



The North Shore Cyclists Newsletter

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

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

July 2001

PUT YOUR HEART INTO IT!

Definition of insanity: doing the same thing over and over and expecting different results. Do you do the same training regime daily and expect to improve? Do you cycle indoors during the winter or during inclement times? What do you do to stay motivated? I would like to suggest a way that you can continue to stay motivated and increase your performance during the cycling season.

The heart rate monitor provides an effective and accurate method to obtain instant biofeedback about physiological, mental, and metabolic responses in your body. This is similar to your bike odometer but it provides important information about your heart and its response to the demands of exercise. In contrast to the heart rate monitor, the bike odometer measures speed only, which is affected by at least one of the following: tires, terrain, environmental factors such as wind and temperature, and group dynamics such as drafting. So as you can see, if you want to see how you are really doing, a heart rate monitor provides a much better picture. Also, by comparing your resting heart rate over time, you can see how much stress you are under and if you are recovered enough to workout hard, take it easy or rest. This tech gadget can be your own personal trainer especially when it alerts you to increase or decrease your intensity level.

There are a variety of monitors with different features. Which one should one choose? I like to think of this motivational tool as a lifelong companion. Why would anyone want anything less than the best?! Therefore my BEST recommendation is the Polar Pro Trainer NV. This monitor allows you to program the zone in which you would like to train, keeps the time of your heart rate above, within and below your zone and shows your average heart rate. This will keep you motivated! It beeps when are under your programmed zone or above your programmed zone. Through effective programming with the assistance of a knowledgeable trainer or exercise physiologist, your effective heart rate range and maximal heart rate can be determined. A simple, yet conservative estimate for a person's maximal heart rate is 220 minus your age. This formula doesn't work for everyone and therefore if it doesn't make sense for you, feel free to contact me or another exercise professional. After you find your maximal heart rate, you can then train in different "zones" or percentages of maximal heart rate.

Now for the motivational and increased performance part: with different zones, you can improve strength or endurance, depending on what you would like to achieve. You can challenge yourself in different ways to achieve your goals. Strength endurance training is achieved by increasing the resistance to a feeling of a hill climb and keeping the heart rate steady or slightly increasing (75-85% of max heart rate). Endurance training or steady state exercise is similar to a flat road with

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BLAZING SADDLES CENTURY UPDATE

This is the next to the last time I am going to say this for the year, **WHERE ARE THE VOLUNTEERS FOR THE CENTURY?** As always there are a dozen or so members who have already volunteered a month ago, but it takes more than that.

I need to get an arrow marking crew together, preferably two persons to each section, which makes the job easier. There are also positions for the 50 mile rest stop for both days. I would also like to have six people for each morning of registration and someone for check in. And we'll need help for the cleanup.

Don't hesitate, give either Bob (978-887-3855), or me, Tony, (978-352-2524) a call. Or E-mail litespd1@aol.com. The more the merrier.

See you on the roads,

-Tony Salerno
(Tony rides with the NSC Sunday, Monday, Wednesday, and Saturday. He is the century Yoda.)

EMMAUS BENEFIT RIDE

Once again, North Shore Cyclists will be reaching out to help the less fortunate members of our local community by supporting Emmaus Inc. of Haverhill. Work is underway for our annual cycling & walking benefit event, Heels 'n Wheels for the Homeless, scheduled for July 22, 2001.

Emmaus, Inc. is devoted to serving the needs of homeless women, men, and children in the greater Merrimack Valley and North Shore. Founded in 1985, seven programs provide meals, emergency shelter, transitional housing, job training, housing search, homeless prevention, and support services throughout our communities. The Heels 'n Wheels event plays a critical role in the efforts to raise needed funds to support Emmaus programs, and also serves to increase the volunteer team: people who bring a variety of skills and contribute many hours of dedicated service to Emmaus, stretching budgetary dollars.

