



The North Shore Cyclists Newsletter

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October 2002

Century Man

I discovered NSC in the summer of 1997 having bought my first adult road bike that spring. I bought a mountain bike the summer before and starting getting into shape and losing weight as well as feeling great. I did trails and roads with it but quickly discovered I needed a road bike also. I worked up to a 50 mile charity ride in June and saw a listing in the local paper about NSC holding local Sunday rides.

My first one was Jim White's Rattlesnake ride from Andover. The long loop was 62 miles and went near my parents' house so I figured worst case I could get sagged. I was not the last one to finish the long loop and the following week attended the next ride and joined the club. The rest of the season I did the long loops going out with the second group that included a couple a couple of riders older than me, Jim Welch and Tom Supple. Also that first season I completed the Blazing Saddles and GSW Seacoast centuries. I discovered Tom had 30 years on me and each season the first time I see him on a ride I shake his hand and say I have 30 more years! This year I shook his hand at the Rattlesnake ride this past May. One of these years he may stay retired in Florida. I spent a couple of years watching the 1st group take off and not seeing them again until after the ride, resting. Now I can say I'm a pulling member of the first group.

I did cycle as a teenager at 15-16 years of age and completed 2 local charity centuries. The leader was co-leading a new bike tour that started the year before, in 1972. It was called TOSRV-East (Tour of Scenic Rural Vermont). She asked my father if she could take me up with the

leader and her nephew who I would ride with. We would be sagged when we got tired. I did not sag that weekend and completed my 1st back to back centuries that included a round trip up and over Terrible Mountain, on Route 100 in Vermont. However next year I got my first car and sold my bike. Fast forward back to 1997 and while surfing the net I discovered they had held the 26th TOSRV. I had done the 2nd TOSRV and it was still running. In 1998 Scott Sirota and I attended and after 25 years I rode Terrible Mountain again! I have done TOSRV every year since then and it is my favorite ride. In the August CRW newsletter a friend of mine has a story about TOSRV and he has attended 30 out of 31 years of the ride. He hopes to do 50 of them!

As of early September I have completed my 10th century in 17 weeks and reached the 50 century mark. Forty-six of these were done since I joined the club in 1997 plus my 4 teenage ones. I have decided that since a century is 100 miles, I ought to do 100 centuries and I'm halfway there. I expect to reach that goal in 5-7 years depending on family obligations, fitness and motivation. I have my limits as a fair weather cyclist. I ride my centuries between May and September. You won't find me on a brevet with lights on my bike. On the top of my head set stem I have little sticky numbers with my latest total century tally. I could have put notches on the bike like a cowboy notches his gun, but decided that would not be a good idea.

-Lenny Sullivan

October 24 Meeting

The NSC Fall election meeting will be held Thursday, October 24, at 7:00 p.m. at Jake's Bar and Grill in Danvers. Come to see your buds, voice your opinion, or throw the bums out. We will be holding elections for our 5 board level positions, discussing other business as required, trading stories about the soon-to-be-departed 2002 road season, and sharing hopes for the upcoming 2002/2003 MTB season.

Directions: From Rte. 1 South: entrance is off Rte. 1, just past Home Depot.

From Rte. 114W: enter through the Home Depot parking lot and follow the signs for Jake's.

From Rte. 128: Follow to Rte. 1 to rte. 114W and enter through the Home Depot lot.

Banquet is November 2

See page 3 for details



Lenny (right) shakes hands with Tom Supple at the Blazing Saddles Century

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Pedros 2002

2002 Pedro's-Harpoon Mountain Bike Adventure Series is Presented by MetroSports Magazine and the New England Mountain Bike Association.

Come ride on great trails and support good causes! Each Pedro's-Harpoon MTB Adventure Ride will allow you to follow marked courses at your own pace. There will be lots of prizes, and best of all Harpoon will be hosting a post-Adventure party at a local pub after each event! The cost will be \$10 per ride, \$3 for members of the New England Mountain Bike Association and free to anyone who joins NEMBA at that event. All money raised will benefit a charity or go directly back to the trails!

Oct. 20 Great Brook Farm SP, Carlisle MA

For more info on these upcoming MTB rides go to the web site:
<http://www.mtbadventureseries.org/>

-Forwarded by Lenny Sullivan

NEMBAfest 2002

Rides – Music – Games – Industry Expo – Bike Demos – Bike Swap
Celebrate NEMBA's 15th Birthday with a combined NEMBAfest and Pedro's-Harpoon Ride

This will be the event **THE** event of the season. Everybody is invited to our birthday bash on Sunday, October 20th at Great Brook State Farm in Carlisle MA. We plan to have plenty of rides as part of the Pedro's-Harpoon series, as well as bike demo's, live music, a trials show by Kevin Brody, a bike swap, and plenty of mountain bike games for everyone to enjoy. There might even be a beergarden!

