



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 E-mail to: nsc-subscribe@topica.com

September 2003

The Radar Screen

Upcoming 2003 dates for popular rides and other events among NSC riders. September is traditionally century month, and the usual local ones are listed. Mount Greylock isn't really local, but it is the highest mountain in Massachusetts so it's listed. Unless otherwise indicated, these rides are fully supported and cost \$15 to \$20 to ride. This list was excerpted and adapted from the version on the Seven Hills Wheelmen web site.

Saturday Sept. 6: Nashoba Valley Pedalers Fall Century, 25, 50, 75 or 100 miles. Wayland. Information: Fred Pearson, 508-655-5193, freddykemp@sprynet.com, www.nvpbike.org.

Saturday Sept. 13: White Mountain Century, 100 miles. North Conway, New Hampshire. Information: www.cascobaybicycleclub.org, Gary Davis, 207-892-8257, DavisKayakGuy@aol.com.

Saturday Sept. 20: Fryeburg Frolic Century, 100 miles. Fryeburg, Maine. Information: www.cascobaybicycleclub.org, Ken O'Brien, 207-839-5468, kob2@maine.rr.com.

Saturday Sept. 20: Seacoast Century, 25, 50, 62, 75 or 100 miles, online registration only via Active.com. Hampton, New Hampshire. Information: Granite State Wheelmen, www.granitestatewheelmen.org, Paula and Jim Faist, FSW-SCC@bigfoot.com, 603-870-9692.

Saturday Sept. 20: Rodman Ride for Kids, 25, 50 or 100 miles. Foxboro. \$500 per person fund-raising minimum, or \$1,500 per team of four, for Starlight Children's Foundation of New England. Information: Dave Cole, 508-869-3125, davcole550@aol.com, or Talia Cohen, 617-241-9911, www.starlightnewengland.org/calendarevents/events/rodmanride.html.

Sunday Sept. 21: Charles River Wheelmen Fall Century, 50, 62 or 100 miles. Acton. Information: Melinda Lyon, 978-887-5755, melindalyon@juno.com, www.crw.org.

Sunday Sept. 28: Major Taylor Century, 25, 62 or 100 miles. Rutland. Information: Andrea Kaufman, akau531261@aol.com, 508-752-8657, or www.sevenhillswheelmen.org.

Saturday Oct. 11: Bike & Hike the Berkshires, 50 or 100 miles including Mount Greylock. Great Barrington; \$50-\$75 to register, \$250 fund-raising minimum for National Multiple Sclerosis Society. Information: 800-493-9255, www.msnewengland.org.

NSC Fall Mountain Biking

NSC fall mountain biking season is approaching. Hopefully ride leaders will step forward for the Sunday rides in November and December. One co-coordinator, Francesca Lewis, has moved out of the area a while ago and will no longer be helping out.

Francesca and myself started the current program in 1998 and got ride leaders and clinic teachers to make the program quite successful, peaking about 2 seasons ago with over 30 riders sometimes showing up! The first 2 seasons the mild weather certainly helped boost the turnout. Let's not forget some of Francesca's graphic stories from the woods about some of our early rides. These can be found on the web site under previous years Sunday rides. Some moments that stick out from the early days was a paceline of roadies on mountain bikes heading into the woods to the first climb when the lead rider couldn't make it and all the rest behind went down like dominos! There were also many other stunts pulled by (mainly) roadies giving mountain biking a try.

However over the last two seasons the interest has quieted down, and last year's fall weather allowed only a couple of good Sunday mountain bike rides. So in order to keep this going, we need mountain bike leaders to start coming forward for the October and November Sunday rides. Also, is there anyone out there who would like to become a co-coordinator to perhaps bring some new idea's to keep this program running and perhaps bring some growth to it? If interested in leading a ride or being a co-coordinator please contact me. Thanks.

-Lenny Sullivan
(978) 689-2884
lsullivan@comcast.net

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.

