



# The North Shore Cyclists Newsletter

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

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November 2001

## October Meeting Update

### Elections

Elections were held at our annual meeting October 19. In summary, Ed Bolton continues as President, Marie Doyle as Vice President, Chuck Hale was elected Treasurer, Pam Houck was elected Clerk, and Jimmy White was elected Secretary.

Pam moves over from the Treasurer position she has held for several years. Chuck and Jimmy are both long-time active members of our club. Chuck has led MTB rides for the last few years and has been spotted frequently at weeknight rides and on many Sundays. Jimmy is a fixture on Monday, Tuesday, Wednesday, Thursday, and Sunday rides. He is a "techie"- a go-to guy if your pedal is busted or something needs adjusting. Peter McCann told me he suggested to Jimmy that Jimmy should open a Mobile Bike Shop since his recent retirement. I also think it's worth investigating.

Jimmy replaces Kathy Ahern as Secretary. Kathy was the senior Board member and probably served longer as an NSC Board member than anybody else, ever. We should all thank her for her service, respect her decision not to run again, and look forward to seeing her on the road with us in the coming year.

### TOPICA.COM

At the meeting, several members requested we put something in the newsletter describing our TOPICA.COM E-mail list. If you have a PC with Internet access, staying informed on NSC matters is vastly easier thanks to the E-mail list. When you subscribe to the E-mail list, you can send it E-mails that are received by everybody on the list. The E-mail list is also the medium for notification that the newsletter is ready to download if you want to get it electronically. I personally subscribe to NSC and several other bike lists, and often send the NSC list schedule updates. To subscribe, you send a blank E-mail to [nsc-subscribe@topica.com](mailto:nsc-subscribe@topica.com). To unsubscribe, you send a blank E-mail to [nsc-unsubscribe@topica.com](mailto:nsc-unsubscribe@topica.com). When you send one of these E-mails, the automated system will reply back with detailed instructions. The E-mail list is maintained by the Phil Hertz ([phertz@shore.net](mailto:phertz@shore.net)) who is amply capable of resolving common problems. Subscribing information is always listed in the newsletter banner.

### HPL

We have made an arrangement with the Human Performance Laboratory at Elliot Hospital (just inside of Maine) to allow our members to receive extensive physiological testing at a significant cost discount. This is the same kind of testing world class athletes receive and will tell you a lot

about your level of fitness and in what aspects you could improve your athletic performance. More information will follow in a later newsletter. If you can't wait, our Vice President Marie Dole has arranged this and her contact information is in the box on page 2.

### Publication Schedule

As MTB Coordinators, Lenny and Francesca "have the con" schedule-wise this time of year. Lenny has requested we publish an abbreviated newsletter for December and double up on January and February, which usually have no MTB activity. This is the plan at present.

Regards,

Ed Bolton  
President, NSC  
<http://members.ttlc.net/~ebolton>  
603-382-6989  
[ebolton@ttlc.net](mailto:ebolton@ttlc.net)

## Reading Area Regional Bike Plan

The Regional Bicycle Plan for the communities of Wakefield, Lynnfield, North Reading, Reading and Wilmington is being planned by Weston & Sampson Engineers, Inc., 100 Foxboro Blvd., Foxboro, MA 02035. The contact person is Nathan Atwater, [atwater@wseinc.com](mailto:atwater@wseinc.com), voice-mail 978.977.0110 x 7458, fax 978.573.4004

As cyclists, we must get involved with this process. We must help in the design of any proposal made by the engineering firm.

I would like to hear your input to this process. Please contact me if you would be interested in meeting with Nathan Atwater with your ideas. Please submit your ideas to me, whether or not you want to attend any meetings.

Ride safely,

Emmett

## Officers and Coordinators

**President:**

Ed Bolton (603)382-6989 ebolton@ttlc.net

**Vice-President:**

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

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**Public Relations:**

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**Web Master:**

Mike Habich mhabich@astseals.com

**Clothing Coordinator:**

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

## New Members

The NSC welcomes:

Ray Barnes - Boston

Andrew Hartigan & Doreen Doherty -  
Billerica

Glen Cunningham - Newburyport

Tom & Carol Lanza - Plymouth

## Membership News

On September 11, 2001 I was reading the newspaper on the back porch of our vacation getaway in Chatham. It was approaching 9 AM, the sun was out and it promised to be a very nice day. Dot was getting ready to spend time at the beach and I was preparing for my daily ride on the Cape Cod Rail Trail. The radio DJ broke into his broadcast and said a terrible accident had happened in New York. A plane had hit one of the World Trade Towers. Dot immediately turned the TV on and yelled to me that a second plane had hit the other tower. That is when I said, "That is no accident." For the next two hours we were glued to the to the TV as the enormity of the attacks unfolded. It finally got to the point that I had to get out and ride.

While on the rail trail, I could tell that people knew of the events. There was a shocked look on everybody's face. The usual friendly demeanor and cheery "Hi", was replaced by grunts and nods as I passed by. For many years there was a cemetery that I passed by on the trail in Harwich. I stopped and reflected on a small gravestone that had a small American flag next to it. The person buried there was a veteran during wartime. It made me think about how many more little flags would soon be flying as we prepared to find the answers to this tragedy.

