



BIKE BITS

NEWSLETTER OF THE NORTH SHORE CYCLISTS

Issue 0510

www.nscyc.org

October 2005

PRESIDENTS REMARKS

As you read this the fall meeting will be close to being history with elections, rides, membership and a variety of other topics discussed. Look for full details in the November newsletter.

As the days get shorter and the nights get longer the recurring weekday rides are quickly ending. We still have a month of Sunday rides lined up and mountain biking starts Saturday, October 1st. We are actively seeking mountain biking ride leaders for Saturdays in October, then on Sundays from November 6th until the snow flies. Please contact me or Lenny if you're interested.

Howard

MARK YOUR CALENDARS Saturday evening, Nov 5th, is the NSC's annual party and will be held at the Lyceum restaurant, Church Street in Salem MA. The cost will be \$20 per person with the club generously subsidizing the remainder. Appetizers and a cash bar will be available at 6:30 with dinner and dancing to follow. This has always been a wonderful evening and all are invited to attend; however, we are limited to 100, so please send your checks in soon to:

Paula Bossone
52 Prospect St
Topsfield MA 01983

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WHO'S WHO

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ericnsc@verizon.net

SAFETY REMINDERS

When riding at this time of year it is more important to keep in mind the diminishing daylight.

- Wear bright colored jerseys/jackets/vests
- Have a blinking red LED light on the rear of your bike and unobstructed
- Dress in layers or bring a jacket for when the temperatures start dropping
- Don't rely solely on sunglasses even if it's sunny. The roads get darker when they are tree lined
- Be conscientious of wet leaves on the roads

WEEKLY RIDE SCHEDULE

These rides occur each week as listed during the road season. They will be back in the spring. Non-members are always welcome on all NSC rides.

Tuesday *** Starts 6:00PM through September***

New Start Location is **Union Congregational Church**, North Reading. Leader: Jimmy White (978) 689-9847 jdwhite.2@netzero.com, Peter McCann (781) 245-8115 mccann_peter@yahoo.com

The Tuesday Night ride accommodates both experienced pacer riders at 18-21 MPH as well as novice to intermediate riders at 14-17 MPH. It is a hilly 15 mile ride that provides a good conditioning workout in an hour or less thru the Harold Parker State Forest yet is minutes from Rt. 128 and I-93. We always have someone to pair you off with so no one rides alone. Try us out!

Directions: From Rte 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Continue straight across Rte 62 and turn left on Hill St; the second street on the left and just after the Union Congregational Church. Park in the upper church parking lot; take your first left on Hill St. From I-93, Take Rt. 62 EAST to Haverhill St, (cross Rt. 28 to North Reading H.S.), left on Haverhill, 2nd Left on Hill St., left into Church parking lot.

Wednesday *** Start time 5:00 PM ***

Topsfield Plaza, Topsfield. Leaders: Eric Shaktman (603) 580-1010 ericnsc@verizon.net & Marie Doyle (978) 777-4455.

Average pace for these 18-35 mile rides ranges from 15-21 mph; multiple groups, sometimes even a tandem pacerline! 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 *** Starts at 6:00 PM Sharp***

Wakefield Center, Wakefield. Leaders: Tom Keane huknpuf@aol.com 781-477-0834 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 throughout the year as long as the roads are rideable. There is no fixed route. They may follow old Sunday ride arrows or go somewhere of interest to the leaders or other participants. Rain, snow cancels.

Masconomet Regional High School, Boxford. Start time 9:00am mid September through mid November. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jaturpel@verizon.net. Maps? 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).

WELCOME NEW MEMBERS!

Elaine Fearnley - Newburyport
Melanie Meeker - Newburyport
Hillary Benson - Haverhill
Erin Cumming - Topsfield
Richard Davis & Family - Beverly
Charles Fowler - Hampton, NH
John Takis - Georgetown
Ann Rakovic - Natick
Dot Halpin - Wakefield
Roger Sacilotto - Saugus

OTHER RIDES OF INTEREST

Major Taylor Century, Sunday, October 2nd

UP AND COMING RIDES

Saturday, October 1st - Fit or Fat Ride (Mountain Biking (MTB) Season Opener)

Who: Howard & Ellen Wack h.w@verizon.net 978-887-6338

Where: Topsfield Town Beach

When: 10:00 for an easy paced 10 mile ride

Directions: Route 95 to exit 53A (recommended); parking is just past Mobil gas on your left; Route 1 to Route 97N; go about 2 miles; parking is on the right just before Mobil gas. Watch out for Topsfield Fair traffic!

What to expect: Easy pre-season mountain bike ride through Willowdale geared towards beginners; maybe some fall color? Food & drinks at our house (0.2 mile ride) afterwards. Topsfield Fair also going on if you're interested.

Sunday, October 2nd - Newbury Turnpike Ride

Who: Ed Bolton, 603-382-6989 ebolton@ttlc.net; Nancy Dudley, 978-462-2634

Where: Spencer-Peirce-Little Farm, Newbury, MA

When: Start riding anytime between 9:00 and 10:00 AM. Activities on site till 3:00 PM

Directions: Route 95 to Exit 57/Route 113/Newburyport. Go East on Route 113 (towards Newburyport center) .8 mile, and follow around a right curve at an ice-cream stand and a park. At 2.3 miles, stay on the same road as it changes designation from Route 113 to Route 1A. At 3.9 miles, take a left on Little's Lane, drive to the end and park in the field on the left.

What to expect: Registration is required; \$12 for NSC and AMC members, \$15 for non-members. 3 out-and-back rides: 50 mile ride to Beauport mansion on Gloucester harbor, 30 mile ride to Cogswell's Grant in Essex, and a 16 mile ride to the Rocky Hill Meeting House in Amesbury. Food, music and brew after the ride for all participants. For more information, visit <http://www.HistoricNewEngland.org>

Sunday, October 9th - The Minuteman Ride Version 2.0

Who: Jim White, jdwhite.2@netzero.net 978-689-9847

Where: Greater Lawrence Technical High School, 57 River Road, Andover.

