



# BIKE WAY

NEWSLETTER OF THE CASCO BAY BICYCLE CLUB  
SERVING THE SOUTHERN MAINE BICYCLING COMMUNITY

Steve Gordon - Editor, 828-7990 [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

Ron Levere - President, 846-4844 [levere@maine.edu](mailto:levere@maine.edu)

on the web: [www.cascobaybicycleclub.org](http://www.cascobaybicycleclub.org)

## Events

The last Friday is “Green Streets Day”. Wear green and get discounts from area merchants. Eg. \$2.00 pints at Slaints

## April

### 25 Sunday

Find Your Dream Bike at the Swap

Hundreds of affordable, used bicycles of all types will be for sale at the Bicycle Coalition of Maine’s Great Orono Bike Swap on April 18 at the University of Maine and the Great Portland Bike Swap on April 25 at the University of Southern Maine.

You can buy bicycles at the swap, sell them or do both. Admission is \$3, with free admission for students at several area colleges and children 12 and under. A small commission on bike sales will support the coalition’s work to improve bicycling in Maine.

Find out more. visit [bike-maine.org](http://bike-maine.org)

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## Rides

Following are our regularly scheduled club rides. Members and non-members alike are welcome to ride with us. No one is dropped on our rides! Please refer to our **homepage** and **calendar** for any last minute changes.

Please see our **cue sheets and maps** for more details on favorite club rides.

## Weekly Rides

**Sundays (Gorham)** – 9:00 AM. Meet at the **Field House on the USM campus**. (Take Route 114 north from the intersection with Route 25 in the middle of town. At blinker, 1/4 mile, turn left, field house is the second building on right.) No set mileage. Usually closer to 20 miles in the winter and 35 miles in the summer. No set pace. Determined by slowest pace called for by any individual attendee that week, down to about 12-13mph average (~15-16mph flat ground cruising). FMI, contact Ken at 207-839-5468 or [kob22225@mac.com](mailto:kob22225@mac.com).

**Tuesdays (Scarborough)** – 6:00pm, May 4th to June 8th. Meet at the **Dunstan School Restaurant Parking lot** (corner of Rt. 1 and Payne Rd.). Rides range from 13-20 miles at a 12-14pmh pace depending on the group. Route will alternate between a coastal route and an inland route. Food to be determined. FMI, contact Janice Musacchio at [murdoch@maine.rr.com](mailto:murdoch@maine.rr.com) or 207-232-7545.

**Wednesdays (Yarmouth)** – 6:00 PM, May – August (5:45 in September). Meet at the **Hannaford Supermarket parking lot**. 15-20 mile ride at a moderate (12 mph) pace. Romeo’s Pizza after the ride for something to eat and drink. FMI, contact [levere@maine.edu](mailto:levere@maine.edu) or [stebbins@usm.maine.edu](mailto:stebbins@usm.maine.edu).  
This ride is for all levels. there will be no drops

**Thursdays (Cape Elizabeth)** – 6:00 PM, May – August (5:45 in September). Meet at the **Pond Cove IGA**. Rides range from 12-20 miles and take advantage of the beauty of the ocean and Cape Elizabeth. Rides are for various levels. Some hills are encountered, but the area in general is not especially hilly. Rides are followed by food and fellowship at the local pizza shop in the same parking location. FMI, contact Dave Collins at [davidalmon@yahoo.com](mailto:davidalmon@yahoo.com) or 207-233-8110.

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## Rides

**Saturdays (Yarmouth)** – 9:00 AM, May – October (unless the temperature is below freezing or there is snow on the roads). Meet at the **Hannaford Supermarket parking lot**. 25-35 mile ride, shorter in the early spring. Moderate (14-15 mph) pace. We try to have a stop mid way for coffee and muffins or snack. Ride finishes around noon. FMI, contact Bill Jose at billjtwo@hotmail.com or 207-233-2753.

## Special Rides

### White Mountain Century – September 18, 2010

The White Mountain Century climbs through four mountain passes in the White Mountain National Forest in central New Hampshire. It starts at the Covered Bridge Campground on the Kancamagus Highway (Rt 112) 10 miles off Rt 16 in Conway, NH. Riders will climb up through Bear Notch and plunge down into Bartlett. The route then climbs through scenic Crawford Notch in the shadow of Mt Washington, then turns west toward Twin Mountain. A ride down through Franconia Notch on the beautiful Franconia Notch Bike Path is followed by a nine-mile climb up the Kankamagus to the notch at 2160 feet and a thrilling return to the Covered Bridge Campground.

There are four food stops on the ride and sag wagon support. Rain or shine ride. FMI, contact Amy Barnes at wmc@cascobaybicycleclub.org.

Register for the WMC

### Fryeburg Frolic Century – September 25, 2010

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. The route to Fryeburg winds through pine woods and small villages; past lakes and around the Burnt Meadow Mountains. With an Indian Summer day, the Fryeburg food stop, near a beach on a quiet bend of the Saco River, may include some swimming. The return ride follows the Saco River, even though you only get to glimpse it now and then. It includes the back road from Hiram to Cornish – a classic stretch of understated Maine beauty.

There are four food stops on the ride and sag wagon support. Rain or shine ride. FMI, contact Ken O'Brien at 207-839-5468 or kob22225@mac.com.

Register for the Fryeburg Frolic

For more information and registration forms visit our web site.