This year's event will be held at Northern Essex Community College in Haverhill. Along with ride lengths of 25, 62 and 100 miles, there will also be a 5 mile walk around Kenoza Lake. The walk and 25 mile ride start at 1:30 PM. The 62 mile ride will depart at 11:00 AM, and the 100 mile ride at 7:00 AM. Please, only riders 18 years and older for the

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OFFICERS AND COORDINATORS

President:

Ed Bolton (603)382.6989 ebolton@ttlc.net

Vice-President:

Marie Doyle (978)777-4455 marie.doyle@verizon.net

Treasurer:

Pam Houck (978)388-2986 masstriathelete@earthlink.net

Secretary:

Kathy Ahern (978) 363-1893 kathy_ahern@affymetrix.com

Clerk:

Emmett Halpin (781)246-5268 emmetthalpin@mediaone.net

Ride Coordinator:

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

Mtn Biking Coordinators:

Lenny Sullivan (978)689-2884 Lsulli7079@aol.com

Francesca Lewis Francesca_Lewis@bigfoot.com

Century Coordinators:

Tony Salerno (978)352-2524 litespd1@aol.com

Bob Williamson (978)887-3855

Newsletter Editor:

Nora Colliton (978) 988-3683 nccolliton@yahoo.com

Newsletter Coordinator:

Tony Salerno (978)352-2524 litespd1@aol.com

Advertising:

(call to help out)

Public Relations:

(call to help out)

Mileage:

Joe Lewis (617)472-4868

Membership:

Emmett Halpin (781)246-5268 emmetthalpin@mediaone.net

Web Master:

Mike Habich mhabich@astseals.com

Clothing Coordinator:

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

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some resistance (65-75% max heart rate). During either of these trainings, you can vary your heart rate and challenge yourself. A great challenge is interval training. This will give you increased performance! As with the other types of rides, you must warm up for about 5 minutes at a low heart rate increasing it gradually to 65% max heart rate, then work hard for a period of time (from about 1 to 3 minutes) at 80-90% max heart rate, then recover between intervals at 65% max heart rate. If you find that your heart rate does not return to recovery after a number of intervals, then you should not continue doing intervals since you have received all the benefits of the training and

AUGUST NEWSLETTER: DEADLINE IS 7/10/01 MAIL DATE 7/27/01

Contributions after the deadline may not make it!

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

more training will result in overtraining and this can result in injuries. Time will fly by as you focus on working on interval training, endurance training, and strength endurance training!

In summary, the benefits of heart rate training: decreased chance of overtraining, increased performance, increased motivation, increased challenge. If you would like more information about this product and how it can be your invaluable trainer, please visit my website www.thepersonaltrainer.com/fjlewis and contact me. The Polar Pro Trainer NV is pictured on my web page and is the product that I endorse.

-Francesca Lewis, Exercise Physiologist

(Francesca rides with the NSC on Sundays and is one of our MTB coordinators)

SIGN THE FORM

Elsewhere in this issue is a membership report in which Emmett explains he has purged our expired members. At the risk of sounding like the Channel 2 Auction, I ask that members whose memberships have expired yet are still reading the newsletter from the internet renew ASAP. Club membership absolves you from filling out waiver forms at the rides, saves you 10% at many bike shops and entitles you to a say in the plans of the club. You cannot help vote me in or vote me out unless you are a club member! Membership money funds postride snacks and cookouts, as well as the paint, copying, and postage necessary for the Sunday rides and this newsletter. Membership money also provides starter funds for the century, the banquet, NSC clothing, and other special events. Support your club and help yourself by starting or renewing your membership. It costs less than most bike tires do.

Tony needs help! The Century needs volunteers. Remember, Tony gets a case of Rolling Rock from me if he improves on last year. He can slake his thirst with your help. See his article on Page 1. And Eric can always use Sunday ride leaders. Call Eric Shaktman at 603-580-1010

Two projects I have on the burners: sometime this summer we will be setting up an area on the NSC web site with corporate information. The club bylaws will be there, meeting notices and agendas, and similar information. Also, we may be looking for a few people for a photo shoot for media and brochure purposes this summer. Keep an eye on the e-mail list or contact me if you might want to be included but aren't on the list.

