



Casco Bay Bicycle Club

www.cascobaybicycleclub.org

Thank you for your interest in the Casco Bay Bicycle Club!
To learn more about the CBBC visit the web site at www.cascobaybicycleclub.org.

To join the club, please complete the application form below and mail it to:
CBBC, P.O. Box 10523, Portland, ME 04104

Casco Bay Bicycle Club Application Form

Name (s): _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (H) _____ (W) _____
(E-mail) _____

Include me on the CBBC e-mail distribution list: Yes No
Something about you to share with the club (i.e. what do you ride, where do you like to ride, your profession, employer, why you have joined, etc.)

I acknowledge that there is inherent risk of bodily harm in participation in any bicycling event and agree to assume all such risks. I hereby release and hold harmless Casco Bay Bicycle Club as well as their officers, organizers, rideleaders, sponsors, and individuals for all claims, causes of action liabilities out of my participation in Casco BayBicycle Club events. I am at least 16 years of age and agree to obey traffic laws and rules of the road.

Signature: _____ Date: _____

Membership: Individual rate - \$15.00 Family rate - \$25.00 Business rate negotiable
New Renewal Renewable annually in month originally joined

For office use:

Member # _____ Date paid _____ Amt. paid _____ Expires _____

Some of our annual events include a ride and picnic usually in September, a holiday party in December, and a pot-luck in February.

CBBC maintains a web site at www.cascobaybicycleclub.org which has a link to a calendar of rides and events, usually with map links to the starting point and links to the newsletters which are published electronically.

The Club also maintains a Facebook page listed under Casco Bay Bicycle Club – become a friend!

Currently, the Club has approximately 85 members. Yearly memberships are \$15 for one person or \$25 for a family.



CASCO BAY BICYCLE CLUB



Membership Benefits:

- 10% discount at many local bike shops
- Registration fee waived for CBBC's two centuries: the White Mountain Century and the Fryeburg Frolic
- Reduced rate for our holiday party
- Free entry to the annual club picnic
- Discount on club jerseys

CASCO BAY BICYCLE CLUB RIDES

The following are our regularly scheduled rides. Members and non-members alike are welcomed to ride with us. No one is dropped on our rides! Please refer to our webpage www.cascobaybicycleclub.org for additional information.



The Casco Bay Bicycle Club (CBBC) was founded in 1980. We organize on-road rides and other social activities in the greater Portland area. We have several weekly scheduled rides and special one-time rides, often with an opportunity to socialize over a meal after the ride.

Our rides cover a variety of distances and speeds. The Wednesday night ride in Yarmouth, with its moderate, 12 – 16 mph (no drop) pace, is the most popular, featuring a different route each week. Longer rides include the Fryeburg Frolic, White Mountain Century, and other specially scheduled rides.

CBBC web-based calendar has the dates and specifics of rides and events.

Often, there is a wide range of riding speeds among the bicyclists so the route is described by the ride leader at the start and care is taken so that no one is left behind.

Business meetings are scheduled on the third Thursday of the month. Programs include speakers, often with a visual presentation, recounting an interesting bicycle trip. Others may involve biking equipment and techniques or discussions about bicycling issues.

WEEKLY RIDES

Sundays (Gorham) – 9:00 AM, year-round. Meet at the Field House on the USM Gorham campus. Mileage usually closer to 20 miles in the winter and 35 miles in the summer. Determined by slowest pace, down to about 12-13mph average.

Wednesdays (Yarmouth) – 6:00 PM, May – August (5:45 in September). Meet at the Hannaford Supermarket. 15-20 mile ride at a moderate pace. Romeo's Pizza after the ride.

Thursdays (Westbrook) – 6:00 PM, starting in May. 12 to 20 mile ride at a moderate pace, followed by something to eat and drink.

Saturdays (Yarmouth) – 9:00 AM, May – September (10:00 AM starting October until the temperature is below freezing or there is snow or ice on the roads). Meet at the Hannaford Supermarket parking lot. 25-35 mile ride. Moderate pace. We try to have a stop mid way for a snack. Ride finishes around noon.

SPECIAL RIDES

Bailey Island Ride - Optional bike from Yarmouth to Portland, then take the 10:00 Casco Bay Lines ferry from Portland to Bailey Island. Bike back to Yarmouth or Portland.

White Mountain Century - The White Mountain Century climbs through four mountain passes in the White Mountain National Forest. It starts at the Covered Bridge Campground on the Kancamagus Highway (Rt 112). A ride down through Franconia Notch on the beautiful Franconia Notch Bike Path is followed by a climb up the Kancamagus and a thrilling return to the Covered Bridge Campground.

Annual Tour du Beaches and Club Picnic – Crescent Beach State Park, Rt 77, Cape Elizabeth. Ride 16, 20 or 35 miles along the coast. Will be followed by a Club picnic.

Fryeburg Frolic Century - The Fryeburg Frolic Century attempts to be a kinder, gentler century even though it passes through the hills of western Maine, up to the edge of the White Mountains. It starts at the University of Southern Maine, Gorham Campus, off Rt. 114.

White Mountain Notch Rides:

•**Bear Notch** – almost 40 miles. Start Point: Cranmore Parking Lot, North Conway. We'll eat lunch after the ride.

•**Evans Notch** – 60-65 miles. Start Point: Parking lot across from fire station on Rt. 113. We'll stop for lunch during the ride.

•**Evans/Pinkham Notches** – 82 miles. Start Point: Fryeburg swimming hole. We'll stop for lunch during the ride.

•**Kanc 'n' Back** – 69 miles. Start Point: School parking lot, Rt. 16, Conwaymagus.



Bike MS Ride



York Beach Ride



Pancake Ride



Cape Elizabeth Ride



Yarmouth Wednesday Ride



Yarmouth Saturday Ride