



# 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)

Dave Clements- President, 657-5854 [oldred4000@aol.com](mailto:oldred4000@aol.com)

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

## Events

### April

**11 Portland Bike - Ped**  
**Commitee** meeting 6:00 PM,  
 room 209, City Hall. FMI:  
 Steve Gordon - 828-7990

**21 Club Meeting 6:00 PM**  
 O'Naturals, Portland

### May

**19 Club Meeting**  
 Time and place TBA

**22 Dave's Birthday Century**  
 FMI: Dave Clements 657-5854

**22 Downeast Bike Swap 10 -**  
 2, Deering HS, Portland. FMI  
[www.bikeman.com](http://www.bikeman.com)  
[davis@bikeman.com](mailto:davis@bikeman.com)

### June

**5 Tour de Cure**  
**Location:** University of New  
 England  
**For more information call:**  
**1-888-DIABETES**

**6 CommuteAnother Way**  
**Day**

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## White Mountain Training Series Reloaded

The Old Man of the Mountain may be gone, but the White Mountains continue to attract people from all over the country. Parts of these mountains may be up to 400 million years old, certainly 250-300 million years old. There are only two National Scenic Byways in all of northern New England – the White Mountains Trail and the Kancamagus Highway – both with a mix of scenic views, heavily wooded roadsides and small villages in the heart of the White Mountains.

Think:!

Panoramic vistas and glacial boulders Stately evergreens, shady maples, silvery birch, nodding wildflowers Waterfalls, rock-filled rivers and streams, inviting pools Wildlife — from chipmunks to moose, from chickadees to pheasants

What better way to see it than from your bike? You can enjoy the rugged beauty of the White Mountain National Forest and the company of fellow Club members. The White Mountain Series was developed as a way to train for the White Mountain Century (September 11, 2004), but even those who don't intend to do the Century can enjoy one or more of these challenging rides.

### Schedule:

(Each ride will be Saturday; the Sunday immediately following is the rain date. Note: Some of the details of the later rides are TBD – we'll let you know.)

### BEAR NOTCH

Date: May 28 Start Time 9:00 AM, Leader: Ken O'Brien  
 FMI Ken [kob2@maine.rr.com](mailto:kob2@maine.rr.com) 839-5468

**PINKHAM/EVANS** Date: June 25 Start Time 9:00AM

Distance: 82 miles

Sag: Leaders: Roland, Start Point: Fryeburg swimming hole Special Interest: Swimming, Stowe Store pastries and ice cream, fresh spring water at the base of Evans

### PINKHAM/CRAWFORD

Date: July 23

See Training Page 3

# Casco Bay Bicycle Club

## Officers:

### President

Dave Clements  
657-5854  
oldred4000@aol.com

### Executive Vice President

Melissa Mirarchi  
878-0905  
percival@maine.rr.com

### Operations VP

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

### Treasurer

Turk Duddy  
838-6834  
cbbc@rjduddy.com

### Secretary

Jody O'Farrell  
207-657-5854  
loonsong@maine.rr.com

### Board Members

Steve Gordon

Roland Lavigne  
MyMashu@worldnet.att.net

### Committee Chairs

#### Events Coordinator

Melissa Mirarchi, assisted by  
Nancy Shedd - Party Coordinator  
nshedd@maine.rr.com

#### Wed. Ride Coordinators

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

#### Membership Coordinator

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

#### Newsletter Editor

Steve Gordon 828-7990  
stevogordo@hotmail.com

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### 11 World Naked Bike Ride

FMI: <http://www.worldnakedbikeride.org/>

### 17 - 19 Trek across Maine

Ausp. American Lung Association  
For Information:  
[http://www.maine.org/bike\\_treks/home\\_trek.htm](http://www.maine.org/bike_treks/home_trek.htm)

## July

### 2005 Maine Bike Rally

July 8-10, 2005  
Belfast, Maine

[www.bikemaine.org](http://www.bikemaine.org)

## August

### 29 July - August 1 - Atlantic Canada Bicycle Rally

[ctrail@atlanticcanadacycling.com](mailto:ctrail@atlanticcanadacycling.com)

## September

### 3-5 Cabot Trail Bicycle Tour

[ctrail@atlanticcanadacycling.com](mailto:ctrail@atlanticcanadacycling.com)

### 10 White Mountain Century

FMI For more information, call  
Ken O'Brien at (207) 839-5469  
or e-mail:  
[wmc@casco baybicycleclub.org](mailto:wmc@casco baybicycleclub.org).

