



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

January

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

15 CBBC Meeting
O'Naturals - Exchange St.
Portland

Board meeting - 6:00 PM

Feb. 21, 2008

Tentative date

Welcome to our annual
Banquet - Potluck dinner
and Dance

The place is First Parish Church in Gorham.

Best directions are: from the center of town (where Amatos is)

Proceed north on Rt #114 (School Street)

Take the first Right onto Church Street.

Church is on the left.

Parking is on the left, at the bottom of the hill.

Past practice has been (and I have not heard anything different this time) that people begin to show up around 5pm.

The meal is around 6pm followed by the program.

President's Column

November, 2008

The elections are over and the results were unanimous – all six votes were for the incumbent slate of officers. I guess that it wasn't worth 42 cents to send in a write-in candidate's name, although there was an electronic option this year.



If you have looked at the CBBC calendar lately, you will see that the Saturday rides have been removed. This is a result of Dave Clements' encounter with icy roads. He will be out of action with a broken ankle for quite a while. If someone wants to step into lead the

Saturday rides let Ken O'Brien or me know and they can be added to the calendar.

A common request on last year's questionnaire was for more featured rides. It's important to have suggestions as well as someone to spear-head each ride. We had lots of suggestions last year but did not get many organizers.

Barbara Stebbins has agreed to investigate the possibility of a supported ride of part or all of the C & O Canal trail which runs from

Cumberland, MD to Washington DC. Here's a link to a map of the route: <http://www.nps.gov/choh/planyourvisit/upload/chohparkmap.pdf>

and here's a link to bicycling guide:

<http://bikewashington.org/canal/>

Are you interested?

Although it seems like a long way off, the annual pot-luck dinner is planned for February 21. We are assembling digital slides of biking trips and events from the past year. If you have some relevant photos which you would like to share at the dinner let one of the club officers know. Details about the place and time of the potluck dinner will be available when they are finalized.

See you at the Holiday Banquet on Dec. 18.

Ron Levere

**Casco Bay
Bicycle Club
Officers:**

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Steve Gordon

Barbara Stebbins

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Mick McGinn
mainemick@msn.com

Wed. Ride Coordinators
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**Starting February 7
to March 14th.**

Per4formance cycling
9:00 to 10:00 AM
Bring your own bike

**TOTAL SHAPE UP
PROGRAM**

5 Minute warm-up
30 minute guided windtrainer
work-out
25 minutes of core, balance
and flexibility on the Ball

General Public: \$50
Register by calling: Lifeline
780-4170 M-F: 8-4:30

What to bring

Water bottle
Your bike
Gloves and shoes

We provide the windtrainers.

Class is limited to 11. Don't Delay.

Patty :>)

**Dave's
Misadventure on
Black Ice**

**The hardest thing about
riding a bicycle is the
ground**

Wednesday, November, 26,
2008

Broken ankle:

5:30: I looked out at the thermom-
eter and it said 35. It is usually
warmer in Portland than in Gray,
I made the choice to ride to work
as usual. By the time I got all my
cloths on and lights going it was
6:20. Knowing the temp was near
freezing I was real careful going
down my driveway. The gravel
road on the way to the church
on Blackstrap was its rough self,
however softer because of the
rain. Once I got onto Blackstrap
the road seemed to be fairly dry
and not slippery at all. Nearing
the bridge that crosses over the
turnpike I took a real good look

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Bike Shops Offer Member Discounts

*Support the bike shops listed below. All offer CBBC members a ten percent dis-
counts 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

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

Dave's Accident

at it and it seemed to be ice free. I made sure there weren't any cars coming in either direction, so I could approach the bridge straight on and not have to turn in the slightest. Made it! Whew!!

Having made it to Portland area I felt better. I only knew of one other spot that might present a danger. When I turned off Washington Ave Extension onto Skylark the temp. seemed to drop. I slowed for the right turn and the road looked and felt ok. In this area there is little traffic. It is a short section of my commute that by-passes the Washington Ave & Allen Ave. intersection and comes out on Allen.

I took my next left and the road still seemed ok as well so I guess I let my guard down. At the next right all hell broke loose (7:15). I just started the turn and lost it. On the way down my right foot must have caught onto something and it released from the clip. My ankle twisted to the right until it broke free of the joint by breaking the two big bones that held it in place. It also managed to break another bone in the rear of those two.