## Events

### May

**17 - 21 Commute Another Way to Work Week. Take the commuter challenge.**

Carey Kish [www.commuteanotherwayweek.org](http://www.commuteanotherwayweek.org)

**19 7:00 PM Ride of Silence honors bicyclists killed or injured.** Meet at the Gazebo on Brunswick's Park Row. 10 mile ride wear a black armband and shine lights. FMI Tony Barrett 833-0939

**20 CBBC board meeting - 6:00PM, 7:00 PM** Presentation by Elizabeth Jose who will describe her cross country bicycle trip. Classroom 10, at the Dana Center next to Maine Medical Center

## June

### Trek Across Maine - Sunday River to the Sea, June 18-20, 2010

2010: A non-refundable, non-transferable \$55 registration fee must be paid at the time of registration and each Trekker is required to have a fundraising minimum of \$500. You can register online or email Trek to receive a hard copy of the form. Once you have registered, you can use our online services to promote your fundraising and to track your progress.

## July

### July 9 to 11 Maine Bike Rally

This year our club and the Merrymeeting Club will be hosting the rally with little help from the BCM. It is important that we have a good crop of volunteers to make sure that all goes according to plan. For info: <http://www.mainebikerally.org>

Bicyclists from across Maine, New England, other states, and Canada will gather again this summer for the 22nd annual Maine Bike Rally. This year's event will be held at Brunswick High School with check-in and set up for campers beginning on Friday, July 9 at 1:00 PM.

The Maine Bike Rally is a combined effort of local enthusiasts, the Casco Bay Bicycle Club, Merrymeeting Wheelers Bicycle Club and the Bicycle Coalition of Maine. The three-day event

Mark your Calendars!!!

Mainer's summer continues after the tourists have left.

**The CBBC Club Ride and picnic** this year is Sunday, September 12th (tentative date). The picnic/cook-out will be after "the annual Tour Du Beaches" in Cape Elizabeth.

Location: Crescent Beach State Park, Rt. 77 Cape Elizabeth.  
GROUP SITE: 3/10 of a mile from park entrance, take right to far end of parking lot. Left onto the first parking row closets to the beach.  
Time: Meet at Group Site 9:00 AM  
Ride: The ride will start from the Site around 9:30 AM.

There are several distance options: 16, 20, 26-30 and 33 Miles.

Cost: CBBC members have free entrance to park, picnic and ride. For non-members: there is a \$5.00 suggested donation to cover food and the park fee. Those 12 and under and 65 and older are also free.

Food: There are 5 grills at the group site. Our club will provide burgers, hotdogs, vegetarian burgers, potato salad, chips, soft drinks and cookies. Feel free to bring your favorite dish if you want.  
Swimming: Maybe, bring swimsuit or wetsuit for body surfing.

Please let Patty know if you are coming and if you are a vegetarian pmedina@usm.maine.edu 780-4642. Homethatmorning: 767-2844. P.S. I am currently looking for people to help out cooking on the grill.

**Casco Bay  
Bicycle Club  
Officers:**

President  
Ron Levere  
levere@maine.edu  
846-4844

Executive Vice President  
Kathy Potrepka  
799-0757  
kcp@gwi.net

Operations VP  
Ken O'Brien  
839-5468  
kob2@maine.rr.com

Treasurer  
Dave Clements  
233-0393  
dclements@maine.rr.com

Secretary  
Barbara Stebbins  
846-4844  
stebbins@usm.maine.edu

Board Members

Steve Gordon

Ron Gillis  
gill.free@myfairpoint.net

Committee Chairs

Events Coordinators  
Patty Medina  
pmedina@usm.maine.edu

Mick McGinn  
mainemick@msn.com

Wed. Ride Coordinators  
Barbara Stebbins/Ron Levere  
846-4844  
stebbins@usm.maine.edu  
levere@usm.maine.edu

Membership Coordinator  
Chris Gillis  
gill.free@myfairpoint.net

Newsletter Editor  
Steve Gordon 828-7990  
stevogordo@hotmail.com

features both on-road and off-road rides as well as an accredited time-trial event.

Riders can choose from more than 30 rides that vary in length from a short five miles to a 100-mile century ride winding through country lanes and shorelines. A ride along the bike path near the Androscoggin River (part of the East Coast Greenway) could yield a view of eagles soaring and perhaps a sighting of their nests in the trees.

The historic Brunswick area has many scenic rides featuring shore views and bucolic country vistas. All the bike rides are planned to take in the splendor of the region. Whether looking for a mild pedal about the neighborhood or a challenging century ride, the Maine Bike Rally and this area have much for you to enjoy.

Brunswick offers many attractions including: Bowdoin College with its Arctic and fine arts museums, the Joshua Chamberlain House, many restaurants of international cuisines, hiking trails, swimming areas and a train that goes clear up to Rockland. And let's not forget L.L. Bean in nearby Freeport, open 24 hours a day.

On-site camping, food, all rides, entertainment and a bike rally t-shirt are included in the affordable weekend price. Non-cycling events will include a bike expo of biking related exhibits, an ice cream social, a parade for the kids and kids-at-heart, and some musical entertainment.



# BIKE WAY

CBBC - P.O. Box 10523  
PORTLAND, ME 04104

PLACE  
STAMP  
HERE

First Class

**CBBC meetings** are held on the third **Thursday** of the month at 7:00 PM. FMI, Call Ron Levere  
846 - 4844 Meetings will be in the Dana Center

## 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\_\_

### For Club use:

Member # \_\_\_\_\_

Date paid \_\_\_\_\_

Amt. Paid \_\_\_\_\_

Expires \_\_\_\_\_

### Mail to:

CBBC  
P.O. Box 10523  
Portland, ME 04104

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, ride leaders, sponsors and individuals for all claims, causes of action liabilities out of my participation in Casco Bay Bicycle 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  
Renewable annually in the month originally joined  
New \_\_\_\_\_ Renewal \_\_\_\_\_