The White Mountain Century, sponsored by the **Casco Bay Bicycle Club**, climbs through four mountain passes in the White Mountain National Forest in central New Hampshire. It starts at 7:00 at the Covered Bridge Campground on the Kankamagus 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 drop to the Covered Bridge Campground. There are four food stops on the ride and Sag Wagon support. Rain or shine ride.

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 8/26/05.

Both centuries for \$30.00 US.

### 11 NYC Century Bike Tour

100, 75, 55, 35 and 15 mile routes FMI: <http://www.transalt.org/calendar/>

### 17 Fryeburg Frolic Century

Ken O'Brien at (207) 839-5469  
E-mail: [kob2@maine.rr.com](mailto:kob2@maine.rr.com)

### 24 Saturday Tour de Beaches

ride and Club Picnic Meet at 9:00 AM Crescent Beach State park, ride starts at 9:30 AM. 30-35 miles. It will also be the Casco Bay Bike Club annual picnic. FMI contact CBBC or Patty 780-4642 [pmedina@usm.maine.edu](mailto:pmedina@usm.maine.edu)  
Patty :>) >>>

## Leaders Needed

for Wed. Ride. Ron will make it easy for you. Contact him: [levere@usm.maine.edu](mailto:levere@usm.maine.edu)  
If you lead five rides you get a free club membership.

## Weekly Rides

**Wednesdays**— Casco Bay Bicycle Club ride (Yarmouth) ; 6:00 PM (2/3-L/M - 13/25), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, call Barbara Stebbins or Ron Levere.  
Will restart May 4th 2005

**Thursdays** - CBBC ride (Portland) 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](mailto:stevogordo@hotmail.com) or talk to Kris Clark at Back Bay Bicycle Will restart in the spring

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

**Sundays**— CCBC ride (Gorham); 9:00 AM. (2/3-L/M/B-20-50), 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

**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).

## Training

Start Time: 8:00AM  
Distance: 77 miles  
Sag: No  
Leaders: Dave  
Start Point: Attatash Parking Lot, Rt. 302, Bartlett  
Special Interest: Circling Mount Washington, alpine slide at Attatash, seeing the Bretton Woods hotel (where the Group of 7 was created and world history was made), fresh spring water right before Gorham

### KANK 'N' BACK

Date: Aug. 27  
Start Time: 8:00AM  
Distance: 69 miles  
Sag: No  
Leaders: Joanne  
Start Point: High school parking lot, Rt. 16, Conway (right before turn-off for the Kank)  
Special Interest: Food at the

Lincoln turn around, Rocky Gorge Scenic Area (about 10 miles from the eastern end of the roadway) (Note: With its two climbs up to 2,855' elevation, the Kank 'n' Back ride is the most challenging of the 4 rides – when you can do this, you KNOW you're ready for the Century!)

### 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 = Leasurely (9 - 12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

### Bike Shops Offer Member Discounts

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

#### Allspeed Bicycle & Ski

1041 Washington Ave. Portland, ME  
878-8741, [www.allspeed.com](http://www.allspeed.com)

#### Cycle Mania

59 Federal St. Portland, ME  
774-2933, [www.cyclemania1.com](http://www.cyclemania1.com)

#### Back Bay Bicycle

333 Forest Ave., Portland, ME  
773-6906, [www.backbaybicycle.com](http://www.backbaybicycle.com)

#### Ernie's Cycle Shop

105 Connant St, Westbrook, ME  
854-4090 [bike\\_boy2002@yahoo.com](mailto:bike_boy2002@yahoo.com)

#### Bath Cycle & Ski

U.S. Route 1, Woolwich, ME  
1-800-245-3626, [www.bikeman.com](http://www.bikeman.com)

#### Gorham Bike & Ski

1440 Congress St. Portland. ME  
773-1700, [www.gorhambike.com](http://www.gorhambike.com)

#### Cape Able Bike Shop

83 Arundle Rd. Kennebunkport, ME  
1-800-220-0907 [www.mnetwork.com/cape-ablebike](http://www.mnetwork.com/cape-ablebike)

#### Haggett's Cycle Shop

34 Vannah Ave., Portland, ME  
773-5117 Offers 10% discount on all purchases

#### Rainbow Cycle Center

1225 Center St. Auburn, ME  
1-800-244-7576, [www.rainbowbike.com](http://www.rainbowbike.com)

PLACE  
STAMP  
HERE



# BIKE WAY

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

## 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  
Business rate negotiable

**For Club use:**  
Member # \_\_\_\_\_  
Date paid \_\_\_\_\_  
Amt. Paid \_\_\_\_\_  
Expires \_\_\_\_\_

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