



The North Shore Cyclists Newsletter

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August 2003

Blazing Saddles is August 23

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, West Newbury, Newbury, [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 \$15 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 Interstate Route 95, take Exit 54B (Route 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.

The Radar Screen

Upcoming 2003 dates for popular rides and other events among NSC riders:

Blazing Saddles Century Saturday August 23

Nashoba Valley Pedalers Fall Century Saturday September 6

White Mountain Century Saturday September 13

GSW Seacoast Century Saturday September 20 (this will fill).

Pre-registration instructions at <http://www.granitestatewheelmen.com>

CRW Fall Century Sunday September 21

Olde Newbury Turnpike Ride Sunday October 5

A Climb to the Clouds Experience

I'm on an economy kick this year, so I've been buying in bulk. I get more for my money that way. However, I'm not sure this reasoning applies to bicycling. Last year I did the metric century route of Charles River Wheelmen's Climb to the Clouds. This year I did the 100-mile route. It costs \$10.00 to do either one. This year I went forty miles further and got to ride a couple of hours longer, but somehow it didn't feel the same as going to Costco and getting a great deal on a box of Blowpops or a big bag of jumbo shrimp.

The ride was on July 13th. About two hundred cyclists left from the high school in Concord, Massachusetts at eight in the morning. The route heads west to Princeton, south to Boylston and then back to Concord. The ride is called Climb to the Clouds because the route includes a trip to the top of Mount Wachusett.

The weather was perfect: dry and cool, and the scenery was very pleasant. The first part of the ride is relatively flat. I was thinking to myself, "it doesn't get any better than this." I got that part right. After twenty miles or so, the ride gets hilly. The roads have names like Meetinghouse Hill Road and Justice Hill Road. One is aptly called Long Hill Road. There was a Sweat Hill on the map, but we didn't go over that one. I don't know about other people, but I spend so much more time and energy on the up side of hills that after the ride I sometimes forget about the down sides. Not this ride. There were some spectacular downhill. I hit 47.2 mph on one of them.

I've never seen as many people get flats as I have seen on Climb to the Clouds. Last year I saw two or three cyclists who got blowouts on the decent from the Col de Wachusett. I can only suppose that all the braking heated up the rims on an already hot day. This year there were at least four flats in the first ten miles. One guy didn't even get out of the parking lot. His tire exploded with a startling bang as we were getting the pre-start instructions.

At forty-one miles I reached the base of Mount Wachusett. It's three or four miles to the top. The climb starts with a one-mile hill from the parking lot of the ski area to the entrance of Mt. Wachusett State Park. That first hill is amazing. It is exactly one mile long. It's straight as an arrow, and the incline doesn't deviate even a little bit. According to the cue sheet, the incline for that part is nine percent.

The access road to the summit has some steep parts, but there are also some breaks and even a couple of declines. Near the top I almost had to get off and rest. I was able to stay on by going back and forth across the road. That's a trick I learned when I was a kid and had a one speed with a coaster brake.

(Continued on page 5)

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Portland, Maine to Quebec City August 29 - September 8, 2003

Join us for the 11th (almost) annual sag van supported tour through northern New England to French, cosmopolitan, delightful Quebec City. This will be the first year starting from Portland. Cycle "coast to coast" from the Atlantic to the port of Quebec on the Saint Lawrence River. Starting on August 30, we will cover approximately 50-70 miles per day for six days, with one layover day. Enroute, we will experience scenic western Maine, the White Mountains and remote Connecticut Lakes in New Hampshire, and the upper Appalachians of Quebec. We will enter Canada with a spectacular downhill at the highest border crossing east of the Rockies. There are lots of hills, but also plenty of rolling and flat roads. Monday September 1 is a layover day at a favorite lakefront lodge to hike, swim, kayak, bike (mountain bike rentals are available), look for moose, or visit the historic Balsams Hotel in Dixville Notch. We'll arrive in Quebec City on Friday September 5 in the afternoon and leave Monday morning September 8, giving us time to play tourist and enjoy the city's great restaurants, plus opportunities for hiking and more cycling. Optional pre-tour coastal cycling in Portland, Maine on Friday, August 29.