As I come to rest in the middle of the street a nice young lady stopped her car, jumped out to see if she could be of assistance, and promptly fell, hurting her knee in the process. She hobbled over and is asking what she can do, "call ambulance, and take me and my bike someplace or whatever." I tell her "I need to stay where I am until I get my senses back and some of the pain in my body subsides." She takes by bike out of the middle of the street and

by that time I am ready for her help to get up off the road. She and some other guy who stopped take me by my arms and help me up to my left leg. My right foot was turned to the right and I knew that I wasn't doing it and the pain was pretty great by now. Again the lady asks if she could call an ambulance and I reluctantly said, "yes" I knew it was broken at this point. They helped me over to the curb so I could sit down. I asked if she would hand me the water bottle from my bike so I could have a drink of water. The pain in my leg and ankle were making me sick to my stomach and the water would help keep me from vomiting.

The ambulance arrived in minutes. The driver got out and came over and started assisting me. Her partner slipped on the ice, went down hitting his back on the running board and elbow on the pavement. He's out of commission! Driver calls for back up. Back up arrives very quickly and starts to give me the once over. As they are getting me ready for transport, a car tries to go around the ambulance and make the left turn and slides into the ditch!!

They ask me, "what hurts." I tell them, "most of the pain is in my right ankle and I can't move it." They take my vitals; blood pressure is 161/80. She asks me if I have high blood pressure and what the pain is on a scale of 1 to 10, 10 being the highest. I tell them my normal blood pressure runs around 155/70 and the pain is about 8/9. "Can you give me something?" "Yes," is the re-

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Dave's Accident

sponse, as soon as we get the IV started! After about 5 minutes the pain is coming under control and they start talking about getting my shoe and sock off. They figure they will have to start cutting. "No,no,no," I guess they didn't know how tight I am. I said," if they could help me sit up and hold me I would get the shoe and sock off." Did IT!

More small talk and we arrive at Maine Med. (8:30) It sure is better arriving there in an ambulance rather than walking through the door. Prompt attention, no waiting. They ask me about insurance and if I have been there before... yes I say, "August 31st. same insurance info." They look at my ankle and set me up for immediate x-ray. ..."Can I have some black coffee?" "NO!"

I'm wheeled off to a holding room waiting my turn for x-ray. Two young ladies come in and ask how I am and that they have to remove my clothes. "Can you take off the top?" "We will cut the bottoms off. We don't want to hurt the ankle." "No..NO..NO!! I will remove my leggings in one piece thank you"... They have zippers on the side and are very stretchable. "Can I have a Johnnie or something to cover myself?" "Don't you have under ware on under those?" "No, that's the way you ride"... They come off without any pain and in one piece. "Can I have some black coffee or water at least?" "NO!"

Into x-ray at 10:35 and the on call doc. Tells me let's talk for a minute before we talk about the ankle.... Not good, I knew then

that it wasn't going to be nice. He asks me some questions and I cut to the chase and say "please tell me about the ankle." "It's not a simple break and will require surgery." "We will have to see who's on call, and do you have a Dr. in mind." I say "I have used Dr. Barr in the past." "Ok we will get back to you." "Can I have some Black coffee or at least a drink of water?" "No!!"

As it turns out, Dr. Khun is there doing surgery and is in Dr. Barr's group. "Would you like to speak to him when he gets out of surgery?" "Sure." In the mean time not knowing what would happen they wheel me back to the holding area room and the doc says that



they want to put the ankle into a splint to hold it in place, but... "we have to straighten it out first." "This is going to hurt but I have to pull and turn, take a deep breath... let it out... another... let it out ... another"... "OK!!" "You did well, good job. Thanks!" "Was that popping noise the bones?" Yes, and I think the ankle is where it should be, "are you OK?" "Can I have some black coffee or at least some water?" "No!!" We will get another x-ray and if you want will put you on the schedule for surgery for the next available opening.

11:30... off to x-ray, and this time they show me what it looks like. Back to the holding room and wouldn't you know it I missed an opening in surgery. Dam!! I guess it's not my day... good news, there is another opening, 1:30, in the mean time will get a room for you cause you will be here for the night at least. Up to room 605 I go... "Can I have some coffee or at least some water?" "No!!"