When: Sunday, October 20th, 9am until whenever!

Where: Great Brook Farm SP, Carlisle MA – Hart XC Ski Center

Registration Fee: The cost will be \$10 per rider, \$3 for members of the New England Mountain Bike Association and free to anyone who joins NEMBA at the event. All proceeds will benefit a charity or go directly back to the trails!

INFO: 800-576-3622
www.nemba.org

Come sell your used bike stuff! All you need to do is pay the basic registration and bring a cloth sheet to put your stuff on. No tables or chairs are provided.

Directions to Great Brook Farm State Park:

From North/South/East: Take 128 to exit 31 onto Route 225 West. Stay on 225 West for 7 miles to Carlisle Center. Right onto Lowell Street at the small rotary in the center of town. The park is 1.5 miles up on the right.

From the West: Route 2 East to 495 North. Take 225 East to Carlisle Center. At small rotary in the center of town, follow SP signs on Lowell Street. The park is 1.5 miles up on the right.

New Members

The NSC welcomes:

Steven Ford and Family - Malden
Arlene Agree - Swampscott
Steve Cabral - N. Andover
Robin Samiljan - Swampscott
Laurie Martinelli - Dorchester
Penny Karr - Cambridge
John Bakos - Prides Crossing
Julia Greene - Lynn
Judy Tymon - Newburyport
Karianna M. Johnson - Amesbury
Kevin Dykstra - Andover
Catherine Fullerton - Salem

Goals

National Fitness Award

When I was in public school, we were tested in physical education class once or twice a year for national fitness awards. I'm sure many readers who are old enough to have gone through school before school boards started cost-cutting phys-ed remember getting tested under this national program. There were two performance levels that were recognized. The National Fitness Award was easier and the Presidents Fitness Award was relatively difficult. I was not as fit as a kid as I am now, and I never achieved the higher level.

When my son switched schools, I was surprised to find out that the program still exists. His new (and current) school still performs the testing, at the expense of renting the Timberlane High School track for the running portion of the test.

I was even more surprised to find out recently that the government has a fitness award program for everybody, including adults. The Presidential Sports Award, a program sponsored by the President's Council on Physical Fitness and Sports, is administered by the AAU. This program is intended to cover a wide spectrum of the American public. The government feels the average American should be less wide, dimensionally speaking. As such, the program rewards participation frequency rather than performance levels. You fill out a log sheet detailing your participation in a sport, subject to particular criteria for each sport, and send it to the AAU when you've earned your award.

For cycling, with a bike having more than 5 speeds, you need to log 600 miles. My first thought was Lenny Sullivan, who could earn the award in a good week if that was the only criterion. Reading a little closer, however, I noticed that you can only take credit for 12 miles maximum each day. The Thursday Night Ride therefore counts as much as a 300K brevet. Most active NSC members would need little more than time and a handy place to keep the log sheet. Do any two evening rides or one evening and the Sunday ride and the award should be obtainable in a single season with minimal solitary riding.

But attainable goals are important psychologically and for this reason I suggest riders consider a Presidential Fitness Award as a first goal for the next season (MTB or road). To get the info and the log sheets, hit <http://www.fitness.gov> on the web or contact me and I'll send them to you. The fitness.gov site links to an impressive amount of fitness related resources and is a great jumping off point for a web surfing session.

The Color of Success

Back in July, I found myself limited in the amount I could ride for a few weeks due to a very painful but quite minor medical condition. Grounded but not severely impaired, I made a somewhat impulsive decision to paint my bike. I say impulsive because I had long planned to freshen it up as a reward for a particular goal, which I had just achieved. But my original idea was to find a convenient time to hire somebody else to paint it. After the last time I painted it myself, I swore I would never do it again. But with the experience from last time, some non-toxic paint, and more appropriate equipment I thought I'd give it a try.

I'm pleased with the way it came out. It won't be mistaken for one of Tim Dixon's paint jobs, but it's far better looking than it was when I started. With the right equipment and reduced anxiety over being poisoned, I had an enjoyable experience working on it. I do have one problem I want to correct. It would have been better for the paint to wait at least a week before putting the bike together. But it was mid-season, my pain was easing, and I didn't want to wait. Within two weeks, the paint was very durable but by then I already had a few nicks and scratches. The ones on the front of the bike are now oozing rust as a result of the brine that showers the bike when I ride the windtrainer in the

morning.

I'm now preparing to consider this as a second lesson and move on to my third lesson. The metal pile at the town dump is small right now, but history shows that soon somebody will dump enough of a bike for me to use on the trainer for awhile. As soon as I see it, I'll score it. Or maybe I'll put my old commuting bike on the trainer. After my road season ends in October, I'll once again disassemble my road bike and paint it. The color scheme will be the same, possibly with a few subtle embellishments. With another bike on the trainer, I can wait for quite awhile before having to put the Fiorelli back together, and it ought to look really sharp in the spring!

