



Events

February

14 Portland bike - Ped
Committee meeting 6:00 PM,
room 209, City Hall. FMI:
Steve Gordon - 828-7990

19 Saturday -
Annual Banquet
Food, Talent Show, Prizes
Potluck - Bring your favorite
dish
For Talent Show RSVP Patty.
Let her know what you will do.
pmedina@usm.maine.edu

Start: 5:00 PM, Eat: 6:00 PM
The place is First Parish Church
in Gorham. From the center of
town (where Amatos is) Proceed
north on Rt #114. Take the first
Right onto Church Street. Church
is on the left. Parking is on the left,
at the bottom of the hill.
The banquet will take the place
of our February meeting.

March, 05

17 Club meeting - Bike repair
workshop and finalize wish list.
Event to take place at **Back Bay**
Bicycle

27 Maple Sugar Ride
FMI: Ken O'Brien 839-5468

BIKE WAY

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

Steve Gordon - Editor, 828-7990 stevogordo@hotmail.com
Dave Clements- President, 657-5854 oldred4000@aol.com
on the web: www.cascobaybicycleclub.org

19th Atlantic Canada Bicycle Rally **July 29 - August 1, 2005** **Tatamagouche, Nova Scotia,** **Canada**

Three Days of Fun, Food, and Friendship!

The ACBR is as much a social event as it is a cycling one. Picnics, a lobster banquet, and a dance complement the safest and most scenic bicycle tours the quiet Sunrise Trail of Nova Scotia can offer. Music will fill the air, and fresh food from both the land and sea will be enjoyed in the great outdoors. We are going to have a fabulous party from July 29th to August 1st.

Total cost will be about \$130 U.S. Will include camping meals & rides.

ctrail@atlanticcanadacycling.com
<http://www.atlanticcanadacycling.com>

Cabot Trail Bicycle Tour **September 3-5, 2005** **Atlantic Canada's premiere cycling** **experience- the annual tour of Cape** **Breton's Highlands!**

Tour Details

What We Provide
-comprehensive ride guide - all about what you will see on route - history, culture, trivia
-camping facilities
-luggage transportation - we will carry your gear - just bike and enjoy the ride!
-bike mechanic assistance
-sag wagon service - support vehicles will be available for breakdowns or tired riders.
- food on Saturday and Sunday evenings - breakfast on Sunday morning
-daily route maps
-tour escort - Gary Conrod has 140,000 kilometers cycling experience, including every road on Cape Breton Island and over 25 trips cycling around the Cabot Trail.

The Cabot Trail is a must on every cyclist's dream list of touring routes. Cape Breton Highlands National Park will reveal to you Nova Scotia's

Continued on page 3

February 2005

Casco Bay Bicycle Club

Officers:

President

Dave Clements
657-5854
oldred4000@aol.com

Executive Vice President

Melissa Mirarchi
878-0905
writeon@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

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stevogordo@hotmail.com

Proofreader

Nancy Shedd

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Events: from page 1

April

11 Portland bike - Ped

Committee meeting 6:00 PM,
room 209, City Hall. FMI:
Steve Gordon - 828-7990

21 Club Meeting

May

9 Portland bike - Ped

Committee meeting 6:00 PM,
room 209, City Hall. FMI:
Steve Gordon - 828-7990

19 Club Meeting

22 Dave's birthday century

FMI: Dave Clements 657-5854

June

5 Tour de Cure

Location: University of New
England

**For more information call: 1-
888-DIABETES**

11 World Naked Bike Ride

FMI: [http://
www.worldnakedbikeride.org/](http://www.worldnakedbikeride.org/)

17 - 19 Trek across Maine

Ausp. American Lung Associa-
tion For Information:

[http://www.mainelung.org/
bike_treks/home_trek.htm](http://www.mainelung.org/bike_treks/home_trek.htm)

July

2005 Maine Bike Rally

July 8-10, 2005

Belfast, Maine

www.bikemaine.org

August

29 July - August 1 - Atlantic

Canada Bicycle Rally

See article

ctrail@atlanticcanadacycling.com

September

3-5 Cabot Trail Bicycle Tour

see main article

ctrail@atlanticcanadacycling.com

10 White Mountain Century

FMI Amy Barns 799-4796

11 NYC Century Bike Tour

100, 75, 55, 35 and 15 mile

routes FMI: [http://](http://www.transalt.org/calendar/century/)

www.transalt.org/calendar/century/

17 Fryeburg Frolic Century

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

Patty :>) >>>>

<OLDRED4000@aol.com>

December

15 Winter Solstice Banquet

Verillo's 6:00 PM

155 Riverside St., Portland

\$ 17 includes a complete meal, tip

and we get our own room.

Weekly Rides

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)

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.

Cabot Trail from page 1

coastal beauty at its best. The Cabot Trail is, by far, the most popular bicycle route in Atlantic Canada. Our annual event is a fun and friendly three-day camping tour of this spectacular region.

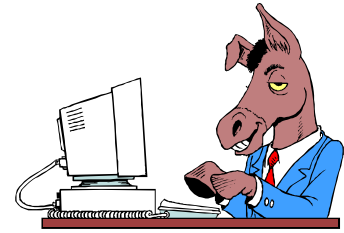
Total cost will be about \$102 or \$130 U.S. (Depends on when you register)

Cabot Trail Bicycle Tour
c/o Atlantic Canada

Cycling

ctrail@atlanticcanadacycling.com

PO Box 1555, Station Central
Halifax, Nova Scotia, Canada B3J 2Y3
(902)423-BIKE; fax (902)423-2452
<http://www.atlanticcanadacycling.com>



From the Editor

Boredom Busters:

—Visualize a race. Turn off the TV and crank up some heart-pounding music. No videos; the action takes place in your mind. Visualize a race on local roads you know, or imagine a Tour de France stage in the Alps. Picture the start, early breaks, hard climbs and crosswind echelons. End your workout by making a last-minute effort to catch the break and win the sprint. If you concentrate, fantasy racing can make the time fly.

from
RBRPublishing@RoadBikeRider.com

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

Back Bay Bicycle

333 Forest Ave., Portland, ME
773-6906, www.backbaybicycle.com

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

Cycle Mania

59 Federal St. Portland, ME
774-2933, www.cyclemania1.com

Ernie's Cycle Shop

105 Connant St, Westbrook, ME
854-4090 bike_boy2002@yahoo.com

Gorham Bike & Ski

1440 Congress St. Portland. ME
773-1700, www.gorhambike.com

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

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