



The North Shore Cyclists Newsletter

Winter 2001

Visit the NSC website at: www.astseals.com/nsc

To subscribe to the North Shore Cyclists mailing list, send a blank message to:
nsc-subscribe@topica.com

Winter Rides

Depending on the weather...join us for mountain biking, cross country skiing, or

Sunday, February 4
Great Brook Farm, Carlisle, MA
Show and Go

Rt. 3N to Exit 29 (Rt. 129) East (left) 1 mile and take right onto Rangeway Rd. Straight across Nashua Rd. at stop sign. Take a right on to North Rd. Parking lot will be on your right. From Rt. 495, take Rt. 3S in Lowell. Exit 29 is the first exit off Rt. 3. Right onto 129, then as above.

Start Time: 10:00 am

Great Brook Farm has miles of trails through the woods, corn fields and single track for all skill levels.

See page 5 for more rides...

Saturday Weekly Ride ~ If the Roads Clear...

Saturday Masconomet Regional High School, Boxford

Start: 9:00 AM in April, 8:30 AM May through September, then 9:00 October through mid-November; 10:00 AM through the winter. (During the winter it's a good idea to call or e-mail to confirm... we might ride on Sunday now and then too.)

Leaders: **Mike Habich** (978)664-0187
mhabich@astseals.com & **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 speed-play 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).

Stories around a Fire

It's the off-season. Serious athletes in many sports work harder in their off-season than they do during the season. Thank goodness I'm not one of them. The idea, of course, is to spend minimal time in the actual season doing conditioning work that can be done during the rest of the year. I do try to keep up some activity during the winter. The gym I go to is on the campus of Exeter Hospital. Lots of doctors go there as well. Sometimes one of them will play a practical joke on me by looking at me in the locker room and asking, "Are you being treated for that?" At least I hope it's a joke. They have terminals around the place where you can record weight and aerobic workouts. You can exchange e-mail messages with the fitness staff on the system. You can also log in remotely from a web site and enter workouts performed outside the facility. You earn points based on weight sets and reps and CV time, and when you earn enough points you move up to the next 'color' level (like belts in karate). It's a great marketing strategy for hooking borderline obsessives like me. I keep

my membership alive in the summer, when I don't go there at all, so I can claim the points from riding the bike and keep moving toward the next level. By the time this is being read, I may have achieved the highest level. This may result in a motivational crisis, given my goal-fixated persona.

I have found the staff there does not seem to fully understand how the remote logging works. When I logged in for the first time this off-season, I had 18 messages from the staff

Continued on page 3

And the Winners Are

It was my pleasure to recognize these people at the Banquet November 11. Thanks to all of them and everybody who showed up to ride, making their efforts worthwhile.
-- **Ed Bolton**, President, NSC

Outstanding Contributor 2000:

Tony Salerno - The best century ever, every time. Post-haste post-production of the newsletter.

Eric Shaktman - Full ride calendars. Nicer clothes than many people race in and more available too. Probably used to know what "no" means but forgot somewhere along the way.

Special Mention:

Mike Habich - Computer/Web guru. Bike Guru. Organizing an away trip without outwardly admitting to it. Rides a lot and does it well. And I'm aware he knows a definition of PV other than "Present Value".

Paula Bossone - She KNOWS social.

Peter Bazeley - Mr. Big (Event).

Phil Hertz - He's got mail.

Appointed Road Captain of the NSC:

Marie Doyle - Marie knows about the crack on Linebrook Road. She knows on a warm day it will be hot at the intersection where Carmens is. No matter what ride you are on, she is probably there and knows where it goes and what to expect on any part of it.

Weekly Ride Leaders:

Week after week after week after week after week after week.... It's a long time from March to October.

Monday: Paula Bossone and Dianalyn Sirota

Tuesday: Lori Balboni, Jimmy White, and Peter McCann

Wednesday: Eric Shaktman and Marie Doyle

Thursday: Emmett Halpin and Steve Winslow (I love the Animal Cracker thing).