Tour fee of \$925 includes 10 nights lodging in comfortable inns, hotels and motels, with 2 persons/room. Also lunch food on 7 days, 35 breakfasts, 2-4 dinners, sag van support, return transportation to Portland by chartered bus or van/truck combination (depending on group size), 10 days off-street parking, trip T-shirt, and maps and cue sheets.

Sponsoring club: Charles River Wheelmen. Leader: Arnold Nadler, 978-745-9591, ardnadler@aol.com. Co-leader, Jenny Robbins, 781-893-0840.

-Arnold Nadler

New Members

The NSC welcomes:

Jay & Judy Batson - N. Andover

Brad Fortin - N. Reading

Greg Smith - N. Reading

Leonard Rubin - Peabody

Leonard Fierstein - Salem

Lisa Poole - Rockport

Claire Ghiloni - Medford

Newsletter Contributions

Contributions after the deadline (August 20) may not make it!

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

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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, then subscribe to the E-mail list. A notice goes out when it's ready and you can download it any time.

Important Note:

April was Renewal month. All club memberships established before 2002 Blazing Saddles Century need to be renewed. Fill out the form on Page 6 today!

We have our annual special membership offer starting August 1. Any new member gets the rest of 2003 and all of 2004 for the mere membership cost of \$20 for an individual and \$25 for a family.

Phoebe Pedals a Penny Farthing on Parade

On July 4th, I rode a BIG bike, and I'd like to tell you about it. It has several names-- penny farthing, ordinary, or high-wheeler-- and it had its heyday in the late 1800's before the advent of chain reduction drives. If it fits well, the seat tucks right under your armpit when you're standing next to it. The "penny-farthing" name comes from the ratio of the small wheel in back to the large wheel in front; it's roughly the same as the ratio of two English coins of the day, the penny and the farthing.

As you can imagine, mounting a seat that places your fanny at the level of your head is a daunting proposition. To get on, you put your foot on a little peg at the back of the bike at knee-level. After scooting a few steps with your other foot, you hoist yourself up using the handle-bars and snuggle into the saddle while reaching for the pedal with the foot you swung up after scooting with. Got that? All while rolling along at a comfy 2.5 mph. Some fixed-gear experience comes in handy at this point, like being used to the pedals moving when the bike is, and applying back pressure to control your speed on down-hills. Ability to do a track-stand doesn't hurt.

What does hurt is getting off, at least the first few times. I started by looking for a soft patch of grass on the side of the road and dumping myself onto it at relatively low speeds, but that isn't a practical or safe solution along a parade route. The first thing my instructor taught me was the



Phoebe is the classy one on the right

emergency dismount. At low speed, you jump backward off the pedals while holding the handlebars steady. Done right, you land in a low squat behind the bike. I didn't center quite right and have a line of bruises on either upper leg to prove it. A more elegant dismount is to pedal with the scooting foot (usually the right foot) and send the left foot back in search of that little peg I told you about for getting on. It takes practice to find this inch-long peg without looking, but once mastered, permits a graceful *rond de jambe retrograde* movement that stops the bike while lowering the rider to safety. Even more dramatic is the forward dismount performed by my fearless instructor. He got up enough speed to be able to remove both feet from the pedals and throw them over the handlebars like a gymnast on a pommel horse, then he took the whole frame over the top of the front wheel behind him as brought himself to a stop. Wow.

The most important part of this story is the local tradition. A Manchester high school teacher named Bill Burroughs had some students to his home 29 years ago. They oohed and aahed over his vast collection of antique bikes and asked him why he didn't show them off in the annual Fourth of July parade. He didn't have anyone to ride the bikes, he said, so the boys rose to the challenge and have ridden them annually ever since. Bill Burroughs passed away a few weeks ago, but his family was kind enough to share his amazing collection of two-wheeled, three-wheeled, no-chained, one-chained, and two-chained bikes again this year. They are

amazing feats of innovative mechanics that appear Rube Goldbergian to the unaccustomed eye, but they are a delight. My teacher, W. Michael Todd, Esq., was not one of the original students, but he learned from a Bill Burroughs-esque mentor of his own, and he was willing to give an inquisitive bike enthusiast like myself a chance to learn. It has been the highlight of 2003.