Dot, for years has asked me, "What do you want for Christmas?" My answer since the 1960's has been "World peace." I hope this happens this year.

Ride safely,

Emmett

## NSC Clothing

We still have plenty of stock on many items. To get outfitted, you can contact Eric Shaktman or Ed Bolton, 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.

## Saturday On the Road

Masconomet Regional High School, Boxford. 9:00 start until November 3, when the start time changes to 10:00. 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).

## In the Woods

### **Sunday November 4 Lynn Woods Lynn, MA**

Who: Rick Zagdangross (781) 596-2294 mebike2@aol.com

Chuck Hale (781) 595-8274 chale8274@aol.com

When: 10:00am

How to get there: NEW START LOCATION. From Rt. 1 take Rt. 129 east towards Lynn at the rotary. Continue on Rt. 129 east pass Atlantic Care Medical Center. Look for "Lynn Woods Reservation" sign on right. At sign take right onto Great Woods Road. Follow straight through stone pillars into parking lot.

What to expect: Rick will lead the advanced riders (pads recommended). Chuck will lead intermediate riders. Ride fire roads, single track and visit the stone and steel towers (nice views of Boston and points north of Lynn), potential stop by the wolf pits. Pasta meal at Chuck's house after the ride.

### **Sunday November 11 Great Brook Farm Carlisle, MA**

Who: Lenny Sullivan (978) 689-2884 lsulli7079@aol.com Jim

Sullivan (978) 667-7486 v242@earthlink.net

When: 10:00am

How to get there: 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 Rt. 129 (east). After 1 mile 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.

What to expect: Great Brook Farm has miles of trails through the woods, cornfields and single track for all skill levels. Lenny will lead intermediate ride and Jim the advanced ride.

### **Sunday November 18 Lowell-Tyngsboro-Dracut State Park Lowell, MA**

Who: Mark & Amanda Davis (603) 895-4049  
motocows@metro2000.com

When: 10:00am

How to get there: NEW START LOCATION. Rt. 3 or Rt. 495 to the Lowell Connector exit. Follow Connector to Thorndike St. exit. Stay right and go under connector. Take left at lights on to Fletcher St. Take left at end of Fletcher on to Pawtucket St. Take right at next set of lights and cross Merrimack River. Straight through lights on to Mammoth Rd. Straight at 4-way stop sign. Left at fork in road on to Nashua Rd. Then first left on to Totman Rd. Park at gate at end of Totman Rd.

What to expect: Varied terrain through woodlands and wetlands, not much climbing. Single track and double track which is moderately technical. "Deliberately engineered stupidity for advanced riders" available.

### **Sunday November 25 Georgetown/Rowley State Forest**

Georgetown, MA

Who: Bruce Feindel (978) 462-4832 bwf100@email.msn.com

Dan Streeter (978) 462-4605 dwstr@shore.net

When: 10:00am

How to get there: 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 trailhead 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.

What to expect: Come and work off that turkey and stuffing (so you can make room for turkey and stuffing sandwiches). Straddling an interstate highway, this 1100-acre state forest offers a surprisingly secluded mountain biking 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.

### **Sunday December 2 Harold Parker State Forest**

Who: Dave Smith (978) 887-6511 bikedave@juno.com Bob

Moccaldi (978) 685-1859

When: 10:00am

Ride Start: Harold Parker State Forest

How to get there: NEW START LOCATION. Rt. 93 to exit 41 Rt. 125 North. Take right at 3<sup>rd</sup> set of lights (State Police Barracks on right) bear left into HPSF and park in dirt lot 300 yards down on left.

What to expect: Variety of fire roads, single track and pavement for all levels surrounding many roads we ride.

## Other Trails

The 2001 FOMBA "Turkey Burner" Funride.

The Turkey Burner Mountain Bike Fun Ride is held the day after Thanksgiving in Manchester, NH. A mountain bike fun ride is designed to give all levels of riders a great day out. The EFTA Fun Ride Series consists of ten to twenty non-competitive mountain bike rides throughout New England. Each ride consists of a single loop, two separate loops, or a single loop with optional hero sections. The Turkey Burner benefits The Auburn NH Volunteer Rescue Squad. This is the last ride in the EFTA Fun Ride Series. Burn some Turkey and sample some of southern NH's best Mountain Biking. Check out the new "FOMBA singletrack" that has everyone buzzing!

Check out the FOMBA web page at <http://www.fomba.com> For more info, contact Jack or Barbara by phone at (603) 483-2951 or email [jack@fomba.com](mailto:jack@fomba.com).

Friday, November 24, 2000

Registration: 8:15-9:30

Ride starts at 10:00am, snow or shine!

EFTA or NEMBA members \$3.00. Non-Members \$6.00.

Lake Massabesic Front Park, Manchester, NH Exit 1 off Route 101 Follow the green EFTA arrows to the start area. (Main parking area at Lake Massabesic on Route 28-bypass.)

**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