Saturday: Mike Habich and Jeff Turpel

Sunday Ride Leaders:

On the road and in the woods. They answered the call. Some were rained out but some did many.

Rick Zandagross - Bob Moccaldi - Lenny Sullivan - Dave Smith - Jim Faist - Bob Williamson - Paula Bossone - Bruce Fiendel - Mark Davis - Amanda Davis - Mike Whalen - Mike Habich - Kathy Ahern - Dennis Ryan - Scott Sirota - Bob Makowiecki - Jim White - Joe Lewis - Eric Shaktman - Blane Goguen - Donna Ventura - Tony Salerno - Al Savageau - Rita Savageau - Pam Dietrich - Ralph Cooper - Pam Houck - Ann Perince - Steve Zaya - Emmett Halpin - Jeff Turpel - Ed Bolton - Jim Danis - Peter McCann

Newsletter Contributors:

Took the initiative and made the effort to inform and/or entertain us:

Eric Shaktman - Lenny Sullivan - Emmett Halpin - Francesca Lewis - Ed Bolton - Tony Salerno - Paula Bossone - Peter McCann - Peter Bazeley - John Wood - Pam Houck - Elizabeth Rose - Arnold Nadler - Harry Wolfson - Larry Guerin - Bob Makowiecki - Charles Hansen - Lucy Nottingham - Kelly Richards

Ironman

As if 15 hours of air travel each way wasn't enough, **Larry Guerin** finished the Hawaii Ironman.

Lucy Nottingham finished her first Ironman in style. The results were posted very quickly (by Florida standards).

Officers & Coordinators

President Ed Bolton (603)382.6989 ebolton@ttlc.net

Vice-President Marie Doyle (978)777-4455 mdoyle@phcs.com •

Treasurer Pam Houck (978)388-2986 •

Public Relations Lucy Nottingham (781)528-2557 Lucy.Nottingham@us.pwcglobal.com •

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

Stories Around the Fire ... Continued ...

member assigned to me and a few others as well. Many of them were wondering how I was earning the points without checking in at the desk!

A more relaxing winter tradition -- stories around the fire:

Where I'm originally from -- southeastern Massachusetts -- even on the coldest nights it was rarely more than a few degrees below 0°F. Where I live now -- in New Hampshire just over the Massachusetts line -- we see -20°F a few nights in mild winters and maybe 15 times in bad winters. When I was in college in upstate New York, it would occasionally be -20°F during the day. When I started there, I had a fall jacket and a winter coat I brought from home. I started wearing the winter coat in October and when winter actually hit, I quickly learned to put the fall jacket inside the winter coat and wear both of them. My dad was in the area on business one day while I was there and stopped in to see me and take in a hockey game. That night was about -30°F. In the Field House where the game was, it was probably about 70 degrees warmer, or +40°F. I was OK if weighted down with my two layers, but he froze. As soon as the stores were open the next day, he took me out and bought me a Woolrich down coat. It was not an option; it was one of the few things I had no say about. I still use that coat when it is very cold, 24 years later. Every time I do, it reminds me of my favorite cold weather story -- when I got a new

coat because my dad was cold.

Next story: I had two friends in college who married each other just after graduation. Steve worked for a few banks then became the head MIS man for the Philadelphia Enquirer. Theresa became a Project Manager at Burroughs in the Philly suburbs. After their first couple of kids, they abandoned the halls and walls of high tech and became dairy farmers. Just before they bought the farm (literally), Deb and I traveled to Rhode Island to meet them for the weekend at another friends' house. During dinner Saturday night, Theresa mentioned that daughter Julia was not allowed to have butter on her bread because Steve's cholesterol was too high. Julia was as skinny as a piece of string. Steve, at that time, was more rotund. We were amused that Theresa, a highly educated professional, was completely serious about restricting Julia's diet on the basis of Steve's cholesterol level. This story was an inside joke between Deb and myself and the couple from Rhode Island for many years, until 3 years ago when I resumed cycling at Deb's suggestion because Deb wanted to lose weight.

