



### 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](http://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**

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Dave Galbraith - President, [dgalbraith@ci.auburn.me.us](mailto:dgalbraith@ci.auburn.me.us)

on the web: [www.cascobaybicycleclub.org](http://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](mailto:ehlers@maine.rr.com).

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Bicycle Club  
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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](mailto: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](http://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

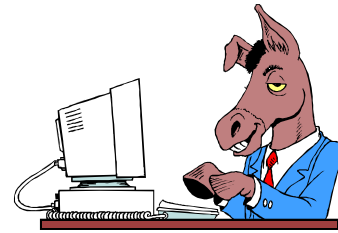
#### TERRAIN

- 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