Officers and Coordinators

President:

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

Vice-President:

Lenny Sullivan (978)689-2884 lpsullivan@comcast.net

Treasurer:

Chuck Hale (781)595-8274

Secretary:

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

Clerk:

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

Ride Coordinator:

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

Mtn Biking Coordinators:

Lenny Sullivan (978)689-2884 LPSullivan@comcast.net

Francesca Lewis fjlewis@thepersonaltrainer.net

Century Coordinators:

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

Bob Williamson (978)887-3855

Newsletter Editor:

Nora Colliton (603)425-6848 nccolliton@yahoo.com

Newsletter Coordinator:

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

Public Relations:

John Grant (978)463-3310 zymrgist@comcast.net

Membership:

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

Web Master:

Mike Habich mhabich@astseals.com

Clothing Coordinator:

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

In Search of Tyler Hamilton

Like many area cyclists, I attended the homecoming for Tyler Hamilton in Marblehead. In a stroke of luck, I had a visit to make in Peabody that day and was expected to leave the office early to get there. I would even be paid mileage for the drive. I wasn't sure how the timing would work out so I didn't bring my bike, but I ended up driving into Marblehead and arriving at the field about 20 minutes before the bike parade got there.

After the other speakers were followed by Tyler's own short speech, I left to go home. I was tired, and I didn't really want an autograph or need to hear the media questions.

Leaving Marblehead, I turned my lights on. It wasn't dark yet, but I knew dusk was coming. I noticed I had a problem when I got behind a pickup truck, and did not see reflections from my headlights on his tailgate. I cycled the light switch and stomped the dimmer switch a few times with no effect. I had parking lights,

(Continued on page 3)

A Special Welcome Back

When Emmett sent me the list of new members this month, I was pleased to see "Richard Bickerton & Family- Topsfield" on the list.

Rich and Joyce Bickerton, then living in Salem, Massachusetts, had the original idea and did the legwork to start the North Shore Cyclists back in 1983. Rich was the first president of the NSC, and Joyce was Treasurer. Rich edited the newsletter for a time, and both were heavily involved: everything, all the time.

Last month, I had the pleasure of riding with Rich, Joyce and sons Sean and Liam on Pam Houck's ride. Sean is a strapping 15 year old, who pedaled an ancient Dawes in sneakers, making it seem effortless. Liam is a rugged, extremely good-natured 12 year old.

I haven't seen his membership come through yet, but Jeff Cann and his wife rode by the start of the Blazing Saddles and I got to talk to him briefly. Jeff was also an active rider with us back in the day. I have fond memories of riding with Rich, Dennis Vigneault, and Jeff. I doubt I had seen Jeff in 15 years till the century. I'm glad he's riding again, and during that time has married a cyclist.

I hope to see more of all of them.

Ed Bolton
President, North Shore Cyclists

New Members

The NSC welcomes:

Gregory Rahe - Merrimac
Julie Young & Family - Haverhill
Michael Duval - Topsfield
Richard Bickerton & Family - Topsfield
Tricia Carabello - Beverly Farms
Katherine Hempel - Marblehead
Gary Meehan - Danvers
Jacob Trull - Malden
Louise Firth & George Campbell - Boxford
Deb Wysong - Danvers
Dom Jorge - Marblehead
Dave Shactel - Marblehead
Christin Walth - Newbury

Newsletter Contributions

Contributions after the deadline (September 25) may not make it!

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

Emmaus, Inc. Cycle For Shelter

How often do you get to help someone while pursuing your hobby? A couple of weeks ago, I raised \$400 for a homeless shelter in Essex County just by going for a bike ride. Okay! It was a lo-o-o-ng bike ride. It was 100 miles, but I wasn't riding just for myself. On July 20th, I did the annual Cycle for Shelter ride to benefit Emmaus Inc.

The weather was perfect in the morning, cool and dry. It warmed up in the afternoon, but not as bad as last year. The organizers scheduled the 100 mile ride to start at 7:00 AM. A few of us decided to leave at 8:00, so the main group was gone when we started.

