



Events

April

9 Portland Bike - Ped
Committee Meeting 6:00 PM
Room 209, City Hall, Portland

19 Club Meeting 7:00 PM
O'Naturals, Portland

29 Great Maine Bike Swap
10:00 AM - 2:00 PM
USM Gym, Portland

May

6 Five Boro Bike Ride

Come ride the streets of New York City with 30,000 other cyclists on Sunday, May 6. This is a 42 mile; well organized, urban ride at a moderate pace through (among other places) Central Park, and the Verrazano Bridge. For more information about the ride see www.bikenewyork.com. Click on <http://www.bikenewyork.org/rides/fbbt/index.html>. Cost, including hotel dorm, registration any car pool is about \$160 per person. We will be driving down Saturday and staying overnight Saturday and Sunday. Meals are extra. Con-

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BIKE WAY

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

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

Dave Galbraith - President, dgalbraith@ci.auburn.me.us

on the web: www.cascobaybicycleclub.org



May 6

Ride the Commerce Bank Five Boro Bike Tour!

Whether you're young or old, new to biking or an expert cyclist, you'll love riding 42 traffic-free miles with more than 30,000 others. There's no better way to see New York than biking through dozens of neighborhoods and crossing scenic bridges!

The journey starts in Lower Manhattan. You'll head north through the heart of Manhattan to Central Park and continue on to historic Harlem and the Bronx, returning south along the East River on the FDR Drive. From there you'll cross into Queens and then Brooklyn, where cyclists take over the highway before making the thrilling climb up--and down--the Verrazano-Narrows Bridge to Staten Island.

The Tour ends with a celebratory **Festival** at Fort Wadsworth in Gateway National Recreation Area on Staten Island. Once you're ready to go, admire the harbor views on a new scenic route through Fort Wadsworth and then hop onboard the Staten Island Ferry back to Manhattan. **Sign up** now. Contact:

Gene Ehlers (207) 671-9069 ehlers@maine.rr.com.

**Casco Bay
Bicycle Club
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Events from page 1

tact is Gene Ehlers (207) 671-9069
eehlers@maine.rr.com. Contact
me for more details.

19 Sat.

Dave's Birthday Century

The ride leaves from the United
Methodist Church on Blackstrap
Road in Gray. The ride is fully
supported. For information, con-
tact Dave Clements 657-5854
oldred4000@aol.com

(Ed.) If you can do this ride the
Trek will seem easy.

June

15, 16, 17 Trek Across Maine

For details, see the article on the
next page.

**20 Portland Bike Commuting
Meeting**

Contact Name: John Brooking
Contact E-mail: jbrk4_com@
pobox.com
Event Website: www.bike.
meetup.com/132

July

**6 - 8 Friday - Sunday
19th Maine Bike Rally
Yarmouth, Maine**

Now is the time to make your
plans for a fantastic weekend
with your favorite people.
Rides for all, Food, Camping,
Entertainment, and other fun
events. Get involved call Ken
O'Brien - 839-5468

- **Maine Bike Rally Time Trial**
- 9:00 am -11:00 am

**21 Maine Lobster Ride & Roll
Event City: Rockland**

Event Address: 400 Broadway
Distance: 16-100mi
Contact Name: Deborah Lad-
ner

Contact E-mail: info@Bike-
Maine.org

Event Website: www.bike-
maine.org

Phone: (207)623-4511

Comments: 15-100 mi Tours;
fresh lobster roll luncheon

Bike Shops Offer Member Discounts

*Support the bike shops listed below. All of offer CBBC members get a ten percent
discounts on gear and accessories (unless otherwise specified)*

Allspeed Bicycle & Ski
1041 Washington Ave. Portland, ME
878-8741, www.allspeed.com

Cycle Mania
59 Federal St. Portland, ME
774-2933, www.cyclemania1.com

Back Bay Bicycle
333 Forest Ave., Portland, ME
773-6906, www.backbaybicycle.com

Cycle Mania
59 Federal St. Portland, ME
774-2933, www.cyclemania1.com

Bath Cycle & Ski
U.S. Route 1, Woolwich, ME
1-800-245-3626, www.bikeman.com

Gorham Bike & Ski
1440 Congress St. Portland. ME
773-1700, www.gorhambike.co

Cape Able Bike Shop
83 Arundle Rd. Kennebunkport, ME
1-800-220-0907 www.mnetwork.com/
cape-ablebike

Rainbow Cycle Center
1225 Center St. Auburn, ME
1-800-244-7576, www.rainbowbike.com

Weekly Rides

Wednesdays— Casco Bay Bicycle Club ride (Yarmouth) ; 6:00 PM (2/3-L/M - 13/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, call Barbara Stebbins or Ron Levere. 846-4844
 stebbins@usm.maine.edu Ends 9/28
 The Yarmouth rides will resume May 3rd.