When: 9:30 for 65, 55 & 45 miles, 10:00 for 35 & 25 miles.

Directions: From Route 93 North, take Exit 45 (River St, 1st Exit North of I-495). At the end of the exit, left at first set of lights onto River Road, left at third set of lights into School Parking. From Route 93 South, directions are the same except right at the end of the Route 93 exit. Route 93 north is Exit 40B off of Route 495.

What to expect: This ride offers a revised version of the original Minuteman ride. The longer loops go to Concord. This enhanced version offers a revised route that is more scenic and has less traffic.

Sunday, October 16th - Essex Fall Foliage Tour

Who: Gordon Harris, gordon@bikenewengland.com 978-312-1006 or 413-822-5071

Where: Ipswich downtown central parking lot, behind Market Street stores.

When: 9:00 for 45 miles with shorter loops available

Directions: Take Ipswich Rd. toward Ipswich from Rt. 1 in Topsfield; as you enter downtown Ipswich cross R/R tracks, go left on Depot Square and bear right around the back of the downtown stores; parking lot is on the right before Rt. 1A/133

What to expect: We'll follow the marked "Stone Walls Tour" route, with white "Dan Henry's" along back roads through Bradley Palmer State Park, Topsfield and Boxford. We'll stop for ice cream at Smolak Farm near N. Andover; casual cycling with groups forming according to abilities and interests. Maps and cue sheets.

Sunday, October 23rd - Manhandled by the Sea

Who: Jay Batson, batsonjay@mac.com 978-758-1599

Where: Old North Andover Common, North Andover

When: 9:00 for 35 & 55 miles

Directions: Rt.495 to Rt. 114; left at lights onto Rt.125 (Bertucci's). At next set of lights right on to Mass Ave; follow to the common; park on left side of common; from Rt. 95 to Rt.114W; right at Rt.125 (Bertucci's); then same as above.

What to expect: Ride through N. Andover, Boxford, Topsfield, Hamilton and Essex to Manchester by the Sea. Note that it's a late-season ride and we're headed towards the ocean; the temps will be cool so be prepared to dress warm.

UP AND COMING RIDES (CONT'D)

NOTE: THIS IS THE LAST OFFICIAL SUNDAY ROAD RIDE OF THE SEASON!!!

Sunday, October 30th - Halloween Happenings

Who: Paula Bossone Paulajbossone@comcast.net 978-828-5549 & Jimmy White jdwhite.2@netzero.net 978-689-9847

Where: Beverly Middle School, 580 Cabot Street, Beverly, MA

When: 11:00

Directions: Route 128 to exit 20B (Rt. 1A south); Take Route 1A south about 1 mile; school is on your right.

What to expect: Come ride as we wind our way through Salem for some haunted happenings. We have no planned agenda, but a costume is always a fun way to celebrate Halloween. Use your imagination! Join us - we've had many laughs when we've done this ride in the past.

LACTATE THRESHOLD (PART 3)

With permission, this is excerpted from a series of articles written by Exercise Physiologist Dr. Stephen Seiler. Visit his website at <http://home.hia.no/~stephens/exphys.htm>

Interpreting the Data

For purposes of interpretation, let's say that an athlete had a maximal heart rate of 182, and a VO₂ max of 61 ml/min/kg. These were also determined using a bicycle test. So they are good values for comparison. Looking at the green dots, we see that blood lactate concentration does not begin to increase until during the 4th workload, from a concentration of about 1 mM to 2.5 mM. This is the break point. The subject's VO₂ was 45 ml/min/kg at this point. So we determine that his LT occurs at 45/61 or about 74% of VO₂ max. If we look at the heart rate at this point, it is 158. Now we have a heart rate at lactate threshold. 158 = about 85% of his max heart rate. This is useful for the athlete. When he is cycling, he can judge his training intensities based on this important value. If he is a time-trialist, this would approximate his racing heart rate for the hour long event.

So, Do I race at My LT Intensity?

This depends on your race duration. If you are rowing 2000 meters, running a 5k race etc., your exercise intensity will be well above the AT. Consequently, the blood lactate measured after an event is extremely high in elite athletes; on the order of 15mM (resting levels are below 1 mM). In races lasting from 30 minutes to 1 hour, well trained athletes also perform at an intensity above LT, but by a smaller margin. It appears that in these events, top performers achieve what might be termed a "**maximal lactate steady state**". Blood lactate may increase to 8 to 10 mM within minutes, and then stabilize for the race duration. A high but stable lactate concentration may seem to contradict the idea of the LT. But, remember that blood lactate concentration is the consequence of both production and clearance. It seems likely that at these higher lactate concentrations, uptake by non-working muscles is optimized. At any rate, measurements in cyclists, runners and skiers demonstrate the fact that elite performers can sustain work levels substantially above the LT for up to one hour.

Specificity of the Lactate Threshold

It is important to know that the lactate threshold is highly specific to the exercise task. So if this cyclist tries to get on his brand new, previously unused, rowing machine and row at a heart rate of 158, he will quickly become fatigued. Rowing employs different muscles and neuromuscular patterns. Since these muscles are less trained, the cyclist's rowing LT will be considerably lower. This specificity is an important concept to understand when using heart rate as a guide in "cross training activities", as well as for the multi-event athlete.

ANN PERNICE



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 \$20 Family \$25 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, cost, 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, and keep their bikes in good working order and ride defensively.

NSC
% Emmett Halpin
541 Lowell Street
Wakefield, MA 01880

TO:

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