The route was pretty flat. It started in Haverhill and heads to the coast in Seabrook. Then it's right up the beach to North Hampton. Even at this relatively early hour, I was surprised at how crowded the beach was. I was also a little disappointed. Whether you are male or female, maybe you would be too. There's a lot of flesh that has to be ignored for safety's sake.

In North Hampton, we headed inland and passed through Exeter, Kingston and Newton before getting to the fifty mile rest stop in Amesbury. We were still fifteen miles from Amesbury when I started to worry. Would we get to the rest stop in time? I picked up the pace every time I got the lead.

Whoever coined the saying "man does not live by bread alone" never tasted When Pigs Fly sourdough bread. When Pigs Fly is a small bakery in southern New Hampshire, and they are one of the sponsors of Cycle for Shelter. They hand out fresh baked raisin bread and peanut-butter. I was worried there wouldn't be any left when we get there, but there was. But then I had to worry about eating so much that I would make myself ill (I've done that before). Worry, worry, worry. Anyway, we crossed the Merrimack River and looped down into Massachusetts for the last fifty miles.

In all, I rode 102 miles. I did okay until the last ten miles. Then I started to suffer. There was a series of hills at the end of the ride, and the group started to drop riders, myself included. I was tired by the end, but I felt good about what I had done. When I got home, I had to apologize to my wife for my lethargy. I was so weak I couldn't even carry my end of a conversation.

I don't know how many people participated in the event, but the parking lot didn't seem all that crowded. It's too bad. For all the work the organizers put in, they deserve better. There's plenty of support for the participants, and it runs like clockwork.

Emmaus is like Rodney Dangerfield – it don't get no respect. They help battered women and kids. They house the mentally ill because the state won't. They provide low rent apartments for the disabled. And they educate adults who have been left behind by the manufacturing and technical jobs that went overseas. But, homeless shelters aren't sexy. The Pan-Mass Challenge is the "in" event. It's easy to see why. It's got glamour and star appeal. It gets covered by TV and the Globe.

Part of the reason is obvious. The Pan-Mass benefits the Jimmy Fund. What do you think of when you hear "the Jimmy Fund?" A picture of Ted Williams visiting a blond haired kid in the hospital. What do you picture when you hear "homeless shelter?" An unkempt drunk in soiled clothes harassing you for change.

Riders in the Pam Mass have to pledge to raise something like a billion dollars to participate and still they got 3900 to sign up. Cycle for Shelter requires only \$50 to register, and they can't get more than a couple of hundred entrants.

It sounds like I'm knocking the Pan-Mass Challenge. I'm not. I just wish

Cycle for Shelter could get some of the spotlight. It would be nice if more NCS members participated. They have rides of twenty, sixty and one hundred miles. (All routes go past the bread stop.)

If you think you might be interested, contact Emmaus at www.emmausinc.org and ask to be put on their mailing list. They won't bother you too much during the year. In late spring, you'll get info about the ride. What I did was send an e-mail to the people in my office and hang up the pledge sheet at my desk. I got twenty people to give between ten and twenty-five dollars each. Maybe you work for a company that will match employee's charitable contributions. Maybe I'll bother you again next spring.

See you on the road.

Hozz

(Continued from page 2)

but no high or low beam headlights.

In Beverly, I stopped in the outskirts of the parking lot at Cummings Center for a full evaluation. All lights were working, except the headlights. I have a ground wire for the grill, since the steel grill mounts to the frame on a rubber bushing and my front fenders are plastic. That ground wire, if broken, could take out the headlights, but it seemed fine. I decided the dimmer switch must be bad. I tried to pull the connector off the switch, knowing that I could probably find a piece of wire to jumper the contacts in the connector and get either high beams or low. But it was tight with corrosion and too close to the firewall for me to get a good enough grip to pull it off. I'd have to remove the switch and get my hand around the connector to get a sufficient pull.