It is interesting to note that this sect of cycling attracts an unusual proportion of "can-do" types. One of the high-wheelers built his own fiberglass racing canoe. Another fellow had been up until 1 am the night before making a high-wheeler for his son from a BMX bike. My instructor Mr. Todd rebuilt several penny farthings before he ever rode one, and then he finished his first century on an ordinary at the age of sixteen. Consider that next time you pass mile 90 on your modern machine.

It never ceases to amaze me how many ways there are to ride a bike, and now, how many kinds of bikes there are to ride. If you have the opportunity to ride something out of the ordinary, by all means seize the day.

-Phoebe Johnson

Northern Vermont Labor Day Getaway

Friday, August 29 - Monday, Sept. 1

Join us for rides of approx. 30-65 mi. each day through the quiet, bucolic countryside of Vermont's Northeast Kingdom. Stay in a charming B&B overlooking spectacular, idyllic Lake Willoughby. Low gears and helmets strongly recommended. Cost of \$195 includes 3 nights, 3 hearty breakfasts, 2 multi-course dinners, happy hour snacks, and access to canoes on the lake.

Robin & Bill Inman (781-324-8826, before 9:00 pm; rock-rob@att.net)

Bicycling?

As an LAB member, I now receive *Bicycling* magazine. In fact, it seems to come all the time. I took out an LAB membership just in time and for the express purpose of voting in the election for the board member from our area. Since then, I've got about 6 issues of the mag (and the election was only 2 months ago.)

In one issue, they had a special section on cycling and kids. They seem to be out of touch. They recommend clipless pedals for kids over 10. I found it exceedingly tough just to get a good *bike* for my 12 year old, let alone cycling shoes that will fit his feet to mount the cleats on for the clipless pedals.

In another issue, they give instructions on how to pick up your dropped waterbottle without dismounting. The assumption is the bottle (a tall one) has come to rest upright on the road. How many times does *that* happen? They always end up on their side in the poison ivy next to the road, usually empty.

Come ride the Blazing Saddles August 24. We give you a bottle--no need to bushwack in the poison ivy.

-Ed Bolton
President, North Shore Cyclists

August NSC Road Schedule

August 3 Sarahs Not-So-New Ride

Who: Sarah Weaver 978-664-1370 svw@attbi.com

Where: Ipswich River Park, North Reading

The park is in North Reading center on Central Street between Chestnut Street and Route 62. From Route 128, take Exit 40, go around the rotary to Haverhill Street (National Guard Camp on the right). Follow Haverhill Street about 3 miles, then left on Chestnut Street. Park is about 1/2 mile down Chestnut. From Route 62, take Central Street, about 1/2 mile west of Haverhill Street and the Batchelder School (Tuesday Night ride start).

When: 9:30 for 54 miles; 10:00 for 35 miles

What: Serene back roads, farmstands, and lakes of the northern burbs. Enjoy lunch at Ingaldsby Farm and commune with the goats and piggies. We'll explore some less-traveled routes along with scenic favorites. Short ride tours North Reading, North Andover, Boxford, Middleton. Long ride adds Groveland, West Newbury. Lunch note for long riders: There are not many food options before Ingaldsby Farm at 34 miles, so bring enough snacks to keep you going.

August 10 Some Cheese With Your Whine

Who: Pam Houck 978-388-2986 masstriathelete@earthlink.net

Ann Penice 978-373-6647 darkhorse01835@yahoo.com

Where: Lake Gardner Beach, High Street, Amesbury, MA

Take Route 95 Exit 58 for Route 110 west toward Amesbury. Go to the 1st traffic light and take a right onto Elm Street at the Mobil station. At center of town is the lamp post rotary, go straight up the hill (second right off the rotary), which is High Street. Go about .3 mile, on the right, is the access to Lake Gardner Beach. Park closer to the road (away from the beach). From Route 495 take Exit 54 for Route 150 in Amesbury. Take the 3rd right going around the lamp post rotary, which is High Street. The sign for the Lake Gardner Beach is hard to see because of the fence. If you go over a bridge, you have gone too far.

When: 9:00 for 65 mile loop, 10:00 AM for 25 and 35 mile loops

What: This year the ride will start and end at beautiful Lake Gardner. The loops travel scenic back roads some through beautiful farm country of southern New Hampshire. The long loop goes up to Durham, NH. The loops will have some hills, which could not be avoided. There will be sandwiches after the ride at the lake. Bring salads or deserts (call Pam for ideas) or a \$5 donation. Bring your beach chair and bathing suit to go for a dip in the lake. Feel free to bring your canoe or kayak. Sorry, only nonalcoholic beverages and no floats are permitted.

