



# 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](http://www.cascobaybicycleclub.org)

## Events

### August

#### 21 CBBC Meeting O'Naturals - Exchange St. Portland

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

#### Uncle Mick's Old Time Bar BQ and Bike Ride

The date is the 31st of August with a rain day of Sept. 1st.

Approximately mid-morning there will be a 15 mile Pineland Garden ride, and two other rides of about 25 and 40 miles; all beginning from my house.

There will be a BBQ following the rides from about 1pm and continuing all afternoon.

All grill items will be provided; chicken, beef burgers, beef and red hot dogs and boca burgers. If people are able to bring a side dish to share it would be nice. Please bring your drinks of choice and chairs. I have extra chairs for a few people.

People planning to attend should email or call Mick McGinn. I will get in touch with them concerning directions, parking, side dishes and final start times.

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## President's Column

The Maine Bike Rally is now history and I am happy to report that there was excellent weather and attendance. We had lots of rides to choose from, but some of us chose to volunteer to help resulting in less riding time.

Somehow several of us from the CBBC ended up at a secondary camping site so it was somewhat of a conclave. There was one club member who roughed it by staying at a local Bed & Breakfast.



The attendance, which was approximately 650, was bolstered by the addition of members from the League of American Bicyclists.

A couple was recognized for their trip from Illinois to the Fryeburg – by bicycle. Their trip took 31 days and they make the trip to the location of the national rally for the League of American Bicyclists by bicycle every year.

There were the awards and “sendoff” accolades for Jeff Miller, who will be leaving as Executive Director of the Bicycle Coalition of Maine.

We were treated to a fascinating presentation and video of a bicycle trip from Mongolia to India called Asiemut. You can visit their web site for more information at: <http://www.asiemut.com/content/view/22/69/>. We are looking forward to seeing their DVD.

We will be checking to see which local bike shops will continue to offer discounts to CBBC members and put the information on the club website.

The next club business meeting is scheduled for August 21 at O'Naturals in Portland.

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**Casco Bay  
Bicycle Club  
Officers:**

President  
Ron Levere  
levere@maine.edu  
846-4844

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kcp@gwi.net

Operations VP  
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Treasurer  
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Board Members

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Barbara Stebbins

Committee Chairs

Events Coordinators  
Patty Medina  
pmedina@usm.maine.edu

Mick McGinn  
mainemick@msn.com

Wed. Ride Coordinators  
Barbara Stebbins/Ron Levere  
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207-657-5854  
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Newsletter Editor  
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stevogordo@hotmail.com

**President's Column**



Here's a photo of the recent club tent purchase being used at the Maine Bike Rally. It was christened at the Bike Shop event a few weeks ago.

*Ron Levere*

**New Members and  
Renewals**

Pete Salomone  
Janice Musacchio  
Gary Beckwith  
Bill Jose  
Teresa Stevens  
Anton Gulovsen

**A fond farewell for Jeff**



Photo by Ron

**White Mountain Century  
Training Rides**

KANK 'N' BACK

Date: 8/30/03 (rain date: 8/31)  
Start Time: 8:00AM Distance:  
69 miles Leaders: ?? Start Point:  
High school parking lot, Rt. 16,  
Conway (right before turn-off for  
the Kank)

If you're interested in doing any  
of these rides, please give a quick  
'heads up' to Joanne Rawlings-  
Sekunda at mjrs@securespeed.  
net. Thanks, and hope to see you  
out there!

**Bike Shops Offer Member Discounts**

*Support the bike shops listed below. All offer CBBC members 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

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

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

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

----Rides begin May 7th----  
 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. 233-0393

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).

## Events

My email is [mainemick@msn.com](mailto:mainemick@msn.com). My phone numbers are 829-5672 and 233-3765.

### September

**6 - 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**

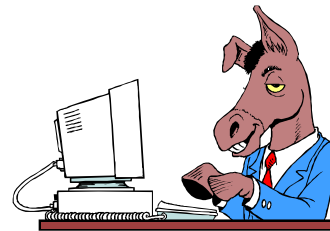
**13 White Mountain Century**  
**FMI:** Ken O'Brien  
 839-5468  
[kob2@maine.rr.com](mailto:kob2@maine.rr.com)

**20 Fryeburg Frolic Easy Century**  
**FMI:** Ken O'Brien  
 839-5468  
[kob2@maine.rr.com](mailto:kob2@maine.rr.com)

### December

**18 CBBC Holiday Party**  
 Patty is organizing another fantastic event. This should be a great time for the whole family so hold the date

## From the Editor



**W**e have now had time to recover from the excitement of the biggest Maine Bike Rally we ever had. It has left us all with many fond memories. Because it was concurrent with the National Bike rally we got the chance to meet and ride with bikers from all over the country. The food was good and the rides were fun and challenging. Even the weather was on our side. The Fryeburg Academy was an excellent host and the town of Fryeburg welcomed us with open arms. It seemed as though everyone was as happy to see us there as we were to visit the area. We can never forget that what makes every successful event possible is a dedicated crew of volunteers. David Kinsman was in charge of the rally committee and with the help of the local community did a good job of running the show. Special thanks must go to Ken O'Brien. In every rally I have attended he came forward and organized the rides and the volunteers. What he did involves time, skill, and the patience to keep everything running smoothly. No one ever asked him to do it. He just made it happen. Kathy Potrepka worked on the food committee and other chores and I did the ride maps. Now we are left with the dreams about next year.

### 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 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