I don't bring either story up at home anymore.

Regards,

Ed Bolton

President, NSC

603-382-6989

ebolton@ttlc.net

Looking for ride stories -- please use the winter snows to put some thoughts together and forward all ideas and stories to mp2@mediaone.net.

Ride To Fight Multiple Sclerosis

As if you need a reason to ride, the Massachusetts Chapter of the Multiple Sclerosis Society would like to invite you to ride with us to fight the devastation caused by Multiple Sclerosis. If you've ridden for MS in the past, you know how fun these events can be. If you haven't, you should consider joining in the fun. And it's not just fun...it's a great cause in which 80-85% of the funds raised in events such as these rides goes directly to programming, research, and aid to help fight MS. This compares to 55-60% for Palotta-produced AIDS rides, and 60-70% for American Cancer Society fundraising (sourced from their respective annual financial reports). For more information, view <http://www.msnewengland.org> or call the MS bike hotline at 800-493-9255 ext. 107.

In a Flash...

...You are airborne, but not on any scheduled flight.
...Searing pain envelopes your body, as you twist through the air.
...Anger, seethes through mind as you hit the asphalt, finally at rest.
...Rationality kicks in as you mentally check your body parts, neck, spine, legs.
...You know that you are seriously hurt, something is loose inside, you can feel it!
...There is a 911 call, the EMT's arrive, you are strapped to a board, immobilized.
...Your wife arrives, called by the engineer of your flight who apologizes, but says "I didn't see you.", anguish in her voice.
...You are X-rayed, Cat-scanned, and told you need a life saving operation, no second opinion warranted.
...You and your wife say tearful goodbyes, because you just never know if you will ever have the opportunity again.
...Your life is changed...forever.

Hey kids, Happy New Millennium! It is nice to be here. Many of you know that I was involved in a

car/bicycle crash on December 7, 2000. A VW crashed into me as I was riding to work. The above description tells how it was till the time I entered the operating room. Well, I came through it fairly well. I spent 2 1/2 days in ICU and a total of 6 days recovering in the hospital. Thanks to all the members who sent cards and flowers and called. I truly think it has helped my recovery. By the way, I lost my spleen and suffered four broken ribs. Luckily I did not sneeze for three weeks. I have kept my sense of humor, but I was disappointed at not finishing out the month of December riding my bike. I was pushing 4,000 mile for the year, but had to settle for 3,840. Still, I rode 316 days at an average speed of 12 mph or 19 kph. Hey wait a minute, if I do the miles metrically, it is over 6,100 kilometers! Eureka! I think I have found the formula. Just do not ask my age in metric terms!

Please ride safely!

Emmett

Ride Coordinator Notes...

Hi Folks,

Just a few notes to start the season.

The Wednesday rides will be starting on April 4th at 6:00. Anyone that would like the cue sheets e-mailed to them please e-mail me at ericnsc@mediaone.net. The ride will move to 6:30 on May 9th. I will be arriving by 5:30 as of May 9th to do a preride. It will be either a paceline or a hill ride. I hope you all had a productive winter and see you at the meeting.

RIDE LEADERS NEEDED

We need to fill up the Sunday ride calendar again this year. I want to thank everyone who led a ride last year. We filled almost every Sunday with a ride leader last year and I hope to do that again this year. We are working hard on putting a ride leader information packet together. I also would like to have a clinic for all current and future ride leaders and anyone interested in just getting ride leader information. You can either call me at 603-580-1010 or e-mail at ericnsc@mediaone.net.