August 17 Let's Go Coastal

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

Where: Cushing park, Newburyport

From Route 95, take Exit 57 for Route 113 East. Go for 2 miles and take a left onto Kent Street. Parking lot is 2 blocks on right. From Route 1 go onto Merrimac Street (at the Newburyport end of the bridge over the Merrimack). Go 1/4 mile west towards Amesbury. Take a left at the gas station lot 1 block on left.

When: 9:00 for 65 & 35 miles.

What: 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 23 North Shore Cyclists 2003 Blazing Saddles Century

See Page 1. 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. Georgetown High School. From Interstate Route 95, take Exit 54B (Route 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.

August 24 Century Volunteer Ride

Who: Ed Bolton, 603-382-6989 ebolton@ttlc.net

Where: Georgetown Park and Ride

Route 95 Exit 54 West, to Georgetown center. Park and Ride is on the left just before the lights.

When: 8:00 for 100 miles, 9:00 for 62 miles, 10:00 for 30 miles

What: Arrowed but unsupported century ride for those who volunteered their time and wish to ride also.

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 cancel.

Masconomet Regional High School, Boxford. Start time 8:30. 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 email 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).

(Continued from page 1)

It's interesting how a difference in a training regimen can affect performance. Last year I lived ten miles from work. In addition to the club rides, I commuted to my job by bike. I went out of my way to go over two hills coming and going. I felt great climbing, but had trouble with distances. I moved over the winter. Now I take the train to work, but I'm trying to do more distance rides (on the bike – not the train). This year I can go farther, but I'm weaker on the hills.

For the second year in a row, CRW was guilty of false advertising; there were no clouds at the top of the mountain. There was a nice breeze and unobstructed views of green hills in all directions, but I wouldn't recommend the trip just for the view. One green hill is much like the rest. The descent from the top was very disappointing. The road surface is in terrible condition, so I had to stay on the brakes all the way down.

There were two accidents that I know of during the ride. One was on the mountain and it was a fatality. It happened right behind me, and I could hear people yelling, "you hit him" and "I didn't see him until it was too late." Actually, I think it was a suicide. Why else would a chipmunk run out into the middle of the road and stop in front of oncoming traffic?

The quickest part of the ride is from mile forty-seven to fifty-seven. After getting off the mountain, it's mostly downhill for these ten miles. Then it gets a little hilly again, but these are gone by the final rest stop at seventy miles. After that, the route is fairly flat to the finish. I shouldn't gloss over the last part of the ride. As a matter of fact, after sixty miles, I was cooked. I got lost twice. I still don't know if it was because the last part of the ride was not marked as well as the beginning or if it was because my mental functioning had deteriorated. I suspect it was the latter.

So, what did I learn? I learned I could still challenge myself every once in a while. I also learned that electrolytes are not the things you turn on when it gets dark. I wear a hydration backpack specifically so that I will drink a lot of water. However, even with plenty of water, carbo gels and a bagel at every rest stop, I got leg cramps after seventy miles. Bad ones. I had to stop twice in a mile to stretch. I was wondering how I was going to make it to the end, when I got lucky. I got lost.

I wanted some Gatorade, but rural towns like Clinton and Bolton don't have a convenience store on every corner as we do. The first store I came across was closed. Someone walking by said "sometimes they close early on Sunday if business is slow" (I think I saw a hayseed in his mouth). Anyway, getting lost a mile later allowed me to find a store that was open. Two bottles later, I made it to the finish.

According to my bike's computer (actually, the salesman said it was an "operating system" not a computer), I went 103.5 miles in six and a half hours. With stops, the ride took me eight hours. Will I do the ride next year? Probably. Why? For the same reason a woman has a second child. We can't remember the pain.

-Hozz Hoseman

Weekly Ride Schedule

These rides occur each week as listed during the road season. Non-members are always welcome on all NSC rides.

Monday At 6:30 PM– Changes to 6:00 PM August 11

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 15-20 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 At 6:30 PM- Changes to 6:00 PM August 12

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 At 6:30 PM– Changes to 6:00 PM August 13

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 At 6:00 PM (All August)

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.

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