Uncharacteristically, I had enough tools with me in the Jeep to do this. But it was getting dark. I had to make a decision. I could take the time to jerry-rig it, and know I'd be coming home in complete darkness with questionable, rigged-up lights, or I could hop back in the Jeep and drive like a madman, and get most of the way home before dark with no lights. And I knew the further north I got, the less inconvenient it would be for my wife to come pick me up. I wondered what Tyler would do.

I thought Tyler might take off, and go fast. I took Route 97 to Route 95, as fast as I dared. I did 90 up Route 95, about as fast as it will go and not a pleasant experience in my Jeep. I got off at Scotland Road, then went through West Newbury, over Rocks Village Bridge, into Merrimac and up into Newton. I knew this route would be optimal for both visibility and lack of law enforcement. In West Newbury, I saw Tim Dixon pedaling his bike the opposite way. He clearly recognized my vehicle, and looked pretty confused. His bike had lights. By the time I pulled into my driveway, it was really getting dark. But I was successful. Tyler's inspiration had pulled me through.

-Ed Bolton
President, North Shore Cyclists

September NSC Road Schedule

September 7 Show & Go

Where: Georgetown Park 'N' Ride. Route 95 to Exit 54w (Route 133 to Georgetown). The Park 'n Ride parking lot is on the left just before the lights at Route 97.

When: 9:30 AM.

What to Expect: Show-and-Go format. Distance and direction determined by the participants.

September 14 North Shore Almost Coast to Coast

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

Where: Montserrat RR Station.

From Route 128 take Exit 18 (Route 22). Follow Route 22 south about 1 mile. RR station is on the right.

When: 10:00 AM for 28, 36, 45 or 59 miles.

From Route 128 take Exit 18 (Route 22). Follow Route 22 south about 1 mile. RR station is on the right.

What to expect: Longest loop goes up to Newburyport, medium to Rowley. All pass through Topsfield returning. Enjoy flat to rolling terrain on generally quiet roads. Great coastal views in Newburyport. Arrows, cue sheets and maps.

September 21 Show & Go

A show and go ride on the date of the Charles River Wheelmen Century.

Where: Newburyport Park 'N' Ride. Route 95 to Exit 57 (Route 113 to Newburyport). The Park 'n Ride parking lot is on the left immediately adjacent to the highway. A bus terminal shares the lot.

When: 9:30 AM.

What to Expect: Show-and-Go format. Distance and direction determined by the participants.

September 28 Steve, Phil and Emmett's Excellent and Easy Ride

Who: Steve Zaya 781-245-3019 and Emmett Halpin 781-246-5268

Where: Wakefield/Lynfield Elks

From Route 128, take Exit 41. From Route 128 south, go left at the bottom of the ramp then right onto Baystate Road. From Route 128 North, go right at the bottom of the ramp then left onto Baystate Rd. The Elks is a quarter mile to the right. Park behind the club.

When: 9:30 for 30 miles, 10:00 for 19 & 13 miles.

What to expect: Come join Steve, Phil and Emmett on their ride through the five towns that make up the North Suburban Regional Bicycle Transportation Plan. The towns are Wakefield, Lynnfield, N. Reading, Wilmington and Reading. The long route is approximately 30 miles in length and passes through all five towns. The medium route is 19 miles and covers four of the towns (Wilmington excluded). The short route of 13 miles passes through the towns of Wakefield and Lynnfield.

October 5 Olde Newbury Turnpike Ride

Who: Ed Bolton 603-382-6989 ebolton@ttlc.net, Spencer-Pierce Little Farm 978-432-2634

Where: Spencer-Pierce Little Farm, Newbury

Exit 57 off Route 95 (for Route 113 East in Newburyport). Continue on Route 113 East as it joins with then becomes Route 1A South, for 3.9 miles to Newbury. SPL farm is on the left, with a long driveway, just after the road to Plum Island and the Newbury Green (50 mile stop on the Blazing Saddles Century).

