



BIKE WAY

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

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

Ron Levere - President, 846-4844 levere@maine.edu

on the web: www.cascobaybicycleclub.org

Events

April

Every Friday is "Green Streets Day". Wear green and get discounts from area merchants. Eg. \$2.00 pints at Slaints

16 CBBC Meeting
O'Naturals - Exchange St. Portland

Board meeting - 6:00 PM
Club meeting - 7:00 PM

BCM's Great Maine Bike Swap

April 26, 2009: University of Southern Maine, Sullivan Gym, Portland, 10am - 2pm

Hundreds of affordable, used bicycles will be for sale at the Great Maine Bike Swap. Sponsored by the Bicycle Coalition of Maine (BCM) and university groups, the swap brings together people buying and selling used bicycles and bike gear.

All types of bicycles - from mountain bikes to road bikes, classic cruisers, kids' bikes and hybrids - will be for sale. The swap also will feature mini-

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Banquet 09

Good Food, Entertainment and Dancing

Our club banquets have always been a lot of fun but this one was really great. The food was delicious and there was a lot of it. Nobody went away from this feast hungry. We saw a film made from last year's Bike Festival in Fryeburg with many of our members getting plenty of air time. Maggie Warren from the BCM came to show the film and drummed up support for next year's



Festival. She pointed out that the Festival runs on volunteers. All the volunteer work including ride leaders and sweeps made it possible to eat well, camp and be delightfully entertained. For full details of the Festival and volunteer information go



to the BCM website @ www.BikeMaine.org. Remember, eight hours of volunteer time reduces the cost of the three day event to twenty five dollars. Where can you beat having that much fun for the whole family.

**Casco Bay
Bicycle Club
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846-4844

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Board Members

Steve Gordon

Barbara Stebbins

Committee Chairs

Events Coordinators

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Quick & Easy Chain Sizing

I have a method for determining proper chain length that I've used longer than I can remember. It's very simple and works 98% of the time. First I'll describe it. Then I'll give you the exceptions.

- Run the new chain through the derailleur jockey wheels as normal, over the smallest cog and around the small chainring (cross-chaining, if you will).
- Bring the 2 ends together. Pull one end over the other until you have a small amount of tension on the rear derailleur cage. The bottom jockey wheel will tip you off by being pulled slightly forward.
- That's the length you want, but obviously you need ends that can be fastened together. If there's a choice between 2 links at this point, let the chain be a fraction longer rather than shorter.
- Depending on your chain brand, make it whole with a Shimano HG replacement pin or the master link that comes with SRAM, Campy, KMC or Wippermann/Connex chains.

Easy, right? This method will produce a chain length that works fine with the chainring and cassette sizes most roadies are using.

But for a final step, you may need to turn the B-adjustment screw on the back of the rear derailleur so its upper jockey wheel does not hit the largest cog. The B screw is the one that contacts the dropout to change the derailleur's angle.

I can hear you asking: Why not just make the new chain as long as the old one and be done with it? Simple. The old chain may not be the best length. This method makes sure the new one is.

Okay, a couple of exceptions:

- If you're using a triple crank and a short-cage derailleur (not recommended), put the chain on the middle ring, not the granny, during the setup. Otherwise, the chain will be way too short.

Note: There are several derailleurs with mid-length cages that allow you to use my "normal" setup procedure. Shimano offers 9-speed MTB versions such as SLX GS, Deore XT GS and XTR GS. If you have Shimano 10 speed, you'll have to use "GS" road versions, which actually have long cages. Confused? Me too. For you Campy people, there are 10-speed medium-cage derailleurs from Veloce up

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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
Rides are done for the year and will start in May 2009

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. 233-0393 cancelled due to injury start up in Feb.

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

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)

WHITE MOUNTAIN SERIES

The White Mountain Series was developed as a way to train for the White Mountain Century, but even those who don't intend to do the Century can enjoy one or more of these beautiful, challenging rides.