-Ed Bolton
President, North Shore Cyclists

Annual Banquet News

The annual NSC banquet will once again be held at the Lyceum Restaurant, 43 Church Street, Salem, Massachusetts on Saturday, November 2, 2002 from 6:00 PM till 10:00 PM. Cocktails (cash bar) and hors d'oeuvres will be served from 6:00 PM until 7:00 PM. Buffet dinner will follow. A DJ will provide music for the dancers in the crowd.

The cost for this superb evening will be \$35. Please mail checks to Paula Bossone, 52 Prospect Street, Topsfield, MA 01983. Make checks payable to "North Shore Cyclists".

The limit for attendees will be 100; please send your checks in early to reserve space. The banquet has been very well attended in the past as the lyceum has consistently provided us with a quality evening.

Call Paula at 978-887-0688 or email paulajbossone@attbi.com with any questions.

-Paula Bossone



Tony Salerno prepares a hot dog at the Blazing Saddles Century

Sunday Rides

October 6

Hey! Hey! You! You! Get off of my roads!

Who: Frank Roberts 978-828-2925 Phoebe Johnson 978-921-2044

Where: Hamilton/Wenham H.S.

When: 10:00 for 45 miles

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

What to expect: New roads again! We've found some real gems in unexpected places. There are no dead ends, only two-tenths of a mile of dirt, lots of much needed new pavement on a familiar road, and we promise not to use light blue paint for the arrows this year.

October 13

North Shore Almost Coast to Coast

Who: Arnold Nadler, 978-745-9591, ardnadler@aol.com

Where: Montserrat Commuter Railroad Station

When: 10:00 AM for 35 or 55 miles

How to get there: Rte 128 to Exit 18 for Rte 22, follow sign for Beverly at the end of the ramp. Follow Rte 22 1.1 mile to RR Station parking lot on the right.

What to expect: Flat to rolling terrain, with a few of the usual North Shore hills, on generally quiet roads. Long route goes as far as Newburyport. Shorter routes get as far as Rowley and Georgetown. All routes go by the house of one of our most famous members. Hint: It's at the top of a hill. Arrows, cue sheets and maps.

October 20

Apple Harvest Ride

Who: Ed Bolton 603-382-6989

Where: Crossroads Plaza, Salisbury

When: 9:00 for 60 miles, 10:00 for 30 miles.

How to get there: From Rte. 95 take exit 58 and go east on Rte. 110. At the first set of lights take a right. The plaza is on your left.

What to expect: Ride to Applecrest Farm Orchards in Hampton Falls, NH for the Applecrest Harvest Festival. What could be a better motivator than a rest stop with apple pie and ice cream, apple cider, cider donuts and more. The short loop is an easy rolling 30 miles, the long loop is a rolling to hilly 60 miles. Arrows and cue sheets.

October 27

Cape Ann Ride

Who: Mike Whalen 603-512-1122

Where: Manchester MBTA Station

When: 9:00 for 25 & 50 miles

How to get there: From Rte 128 take exit 15. At the end of the ramp, follow the sign for Manchester onto School St. Stay on School St. to end then turn left on Rte 127. After 0.2 mile where Rte 127 turns left, go straight Beach St. After tracks turn left into MBTA parking lot. Park at end of lot.

What to expect: Rolling hills with every one going around Cape Ann. Bring that camera.

Get the Mountain Bikes ready for next month!

Weekly Ride Schedule

These rides occur each week as listed during the road season. All but Weds. are done for year now, but will be back in the spring. Nonmembers are always welcome on all NSC rides.

Monday

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@attbi.com and Dianalyn Sirota. The route was arrowed last year and there are always riders available who know the way.

Beginner, intermediate, 14 and 20 mile loops. Average speeds around 15-20 mph 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. 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 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... still going at 5:00 PM through October 23.

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 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. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@attbi.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: Rte 128 to Exit 40. Follow Rte 129 south (Wakefield) to the south end of the lake. Meet at or near the gazebo.

Saturday Road Rides

Note: Saturday rides go through the year as long as the roads are rideable. Rain, snow cancel.

Masconomet Regional High School, Boxford. Start time 9:00 am (10 after mid-November) Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net.

We'll ride about 40-60+ 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).

NSC Clothing

We ordered a small inventory to come with the pre-ordered clothing. To get outfitted, you can contact Eric Shaktman for availability and to get an order form. The order form is also available on the NSC web site (<http://www.astseals.com/nsc>). When the new clothing comes in, we will place it in shops also as in the past. Details will be available. 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.

Download Your Newsletter

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.

Nov/Dec 2002

Newsletter:

Deadline is 10/14/02

Mail date 10/28/02

Contributions after the deadline may not make it!

Send to Ed Bolton
ebolton@tlic.net

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