When: 10:00 AM for approx. 30 mile ride. The farm will be open 10:00-3:00

What to expect: \$12 for SPNEA and North Shore Cyclist members, \$15 non-members.

Bike along the Olde Newbury Turnpike (1A) from the Spencer-Pierce Little Farm in Newbury to Cogswell's Grant in Essex. Enjoy beautiful views and historic homes along the way. Stop for refreshments and a tour of Cogswell's Grant and return to the Spencer-Pierce Little Farm for refreshments, house tours, prizes, and a massage. Spencer-Pierce Little Farm and Cogswell's Grant are maintained by the Society for the Preservation of New England Antiquities.

Saturday Road Rides

The Saturday crew is taking their annual century riding break in September. Saturday rides will resume October 11 at 9:00 AM.

Rides go through 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 cancel.

Masconomet Regional High School, Boxford. Start time 9:00. Leaders: Mike Habich (978) 664-0187 mhabich@astseals.com and Jeff Turpel (978) 356-6241 jat@nii.net. *Get up-to-date info on the e-mail list.* 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).

Olde Newbury Turnpike Ride

On Sunday, October 5, SPNEA and North Shore Cyclists present the first annual Olde Newbury Turnpike Ride. Bike along the Olde Newbury Turnpike (1A) from the Spencer-Peirce-Little Farm in Newbury to Cogswell's Grant in Essex. Enjoy beautiful views and historic homes along the way. Stop for refreshments and a tour of Cogswell's Grant and return to a festival under the beeches and maples at Spencer-Peirce-Little Farm. Enjoy refreshments, prizes, and a quick massage. Thirty-mile round trip.

Cosponsored by North Shore Cyclists. For more information and directions, please call 978-462-2634 or go to www.spnea.org.

The Spencer-Peirce-Little Farm and Cogswell's Grant are two of 35 historic house museums owned and operated by the Society for the Preservation of New England Antiquities. SPNEA, headquartered in Boston, is a museum of cultural history that preserves, interprets and collects buildings, landscapes and objects reflecting New England life from the 17th century to the present. For more information, visit SPNEA online at www.SPNEA.org, or send for our SPNEA House Guide at 141 Cambridge Street, Boston, Mass. 02114 or call 617-227-3956.

Bethany Groff
Site Manager
SPNEA Newbury
5 Little's Lane
Newbury, MA 01951
(978)462-2634
www.spnea.org

Important Note:

April was Renewal month. All club memberships established before 2002 Blazing Saddles Century need to be renewed. Fill out the form on Page 6 today!

We have our annual special membership offer starting August 1. Any new member gets the rest of 2003 and all of 2004 for the mere membership cost of \$20 for an individual and \$25 for a family.

Weekly Ride Schedule

These rides occur each week as listed during the road season. Non-members are always welcome on all NSC rides.

Monday At 6:00 PM– Changes to 5:30 PM Sept. 15

Topsfield Plaza, Topsfield. Leaders Paula Bossone (978)-887-0688 paulajbossone@comcast.net and Dianalyn Sirota. There are always riders available that know the way.

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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Tuesday At 6:00 PM- Changes to 5:00 PM Sept. 23

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 Route 128 take Exit 40. Follow Haverhill Street 3.5 miles north to North Reading center. Cross Route 62. Parking lot is ahead on the left, across from the gazebo.

Wednesday At 6:00 PM– Changes to 5:00 PM Sept. 24

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 Route 95, take Exit 50 to Route 1 North. In Topsfield, turn left onto Route 97 North. At Topsfield Center, go left (Route 97 continues right). Topsfield Plaza lot is a block ahead on the right...we park at the far end of the lot.

Thursday (Rides finish for the year at the end of August)

Wakefield Center. Leaders: Emmett Halpin (781) 246-5268 emmetthalpin@comcast.net.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: Take Route 128 Exit 40. Follow Route 129 South (in Wakefield) to the south end of the lake. Meet at or near the gazebo.

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, 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