



Events

February

13 Portland Bicycle-Pedestrian Advisory Committee
6:00 PM, Room 209, City Hall
Steve Gordon 828-7990
stevogordo@hotmail.com

18 Casco Bay Bicycle Club Banquet.
Gorham Congregational Church, on Rt. 114 just north of the intersection
There will be a potluck supper. At 5:00 PM start time and the feeding frenzy will start at 6:00 PM. Ted Darling who won a contest to blog the Tour de France for a week will give a presentation.

June

16 - 18 Trek Across Maine
see article on page 2

July

7 -9 Maine Bike Rally
Yarmouth
www.bikemaine.org/mainebikerally/index.html

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

Holiday Fun and Games

This years Holiday Party has been the most successful in recent years. More people attended this year than in other recent years. We can all thank Patty Medina who did a fantastic job in organizing it. With out her effort and organizing skills such a great party wouldn't have been possible. This year we had our own room In Verrillo's Restaurant which made for a cozy and friendly atmosphere. Not having to share space with others meant that we could have our own music, fun and games without bothering others or deal with other people's celebrations. The food was good, there was a cash bar and the Yankee Swap was all kinds of fun. There was a small working model of a bicycle that went through many hands. It seems as though half the club was determined to end up with it. It was a happy occasion that I will remember for a long time.

New Year's Day had its own memorable activities. Dave Clements and Steve Gordon did our traditional first of the year ride. I put 21 miles on my old hybrid. The weather cooperated by not snowing on us and we had a nice balmy twenty two degrees to keep us warm. Dave was so hot after the ride that he decided to go for a swim with Patty Medina at the East End Beach. This event is a yearly fundraiser for marine mammals. Patty went in four times and Dave went in twice. Dave's picture was prominently displayed on the front page of the second section of the Press Herald. Roland did his dip in South Portland near where he lives.

**Casco Bay
Bicycle Club
Officers:**

President

Dave Clements
657-5854
oldred4000@aol.com

Executive Vice President

Kathy Potrepka
799-0757
kcp@gwi.net

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 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

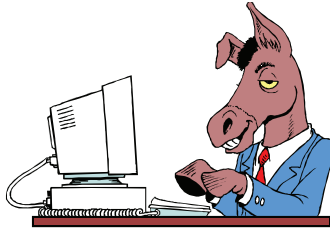
Membership Coordinator

Jody O'Farrell
207-657-5854
loonsong@maine.rr.com

Newsletter Editor

Steve Gordon 828-7990
stevogordo@hotmail.com

From the Editor



Why join a club like the CBBC? The answer in one word is "fun". I enjoy the group rides and the other activities that the club provides. This is as it should be. Exercise programs that aren't enjoyable usually get dropped before long. I enjoy bicycling and have become an advocate for the activity both as a form of recreation and as a means of transportation. For the past three years I have been editor of the newsletter. It has been a lot of

Continued on page 3

Join TEAM CBBC and ride in the ALA's "TREK ACROSS MAINE"!

It is not too soon to start thinking about riding next year!!

The CBBC has already formed a team for the trek. Join Us: Here is how: go to www.mainlung.org

1. Sign up as an individual and then click on teams.
2. Under "how did you hear about the trek?" Make sure to put down the Team Captain's name: Patty Medina.
3. Add your name to the Casco Bay Bike Club Team.
4. Join our team and receive a CBBC TREK 2006 commemorative jersey. You will not only be riding with a marvelous group of people but look good doing it. (Ed.)

Continued on page 3

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

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 Ends 9/28
The Yarmouth rides are done for the year. They will resume in May of next year

Wednesday Night Rides

6:00 PM leaving from Payson Park in Portland. Meet at the basketball courts which have lights. (2/3 - L/M). Rides will continue until snow and or ice make the riding too dangerous. We usually stop for supper at the end of the ride. Call 828-7990 for info.

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), CCBC 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

Calling all TREKERS

If you want more information email pmolina@usm.maine.edu
Here is the websites info: <http://www.mainelung.org/bike_treks/home_trek.htm>

Register now for Trek 2006!

June 16-18, 2006
What is the Trek?

Trek 2006 - The current count is 1057 riders. Registration is Limited

What is the "Trek Across Maine"?

It is a bike ride that makes a difference, by improving the quality of life for Maine families living with lung disease. Pledges raised are used to support educational programs, advocacy efforts and research here in Maine. Nearly 1650 riders trek 180 miles (average 60 miles per day) across scenic Maine. We start at the mountains of Sunday River Ski Resort in Bethel and finish in the city of Rockland at Snow Marine Park overlooking the sea. Email us for more information! sgrenier@mainelung.org

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work but it was also fun. In short it is a labor of love and I don't regret one minute of it but the time has come to share the wealth. If anyone is interested in becoming newsletter editor, I will help the individual with software and formatting etc. Please contact me if you would like an adventure in newsletter editing..

February Class given by Patty Medina

Bike Wind training Shape
Up Program
Training for the Trek,
century ride or any
benefit biking*.here is the
winter class
for you.

Keep in shape while using
your own bike..
Don't loose any ground this
winter and be
ready for the riding season.

Lifeline will provide the
wind trainers,
You provide your own bike.
**TOTAL SHAPE-UP
PROGRAM**

While staying injury free
* 5 minute warm-up
* 30 minute guided aerobic
work-out
* 25 minutes of core,
balance and
flexibility work using floor
exercises

as well as the fitness ball.
Class Location/Schedule
USM Sullivan Complex,
Portland Campus
6 weeks, once a week,
60 minute sessions

Saturday 8:00 to 9:00

February 4 to March 11,
2006

Membership Fee Options:
General Public \$42.00



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

For Club use:
 Member # _____
 Date paid _____
 Amt. Paid _____
 Expires _____

Mail to:
CBBC
P.O. Box 10523
Portland, ME 04104