



Events

August

4 Saturday

MS Bike to the Breakwater
 Standish, ME at
 Saint Joseph's College
 Distance: 25,50,75
 Contact Name: Hannah Montgomery
 Contact E-mail: hmontgomery@msmaine.org
 Event Website: www.msmaine.org. Register here
 Phone: 1-800-526-8890

Don't miss the 2007 MS Bike to the Breakwater. The only MS Bike Ride where lobster bibs are provided! We welcome all ages and abilities.

KANK 'N' BACK

25 Saturday

Start Time: 8:00AM

Distance: 69 miles

Sag: No

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

Continues on Page 2

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

The 19th Maine Bike Rally

This year's bike rally was a great time for over 300 people. 95 were entrants in the time trial. Thanks to the hard work and organizing skills of Ken O'Brien and Eric Dunn, this year's rally came off without a hitch. Many thanks to the many other volunteers who cooked, set up, handled registration, lead rides, did sweep duty, and cleaned up afterward. Thanks also to all members of the Rally Committee who spent many hours meeting and organizing the food and events that made this rally such a great time. Since we had the High School this year, the facilities were excellent. There were plenty of good camping spots. The showers had hot water and the cafeteria was a comfortable location for our dining space and meeting room.

Friday afternoon started out OK until the sky opened up with a torrential downpour. I was lucky to have gotten my tent up before the rain hit. Others had the daunting task of erecting a tent in a downpour and trying to keep everything dry. We all pitched in and all went well. The cooking tent was erected and all the cooking paraphernalia was assembled and organized. We did our own breakfasts and Amato's catered the Saturday supper. The food was good and there was plenty of it. When it was time for the supper rides the rain stopped so we were able to ride to the various restaurants to eat.

On Saturday the weather was good. The morning and afternoon rides were well attended and there were no problems. After a breakfast of eggs, pancakes, sausage, bacon, etc. we were fueled up and ready for our rides. This year 25 people showed up for the Hill Top Century. The route was well marked thanks to Dave Clements and S.G. Two people did it in less than 5 hours. Wow!

I rode sweep for the Mackworth bike-hike ride. When I saw our

Continued on page 3

**Casco Bay
Bicycle Club
Officers:**

President
Dave Galbraith
dgalbraith@ci.auburn.me.us
829-4447

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

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

Treasurer
Dave Clements
657-5854
oldred4000@aol.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 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
Jody O'Farrell
207-657-5854
loonsong@maine.rr.com

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

Events from page 1

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!)

September

8 September 7:00 AM

**White Mountain
Century**

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

FMI Ken O'Brien
kob2@maine.rr.com

Continued on Page 3

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

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.

Events from page 2

FRYEBURG FROLIC CENTURY

7:00 am - September 15, 2005

The Fryeburg Frolic Century, sponsored by the Casco Bay Bicycle Club, 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

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 9/02/05.

FMI Ken O'Brien
kob2@maine.rr.com

For registration forms for both centuries visit:
cascobaybicycleclub.org

22 Sept. Annual Tour de Beaches and Club Picnic

Crescent Beach State Park, Cape Elizabeth

12 - 25 mile rides

FMI Patty medina

pmedina@usm.maine.edu

Rally from Page 1

leader show up in his Portland Velo racing garb I was worried. I was in no shape to keep up with a training ride with that group. The leader was Eric Weinrich, BCM's official spokesperson and he was very patient with us mortals. Eric and I stayed with the bikes while the rest of the group took the short hike around the island.

The Saturday afternoon ride to the Audubon Society at Gilsland Farm had an added bonus. We were able to see their outdoor sculpture exhibit from several artists. The artwork lined the hiking trails so this ride was another hike-bike ride. There were several pieces that would have looked great in my yard. Oh well; some day when I am rich and famous I'll be an art collector.

That night Patty Medina gave dance lessons in the gym so anyone with any energy left over had a fun evening.

I am sure that everyone out there who attended the rally has a story to tell. Send me an article and or pictures and I'll print them. It is important to make this your newsletter.

Steve Gordon

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)



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 Galbraith 829-4447

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