.

Bears will always go in the woods and bike riders will always need to do the same near parking lots. Please be somewhat discreet about it. At a minimum, look around and verify you are out of sight first. Better yet, find a place where you can go privately and legally. I've used the North Reading Police Station in the past, and on several occasions stopped at the Ipswich River Park and used the outhouse there before continuing to the school. Topsfield is a little harder, but the House of Pizza has welcomed us in the past for this purpose.

We all know why the dumpster behind the Topsfield Plaza is rusty on the back. Let's keep it a secret within the club.

I AM IN RECIEPT of Francesca Lewis' introductory "No Excuses Motivator Letter". Francesca is one of our MTB Coordinators and is a Personal Trainer by profession. She is offering a program called "Fitness by Phone ®". It is sort of a "distance learning" physical education concept. She will advise on diet and exercise via telephone. Her target clientele is 40-50 years of age who has been taken in by one or more of the pop diet routines-- the so-called 'yo-yo dieter'.

While talking to her I thought she was targeting me personally because I am right in the middle of the age range and have a higher fat-to-meat ratio than I would like. But on the other hand I've never dieted in my life and have not varied a pound from 165 in 3 years. That's the whole span of time she could possibly have known me, so I'm not likely her guy. I may yet call her though; 10 years ago when I could climb hills I was 150. I would like to see 155 again. Contact Francesca Lewis, 413-565-4311/ fjlewis@thepersonaltrainer.net/www.thepersonaltrainer.com/fjlewis

ON THE HOME front- Ben has been identified by our school district as a gifted child. This has made it possible (and recommended) for him to leave the Newton/Kingston NH public schools and enter Hampstead Academy, a private elementary/middle school in Hampstead, New Hampshire. The finances have been worked out and it will happen, but transportation will be a strain as my nominal hours in Newburyport are 7:00 to 5:00 and Ben will start at 8:00. If you know any firms that can use a Mechanical Engineer that leaves Hampstead NH at 8:00 give me a call.

See you on the road,

Ed Bolton
President, NSC
603-382-6989
ebolton@tlc.net <http://members.tlc.net/~ebolton>

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

All the news that won't fit to print. Heres what we've been up to lately...



A group relaxes on Tony's dock during the July 1 cookout. Tony is guarding the cooler. Jimmy White photo.



Beach Cruiser in Florida. Might be Dennis Hopper riding it. Lenny Sullivan photo.



Joe Sullivan follows Phoebe Johnson around a bend on Cape Ann on Al and Rita's ride June 17. Ed Bolton photo.



Peter Bazeley's home engineered arrowing device.