



# The North Shore Cyclists Newsletter

Visit the NSC website at: [www.astseals.com/nsc](http://www.astseals.com/nsc)

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Jan/Feb 2002

## Achievers in 2001

It was my pleasure to recognize the following individuals at the NSC Banquet November 3.

### Sunday ride leaders:

Mike Whalen  
Mike Habich  
Jim Danis  
Lenny Sullivan  
Eric Shaktman  
Jimmy White  
Jim Trudeau  
Jeff Turpel  
Jack Ferguson  
Al Savageau  
Rita Savageau  
Pam Houck  
Donna Ventura  
Tony Salerno  
Arnold Nadler  
Scott Sirota  
Dianalyn Sirota  
Howard Wack  
Ellen Wack  
Steve Zaya  
Emmett Halpin  
Frank Roberts  
Phoebe Johnson  
Rick Zagdangross  
Chuck Hale  
Mark Davis  
Amanda Davis  
Bruce Feindel

### Newsletter Contributors:

Nora Colliton  
Emmett Halpin  
Jim Berry  
Eric Shaktman  
Peter Bazely  
Jim Trudeau  
Marie Doyle  
Bob Makowiecki  
Lenny Sullivan  
Francesca Lewis  
Tony Salerno  
Dave Mohr  
Mike Habich

John Taylor  
Arnold Nadler  
Kitty Farago  
Martha McGowan  
Janet Nestor  
Bruce Gates  
Jimmy White  
Paula Bossone  
Matt Varrell

### Weekly Ride Leaders:

Paula Bossone  
Diannalyn Sirota  
Peter McCann  
Lori Balboni  
Jimmy White  
Eric Shaktman  
Marie Doyle  
Emmett Halpin  
Steve Winslow  
Mike Habich  
Jeff Turpel

### Outstanding Contributor Award:

Presented to Mike Habich. As usual, Mike's name is on all the lists above. He maintains our web site, and he hosted the meeting last winter where we finalized our ride leader guide. He consistently provides advice and guidance both on the bike and off. He has introduced the NSC to dozens of riders, many of whom have become members.

### Road Captain:

This year, I've again used my "Presidential Authority" to acknowledge riders whose experience and personality make them leaders on the road. These people have the experience, local knowledge, and capability to hold a group together and get it home. This year, I designated Jimmy White as an NSC Road Captain.

My sincere thanks to all those named here, to anybody else I may have missed, and to all those who have helped out in other ways.

Ed Bolton, President  
North Shore Cyclists

## From The Road

You must excuse me- I'm a little more out-of-touch than usual. I've spent most of January living and working in the Charlottesville, Virginia area. I went down in four separate trips, with just a few days here at home between each trip. By the time this is to press, I hope to be home for good. Though I've had some fun in Virginia, it will be great to be back.

Charlottesville is a very nice little city, about the size of Nashua NH. While there I toured Monticello and walked around the gorgeous campus of the University of Virginia. The city has marked bike lanes on many roads, but I was not impressed with their efficacy. The lanes were mostly being used by motorists looking for a few extra feet for parking or turning.

The surrounding area in central Virginia is very, very rural. It is quite hilly, with good shoulders on many roads. Most roads seem to have very few imperfections. A lot of the pavement there seems to be coarser than usual around here, the type of pavement that adds rolling resistance. It would make a good training locale.

There are a lot of horse and angus cow farms down there. Up here, we often see garages converted to horse barns and front yards changed over to trampled, muddy paddocks. Down there, grassy pastures the size of shopping mall parking lots support only a few large animals.

I didn't ride at all down there, but instead concentrated on photography in my free time. It's much easier to carry a camera than a bike, and I'm happy with what I came back with. I have a lot of negatives to scan.

But it's back to business now. It's time to prepare for the road season. The jersey design team is finishing up, the Heritage Ride planning is in full swing- the road half of the club comes back to life soon.

Ed Bolton  
President, North Shore Cyclists





**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

Worth 1000 words...

Mountain Bikers at Bald Hill (Chuck Hale)



Descent at Fork Rock (Chuck Hale)



Fall Mountain Biking at Lynn Woods (Chuck Hale)

John Grant carries the Olympic Torch in Kittery, Maine (Pam Houck)