-Ed Bolton, President, NSC

THANKS

A quick note to thank the members/volunteers at the Essex County Heritage Ride on June 3. **Eric Shaktman**: provided the route, registration and the Cranes's stop. **Lenny Sullivan**: registration and the Crane's Stop. **Tony Salerno**: setup, registration, and advice. **Mike McAndrews**: registration. **Paulette Frasier**: registration. **Pam Houck**: registration. **Marie Doyle**: registration. **Emmett Halpin**: 15 mile leader. **Peter Bazely**: Arrows.. **Especially Jim Trudeau**, who originated and headed up the event. And all members who turned out on a wet day to ride. From outside the club, **Annie Harris** and **Ann Barton** from ENHA, who did tremendous amounts of both planning and legwork. We had poor weather but a good start. Let's get some sun for next year.

- Ed Bolton, President, NSC (Arrows and Wenham stop)

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100 mile ride.

We request a minimum goal of \$100.00 in pledges for individuals and an average of \$100.00 in pledges per person for groups, families, or crews (registration fee counts towards your goal!). That is only asking for \$10 from 10 friends, neighbors or coworkers.

Participants will receive:

- Water bottles
- Refreshments, route maps and roadside assistance
- Free food & beverage vouchers
- T-shirt for those collecting \$150 or more in pledges
- Special prizes/gift certificates for top pledge collectors.

In conjunction with the bike/walk event, we will have our famous cookout, plenty of soft drinks and live music, making this the perfect atmosphere to unwind after the event! Entertainment this year will be provided by bands Averi, Smoke Poetic, Mars Black and Fat City. It's a great mix of music!

Last year's event raised more than \$29,600. By holding steadfast to its commitment of keeping administrative overhead costs to the barest minimum, approximately 90% of all monies received went directly to the people who need it most: homeless women, men, and children. In order to make this event a success we need your help and participation. We had over a hundred participants last year and we'd love to double that this year! Please mark July 22 on your ride calendar. For more information or registration forms, call Bob Makowiecki at 978-352-2407 or visit the Emmaus website: <http://www.emmausinc.org/heels.htm>

-Bob Makowiecki

(Bob is a former Ride Coordinator, Vice President, and Wednesday Night Ride Leader for the NSC. He still rides with us sometimes on Wednesday night.)

WENHAM, MA TO QUEBEC CITY, CANADA

AUGUST 11-22, 2001

Join us for the 10th, almost annual, 500 mile, sag van supported tour through New England to French, cosmopolitan, delightful Quebec City. Cycle 50-70 miles/day, plus some longer options, for eight days. We'll start about 25 miles northeast of Boston, and cycle 25 miles to historic Newburyport, MA overlooking the Merrimack River. Then we'll experience the full range of New Hampshire's landscapes including the southeast coast, Lake Winnepesaukee, the White Mountains (ice cream at the classic Mt. Washington Hotel?), and the remote, quiet, Connecticut Lakes. Also, southwest Maine, Vermont's Northeast Kingdom and Quebec's upper Appalachians. We'll enter Canada at the highest border crossing east of the Rockies. Lots of hills, but also plenty of rolling and flat terrain. After day Five, there's a layover day at Back Lake, NH to hike, swim, bike, go boating, look for moose, etc. Cycling is on paved roads (except for some possible construction), and cyclists should be prepared to cycle in various weather conditions, including rain.

We'll arrive in Quebec City on Sunday afternoon and leave Wednesday morning. Time to play tourist and enjoy the city's European style and great restaurants, plus opportunities for hiking and more bicycling. Price of \$975 includes 11 nights lodging in comfortable inns, motels and hotels, with 2 persons/room. Also 8-10 breakfasts, lunch food on 8

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THE MONSTER CHALLENGE: TRI BOSTON

There is a brand new event coming to Boston over Labor Day weekend. The Monster Challenge: Tri Boston is a collaboration between the AIDS Action committee and Dave McGillivray, Race Director of the Boston Marathon. We are delighted to bring this new event to Boston and hope you will participate in our inaugural event!

Tri Boston will be staged in downtown Boston and athletes can compete at Olympic or Sprint distances. Never run a triathlon before? That's ok - team up with some friends and compete as a relay team. The Sprint distance is 0.5 mile swim in Boston Harbor, a 12.4 mile Bike leg from Downtown Boston to Cambridge and back, and a 3.1 mile run in the Marine Industrial Park in South Boston. The Olympic distances are twice the Sprint Distances. To participate in the Olympic Distance event, you must have completed an Olympic distance triathlon in under 2.5 hours. The race will take place on Sunday Sept. 2.