12:45. they show up to take me to pre-op. the Doc., who's going to put me out comes over and asks if I would like a general or local block and be able to watch the operation? "General, General, General!!!" Dr Khun comes over, says "hi," tells me we will have to make 3 incisions, left side, right side, and in the rear of the ankle to put the screws and plates in place. OK? The screws and metal plate will hold the bones in place while they heal and that I should be as good as new. Will not be able to use a cast due to the surgery. Put absolutely no weight on the ankle for 6 weeks. In 10

days come to the office to get the stitches removed and have a boot put on. I've done this operation many times and it should only take about an hour and a half. Are you OK?

1:15: Change up, different doc to put me out. This lady says I'm in good hands and will make sure I won't have a sore throat and no pain when I wake up. (3 days later and my throat is still tender.) I did not have any pain from the surgery!!

3:00: I'm back! "Can I have some black coffee or at least water?" Thank God... Coffee!! Off to my room. When can I leave? I'll be ok... "Well, you can't be alone, and you have to be able to use a walker or crutches to get around." "OK, bring on the walker." They get me into a wheel chair and wheel me down the hall to a testing area. I manage to stand up, move the walker over to the stairs, hop up the 3 stairs on one leg and back down again to their surprise. "Can I go home?" "You past the test, so as far as that goes yes, but I think you need to talk to the Dr. and we think you should spend the night just in case something develops with the surgery." OK fine, back to room 605 and more pain meds, nausea medicine, water and plenty of diet Pepsi.

Thursday-10:30: Released!!

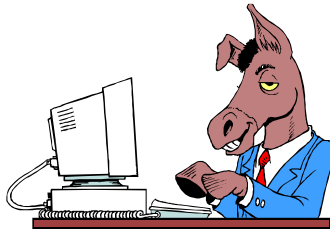
I guess with all this said, I am looking for a replacement ride leader for the Saturday ride until mid January 2009. Any takers or will you temporarily shut the ride down?

Thanks,
Dave C.

New members and Renewals

Bryan Lewis, Jane Merrill, Jeff Merill, Jim Olson, Mark Sauerwald, Britt Wolfe, marge Aube, Bob Aube, Joyce Bailey, Lawrence Barron, Robert Bruce, Andrea Hall, Richard Hall, Colleen Koch, JoAnn Goodman, Wayne Goodman, Joanne Rawings-Sekunda, mark Sheldon, Dierdre Smith, Nancy St. Laurent, Jim Thorn, robert Fuller, Robert Green, Linda Green, Margaret Guthrie. Pat Johnson, Ketra Crosson, Jane Danielson, Michael Detcher, Carolyn Foley, Larry Hunter, Julie lawrence

From the Editor



CBBC Holiday Party Fun and Games



Our club owes Patty Medina a big thank you for the wonderful Holiday Party that she arranged and directed. What a wonderful way to end the year. It was great to meet old friends and make some new ones. The food was good and

the Yankee swap was a lot of fun. Everyone went home with something useful and/or fun. In true allegiance to tradition, the most popular gifts were claimed several times. Ken O'Brien and Andy Dukas made three trips each to the table because they ended up with desirable gifts. Jeff Merrill was the master of ceremonies for the swap and he kept us amused with his medically based humor.

Ron Levere, our fearless leader spoke of some of our successes and problems for the past year. The Rally this year was exceptional. In terms of both finance and fun it was act that will be hard to follow. With an active group of volunteers we have a good chance of succeeding in making the 09 Rally a total success. The state of our economy will make getting sponsors more difficult. If we all pitch in I believe we can make next year's rally a memorable one.

Another issue which our club must deal with is how to expand participation in our rides. Some feel the difficulty lies in how to make the rides enjoyable for riders with a wide variety of ability and experience. The faster riders want a challenge and like competing with other faster riders. The slower riders then feel left out and have the impression that they are not really welcome. Ron suggests that each ride be broken into two or more groups, with the faster group having a longer rout so all can finish at about the same time. Any ideas? Let me know and I will make sure that they come before the board.

Ride safe!!!

Steve Gordon



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