Thanx,
Eric

AYH "CAPE IN A DAY(PLUS ONE)" CENTURY BICYCLE WEEKEND

June 23-24

Join the New England Council of Hostelling International - American Youth Hostels on their annual Cape Cod ride. The trip consists of a century bicycle ride from Boston to North Truro (120 miles) or Eastham (100 miles) on Saturday, time to tour Provincetown or relax on nearby beaches Sunday morning, and a ferry ride back to Boston late Sunday afternoon. The cost of \$80 includes four meals, lots of snacks, hostel lodging, sag wagon support for luggage and breakdowns on Saturday, and the ferry. Send full payment (refundable until June 1st) along with name, address, phone #'s and hostel choice (if any) to trip leader Seth Davis, 60 Albemarle Ave., Lexington, MA 02420. For more information, visit our web site at www.usahostels.org/activities_capeday.shtml, call Shari Spadafora at (617)258-1814, or send a self-addressed stamped envelope to the trip leader.

Jim Berry
Cape in a Day + One Committee

Tentative Winter 2001

Mt. Biking, X-Country Skiing or Hiking

Sunday February 11
Harold Parker State Forest
North Andover, MA
Show and Go

Rt. 95 to Rt. 114 toward N. Andover look for Harold Parker Road and park signs on left. Take left at end of road onto Middleton Road. Park in Headquarters parking lot on left. From Rt. 495 to Rt. 114 toward N. Andover. Look for Harold Parker Road and park signs on right. Then same as above.

Start Time: 10:00 am

Fire roads and single track through the woods between the paved roads many of the Sunday & Tuesday rides pass.

Sunday February 18
Salem, NH Area Trails
Show and Go

Meet at the North Salem Plaza on Rt. 111. Take exit 3 off Rt. 93, then Rt. 111 east. Cross Rt. 28, staying on Rt. 111 east past Shadow Lake. N. Salem Plaza will be on your right about 2 miles. Park in outer corner of parking lot. We will shuttle on road 2 miles to remote start due to very limited trail head parking.

Start Time: 10:00 am

Snow Biking! Bring your studded/mud tires and winter gear, for intermediate level single track on the Hampstead conservation trail system.

Sunday February 25
Pawtuckaway State Park
Show and Go

Rt. 95 North over the New Hampshire line and through the Hampton tolls. Take Exit 2 (Rt. 101) East. Take Exit 5 (Rt. 102) north. At T intersection near Shop & Save, take a left then a quick right onto Rt. 156. Follow signs for Pawtuckaway State Park onto Mountain Road and visitor center parking lot.

Start Time: 10:00 am

Many, many miles of trails around Pawtuckaway Lake. Pawtuckaway State Park is a favorite area for rock climbers honing their skills; depending on the weather and conditions we may see some folks even crazier than bicyclists.

Sunday March 11
Great Brook Farm, Carlisle, MA
Show and Go

Rt. 3N to Exit 29 (Rt. 129) East (left) 1 mile and take right onto Rangeway Rd. Straight across Nashua Rd. at stop sign. Take a right on to North Rd. Parking lot will be on your right. From Rt. 495, take Rt. 3S in Lowell. Exit 29 is the first exit off Rt. 3. Right onto 129, then as above.

Start Time: 10:00 am

Great Brook Farm has miles of trails through the woods, cornfields and single track for all skill levels. Note: Great Brook Farm has marked fee paid trails and X-country ski rentals.

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Harold Parker State Forest
North Andover, MA
Show and Go

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Start Time: 10:00 am

Fire roads and single track through the woods between the paved roads many of the Sunday & Tuesday rides pass.

Sunday March 25
Georgetown/Rowley State Forest
Georgetown, MA
Show and Go

From Interstate 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 trail head 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 Rt 97.

Start Time: 10:00 am

Straddling an interstate highway, this 1100-acre state forest offers a surprisingly secluded mountain hiking 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. A map will be available.

Mt. Bike Ride Coordinators:

Lenny Sullivan (978) 689-2884

Lsulli7079@aol.com

Francesca Lewis

Francesca_Lewis@bigfoot.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: _____ Occupation: _____

E-mail _____ Phone: _____

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