Check out our website to request more information - <http://monsterchallenge.org>. You can register online through the website as well. Interested athletes are also welcome to contact us at monsterchallenge@aac.org or call 617-450-1100.

-Martha McGowan

TriBoston Recruitment Specialist
AIDS Action Committee

MEMBERSHIP REPORT

With our membership cleansed of expired cyclists, we have 41 Family members, 121 individual members and 23 officers and other category members. If these were all counted as individuals, then we would have a total membership of 226 on the active roster. This is about the same as it was 1 year ago at the same time of year.

-Emmett Halpin

(Emmett is our membership guy, our Clerk, and leads the Thursday Night Ride)

NEW MEMBERS

THE NSC WELCOMES:

Donald and Judith Roy - Danvers
Catherine and Tony Fay - Winchester
Michael Brockman - Lynn
Peggy Barrasso - Tewksbury
Linda Goldstein - Swampcott
Mike and Theresa Barry - Norwood
Tim Kelley - Salem
Pamela Perreault - Pomfret, CT

SUNDAYS ON THE ROAD

July 1 Ride to the Sea

Who: Donna Ventura (781-581-1243) & Tony Salerno (978-352-2524)

Where: Perley School, Georgetown

When: 8:00 for 75, 9:00 for 50, 10:00 for 25 mile routes

How to get there: Rte. 95 exit 54 west, rte. 95 west to Georgetown center. At set of lights take right onto North St., Perley school is 1/4 mile on the right.

What to expect: The longer routes head toward the seacoast and Gloucester. The shorter loops go into Ipswich. BBQ at Tony's after the ride. Bring salads or deserts (call Tony for ideas) or \$5 donation.

July 8 North Shore Coast to Coast

Who: Arnold Nadler (978-745-9591)

Where: Montserrat Commuter RR Station, Beverly, MA

When: 10:00 AM for approx. 55 and 32 miles

How to get there: Rt. 128, exit 19, Brimbal Ave. After exiting, immediate left, then right onto Brimbal Ave. for about 1 mile. Right on Rt. 22 south for 0.1 mile into Montserrat RR Station parking lot.

What to expect: Lots of scenery and historic architecture. Includes 3 miles on rte. 1 (good shoulder, but some fast moving traffic). Long route gets us from the Atlantic Ocean to the Merrimack River, with lunch possibilities in the Newburyport waterfront park. Short route lunch opportunity is in Topsfield. Maps, cue sheets and arrows.

July 15 Rattlesnakes Revisited

Who: Jim White jdwhite@mathbox.com (978-689-9847)

Where: Greater Lawrence Vocational H.S.

When: 9:00 AM - 62 miles, 9:30 AM - 35 & 45 miles, 10:00 AM - 25 miles

How to get there: I-93 North, exit 45 River St. (1st Exit North of I-495), Left at 1st set of Lights onto River Rd., Left at 3rd set of Lights into School Parking.

I-93N is exit 40B off of I-495

What to expect: Twisty, scenic ride through Andover-Tewksbury area, moderate hills. Refreshments after the ride.

July 22 Show & Go

Leader: Anyone who wants to lead this ride please contact Eric (603-580-1010)

Location: Centerville School, Beverly

Time & Distance: 9:00 AM for distance to be determined by riders or ride leader

Directions: Take rte. 128 N to exit 18, left at end of ramp to rte. 22N (toward Essex), follow approximately 1 mile, then right onto Hull Street at curve and 1st right into school parking lot

July 29 TdF Stage 21 not!

Who: Mike Whalen (978-927-2297)

Where: Hamilton/Wenham H.S.

When: 9:00 for 60 miles, 9:30 for easier 35miles.

How to get there: From rte 128, take exit 20 N. Follow Rte 1A for 5 miles, the High School is on the right.

What to expect: This ride will be covering flat to hilly terrain. Come ride with Mike on a false remake of a Tour de France mountain stage. Cue sheets, arrows, post ride refreshments and medical care after the ride.

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.

Get Ready....

August 12 Scott and Dianalynn from Newburyport **August 25/26 Blazing Saddles Century** (the first century of a month of 'em)

September 30 Emmett shows us Wakefield. **October 7** Another Apple Ride.