Schedule:

(Each ride will be Saturday; the Sunday immediately following is the rain date)

BEAR NOTCH

Date: 5/30/09
Ride Start Time: 9:00AM
Distance: almost 40 miles
Start Point: Cranmore Parking Lot, North Conway

PINKHAM/EVANS NOTCHES

(the "easier" way)
Date: 6/27/09
Ride Start Time 8:00AM
Distance: 82 miles
Start Point: Fryeburg swimming hole

EVANS/PINKHAM NOTCHES

(the harder way)
Date: 7/25/09
Ride Start Time: 8:00AM
Distance: 82 miles
Start Point: Fryeburg swimming hole

KANK 'N' BACK

Date: 8/29/09
Ride Start Time: 8:00AM
Distance: 69 miles
Start Point: High school parking lot, Rt. 16, Conway (right before

turn-off for the Kank)

If you want to know more, or want to carpool from the Mountain Division Trail parking lot in Standish (Rt. 35, 1/4 mile from Rt. 114), contact Joanne Rawlings-Sekunda at mjrs@securespeed.net.

Events

workshops on topics such as how to fix a flat, displays by local bike shops, refreshments and information about Maine biking events.

You can come to buy a bike, sell one or both. A large test riding area will allow shoppers to try out bikes. Volunteer advisors will be on hand to help with pricing and bike fit.

Admission is \$3, with free admission for University of Maine students, University of Southern Maine students and children 12 or younger. The public is invited to sell used bikes in good, working condition. A small commission on bike sales will support BCM's bike safety and education programs.

For more information, please call (207) 623-4511 or email maggie@BikeMaine.org.

MAY

9 -- York Beach Ride, 9am, York Harbor, 25mi Road, Bob Bruce, bobbiker@roadrunner.com, 319-8009, www.merrymeetingwheelers.org

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Chain from page 2

to Record. All can be obtained from your friendly LBS.

- If you switch to a cassette with an 11-tooth smallest cog instead of a 13 after sizing the chain, it will probably be a tad too long. It might hang slack in the setup position. With correct shifting technique this shouldn't be a problem. In other words, avoid cross-chaining, which is taboo anyway.

Rule of thumb: When in doubt, leave the chain one link long. It's easy to shorten a chain if that proves to be necessary. It's never good to lengthen it. Virtually all chains nowadays have peened (mushroomed) heads on the pins. This is what makes them so strong -- unless you're pushing pins out and in

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RoadBikeRider (RBRPublishing@RoadBikeRider.com)

Events

MAY

11-15 -- Commute Another Way Week-Take the Commuter Challenge, Statewide, Carey Kish, ckish@gpcog.org, , www.commuteanotherwayweek.org

31 -- Women's Ride for Heart Health, 8:00am, Freeport, LL

Bean Casco Conference Center, 15 Casco Street, 5-25mi Road, free yoga, massage, nutrition presentations, screenings, Deborah Ladner, Deborah@BikeMaine.org, 623-4511, www.BikeMaine.org

June

13 - World Naked Bike Ride
<http://www.worldnakedbikeride.org/>

7 -- Kennebunks Tour de Cure, 7am, Middle School, 60 Thompson Road, Kennebunk, 15-60mi Road, Emily Silevinac, esilevinac@diabetes.org, 774-7717 x3720, www.diabetes.org/tour

July

10-12 -- Maine Bike Rally, Fryeburg Academy, 1-100mi Road & Mtn Tours, Maggie Warren, Maggie@BikeMaine.org, 623-4511, www.BikeMaine.org

12 -- Maine Bike Rally Time Trial (Maine TT Series #8), 9am, Main St, Fryeburg, 18mi Road Race, Michael Mendonca, michaelrichard7879@yahoo.com, 697-3574

August

1-2 -- Bike MS: Bike to the Breakwater, St. Joseph's College, Standish, 25/50/75/150mi Tour, Heather Orlando, heather.orlando@nmss.org, 781-7960, www.msmaine.org
Kathy Potrepka is the team captain for the CBBC Team
799-0757
kcp@gwi.net

Renewals

Don George, Susan Lewis, Daniel St. Pierre





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 Ron Levere 846 - 4844

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 Family Rate - \$25.00 Business rate negotiable

Renewable annually in the month originally joined

New _____ Renewal _____

For Club use:

Member # _____

Date paid _____

Amt. Paid _____

Expires _____

Mail to:

CBBC
P.O. Box 10523
Portland, ME 04104