Thursdays - CBBC ride (Portland) 2nd and 4th Thurs. of the month
 Leave from *Back Bay Bicycle Shop* on Forest Ave. in Portland.
 20-30 miles 2/3 /M For Info call Steve Gordon: 828-7990 e-mail stevogordo@hotmail.com or talk to Kris Clark at Back Bay Bicycle

Saturdays-----CBBC ride (Yarmouth); 9:00 AM All year ride (2/3-M-15/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, contact Dave Clements. 657-5854

Sundays—9:00 AM. (2/3-L/M/B-20-50 miles), CBBC ride (Gorham); meet at the USM Field House on the Gorham Campus. Take Route 114 North from the intersection with Route 25 in the middle of town. At the blinker, 1/4 mile, turn left, field house is the second house on the right. FMI, contact Ken O'Brien 839-5468

Sundays - CBBC - Easy Ride. Ride slowly, see the scenery and just take it easy. I planned to have a ride for beginners or those who just want to spend a relaxed Sunday afternoon on their bicycles. The ride will leave from the basketball courts in Payson Park, Portland. (It is the Park between Baxter Blvd and Ocean Ave). The start time is set for 2:00 PM. Call me, Steve Gordon: 828-7990 or e-mail me, stevogordo@hotmail.com.

Note

Wednesday evening and Sunday afternoon rides start up in May.



Calling all Trekkers!

We are excited to be forming another CBBC Team for ~Maine Lung Association's TREK Across Maine~ this year and are inviting everyone to join the team! Not only are you contributing to clean air initiatives, education on lung diseases like asthma and COPD and tobacco treatment (like that isn't enough) BUT it's a great way for our club to "show our stuff" and have a lot of fun! Save the dates: Friday June 15th - Sunday June 17th
 For more information and to register as a CBBC team member: please go to www.mainelung.org

Interested riders please email Mick McGuinn or Jody O'Farrell (your CBBC TREK TEAM co-captains) - email addresses at: <http://cascobaybicycleclub.org/honchosp.htm>

Dorm rooms are full There is a waiting list- Please consider camping or the area accommodations.

Ride Key

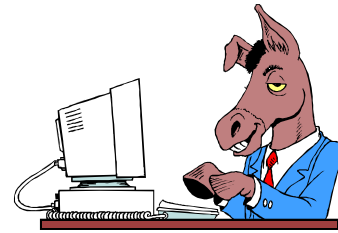
TERRAIN

- 1 = Flat with a few easy grades
- 2 = Flat with a few rolling hills
- 3 = Rolling to moderate grades
- 4 = Rolling with some steep grades

PACE

- F = Family (less than 9 mph)
- L = Leisurely (9 - 12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

From the Editor



INSTANT TUNE-UP

So your bike's shifting has become a bit balky. The chain isn't climbing onto bigger cassette cogs as quickly or smoothly as it once did. This is a common problem as the gear cable stretches. The fix is easy and you can do it without tools. Look at the rear derailleur. You're almost certain to see a fitting (often called a "barrel") where the cable enters. It can be turned with your fingers to adjust cable tension. To make it properly taut again, turn the barrel half a revolution counterclockwise. Try some shifts (best done with your bike in a repair stand, mounted in a trainer, or hanging off your car's bumper rack). Better but not perfect? Give it another half turn. Keep testing until shifts are instant. Don't overdo it and degrade shifts to smaller cogs. If the chain doesn't drop down quickly, you've turned the barrel a bit too far. Back off (clockwise) until you find the sweet spot.
 Tip! Many bikes also have a barrel at the down-tube cable stop. This lets you fine-tune shifting as you ride. Turn it as just described to take up or let out enough cable to



BIKE WAY

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

PLACE
STAMP
HERE

First Class

Notice: check the date below your address on the mailing label of this newsletter and renew before that date.

CBBC meetings are held on the third **Thursday** of the month at 7:00 PM. FMI, Call Dave Clements at 875-2589

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 ___

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 New _____ Renewable annually in the _____

Family Rate - \$25.00 Renewal _____ month originally joined

For Club use:
 Member # _____
 Date paid _____
 Amt. Paid _____
 Expires _____

Mail to:
 CBBC
 P.O. Box 10523
 Portland, ME 04104