WEEKLY RIDE SCHEDULE

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

Saturday

Masconomet Regional High School, Boxford

Start: 8:30 AM thru the summer. 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. 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

Starting 6:30 thru the summer.

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 May 9 thru the summer.

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.

DEAR FRIENDS

June 30-- July 1 of this year, I will again be cycling for the Multiple Sclerosis Society in the Great Mass Getaway Tour. The ride begins from the World Trade Center in Boston, then after 2 days and a total of 160 miles, ends in Provincetown.

I'm excited about once again meeting the challenge and ask that you join me in accomplishing my goal to raise \$1,200 for the Multiple Sclerosis Society.

Multiple Sclerosis is a chronic, often disabling disease, randomly attacking the nervous system. The progress, severity and specific symptoms of this disease are unpredictable; symptoms may range from tingling and numbness to paralysis and blindness.....Just imagine how it would be to not be able to do the most simple things in life, such as smiling, brushing your teeth, tying your shoes and walking, all because you have lost the capacity to do so.

The Multiple Sclerosis Society is dedicated to ending the debilitating effects of Multiple Sclerosis. I myself have a good friend, an Aunt, and an MS team member who suffer from this disease, therefore I personally dedicate this annual ride to them.


You can help! Please help me to achieve my goal by making a donation today. Donations can be mailed to me at 591 Salem Street, Wakefield, MA 01880, or given directly to me. Cash is welcome. However, if you would like to donate by check, please make it payable to: The Multiple Sclerosis Society.

I thank you for your support and promise you I will complete this 160 mile journey to help fight Multiple Sclerosis. Best Wishes,

-Janet Nestor

Dedicated to Daniel Picardi, Alice Meuse and David Lupo

(Janet rides often with the NSC on Tuesday, Wednesday, Thursday, and Sunday. She will happily forward donations to the MS society that come in after the event).



August 25 & 26
Now open for preregistration. Download forms from the web or pick them up at rides. Volunteer to help-- have some fun and ride for free. Call Tony at 978-352-2524.

(Continued from page 3)

riding days, 3 dinners, sag van support, charter bus back to our start point, 12 days off-street parking, cue sheets, maps and T-shirt. Sponsoring club is the Charles River Wheelmen, Newton, MA, www.crw.org. Maximum trip size is approx. 28 persons. To register and for more information, call tour leader Arnold Nadler, 978-745-9591, ardnadler@aol.com, or co-leaders Chris Cassels, 781-259-4396 or Jack Vergados, 508-799-0377.

-Arnold Nadler

(Arnold is an active member of both CRW and NSC, and sometimes rides with us Sundays.)

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...

Andrea Melusky, Tony Salerno, and Paula Bossone discuss Andrea's winning entry in the first North Shore Cyclists Blazing Saddles Century T-shirt Art contest. Tony and Paula were the judges. The contest was open to students at Georgetown High School, where we start the century. Andrea graduated from Georgetown High School this spring and is off to Westfield State College in the fall. She earned a \$100 savings bond for her efforts.

It won't do any good to blow this image up. We've obliterated the artwork to preserve the surprise. You'll have to wait 'till you ride the BSC.



Banner hanging at the Cumings Center in Beverly for the June 3 Essex County Heritage Ride. Despite awful weather, we had about 150 riders for this first-time ever event. This was a team effort with the Essex National Heritage Commision and Cummings Properties. We're on for next year, and there's a good chance MassBike will be involved as well. Planning for next year will begin in November 2001.



My Jeep in Magnolia, rigged for arrowing the Heritage ride.

I take the drivers door off so I can hop in and out quicker, especially when holding the gooey stencil. I've recently had the Jeep into NSC Ride Coordinator Eric Shaktman's shop twice. First time, for the rear U-joints and the second time for the rear brakes. I don't know why I never thought to call Eric before. Thoroughly satisfied, I'm going back for front U-joints soon. Eric's Auto Clinic, 978-948-7156

-Ed Bolton

EXTRA E-NEWSLETTER PAGE

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.

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.



August 25 and 26, 2001

Georgetown High School, Georgetown
Mass.