



Events

January, 05

8 January Potluck:

Time: 1 p.m. - til. 6 p.m. or so. Be prepared for a brisque walk on Higgins Beach. Bring a dish to share. If there is no snow, we could ride. If there is a lot of snow, maybe Patty may have some ideas for cross-country skiing nearby. Hot and cold drinks will be provided.

Directions are on page 3.

20 Wish list club meeting:

Bring your ideas for trips that you would like to take this year.

February, 05

19 Saturday - Annual Banquet

Food, Entertainment, Prizes

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.

March, 05

17 Club meeting - Bike repair workshop and finalizewish list.

BIKE WAY

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

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How to Solve Saddle Sores

By Fred Matheny of www.RoadBikeRider.com

A saddle sore can ruin a ride. Even a tiny zit can begin to feel like you're perched on a golf ball. Nearly as painful are crotch abrasions caused by shorts that bunch or have an irritating seam.

Even the pros, hardened by thousands of miles in the saddle, fall victim to what cycling author Arnie Baker, M.D., calls "crotchitis." Fabled tough guys like Eddy Merckx and Sean Kelly had to abandon races when the pain became too great.

Most medical experts say that saddle sores are actually boils caused by skin bacteria that invade surface abrasions. Remedies have come a long way from the era when riders would put slabs of raw steak in their shorts to cushion the abraded area.

Of course, avoiding saddle sores is better than curing them (or ruining a good sirloin). Here's how:

- **Improve your bike fit.** If your seat is too high, your hips rock on each pedal stroke and strum your soft tissue across the nose of the saddle. The result is irritated skin and a greater chance of infection. Especially if you suffer from chronic saddle sores, have your position checked by an experienced coach or knowledgeable bike shop person.
- **Stand frequently.** Doing so takes pressure off your crotch and restores circulation. Get in the habit of standing for 15-20 seconds every few minutes. Use natural opportunities such as short hills, rough pavement or accelerating from stop signs. Stand and stretch when you're at the back of a paceline or group.
- **Move on the saddle.** Sit mostly toward the rear where your sit bones get maximum support and take pressure off your crotch. But also move farther back on seated climbs, and more to the middle when bending low to make good time. Each shift relieves pressure points.
- **Choose a smooth chamois.** Look for shorts with a one-piece liner or one that's sewn with flat seams. It may take experimenting with shorts brands or chamois types to find the model that works best. Women often do better with shorts designed specifically for their anatomy and that have a liner with no center seam. See the RoadBikeRider.com article, "• [How to Choose Cycling Shorts.](#)"
- **Select a supportive seat.** Saddle choice is crucial. Excessively wide saddles rub your inner thighs. Narrow saddles don't provide enough support for your sit bones — your weight is borne by soft tissue that can quickly become bruised and irritated. Thickly padded saddles can press upward between your sit bones, causing uncomfortable numbing pressure. The best

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choice for any individual rider can only be found through trial and error. Hopefully, your bike shop will have a saddle test-ride program or liberal trade-in policy. See the RoadBikeRider.com article, "• [How to Find a Safe Saddle.](#)"

- **Lube to reduce friction.** To prevent the chamois from abrading skin, apply lubrication before each ride. Try a commercial product such as Chamois BUTT'r or Bag Balm, or simply a light coating of petroleum jelly. Apply a dab the size of a nickel to your crotch before putting on your shorts.

- **Keep clean.** Always wear clean shorts for each ride. If you seem susceptible to saddle sores, you may find it helpful to wash your crotch with antibacterial soap and warm water before lubing up. Dry your skin well first.

- **Strip quick.** After a ride, get out of your sweaty, germey shorts as soon as possible. The environment down there breeds bacteria and encourages them to enter abraded skin. Then shower or clean up with soap and water. Dry well and put on loose-fitting clothing that allows your skin to breathe. For underwear, try boxer shorts. The tight leg bands of briefs cut across the junction of your glutes and hamstrings, right where many saddle sores develop.

- **Sleep in the buff.** It keeps your crotch dry and free of clothing contact for as long as you're in bed.

If You Get a Saddle Sore

- **Medicate it.** Besides keeping it clean, treat it with an over-the-counter acne gel containing 10% benzoyl peroxide. Perhaps even more effective is the topical prescription product called Emgel (erythromycin). If a sore is getting out of control, ask your doctor about a course of oral antibiotics.

- **Rest it.** As you medicate a troublesome sore, take some time off the bike to help it heal. It's far

better to lose three days now than a week or more after infection sets in. If you continue to ride on an open sore it may eventually form a cyst that requires surgery.

If You Must Continue Riding

Sometimes you can't take time off. For instance, you may be on a tour or at a cycling camp.

- **Change your shorts or saddle.** Your problems are probably isolated in one small area — a boil or abrasion. Changing your saddle and/or shorts can reduce pressure on the sore and lessen pain.

- **Use a heavier lube.** If you're getting irritated, apply extra lube or switch to a more viscous one. Many long-distance riders swear by Bag Balm, which was originally made for sore cow udders but is now available in most pharmacies.

- **Numb it.** OTC pain reducers and anti-inflammatories, such as ibuprofen, can help. In extreme cases, pro team physicians will use a topical anesthetic on riders so they can finish a stage race. It's not recommended for recreational riders because when you're numb, you can ride yourself into greater damage.

- **Try Preparation H ointment.** No, not for *that* reason. Prep H works on saddle sores because it shrinks swollen tissue and soothes pain. Apply it five minutes before slathering on your chamois cream and putting on your shorts. Also try a dab on sores after rides to dull discomfort.

- **Have a donut.** In the foot-care section of drug stores, you'll find donut-shaped foam pads in several diameters. They're made for corns but can help you ride more comfortably with a saddle sore, too. Simply place it with the sore in the center of the cutout to relieve direct pressure. The adhesive backing will keep it in place.

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

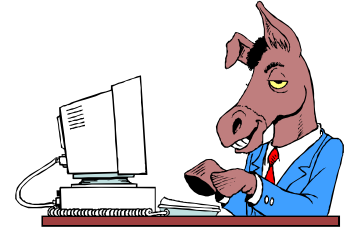
Sundays - CBBC - Easy Ride.
Ride slowly, see the scenery and
just take it easy. I planned to have
a ride for beginners or those who
just want to spend a relaxed Sunday
afternoon on their bicycles. The ride
will leave from the basketball courts
in Payson Park, Portland. It is the
Park between Baxter Blvd 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.

Accumulated Miles

2004 final total

First Name	Last Name	Miles
Steve	Gordon	1407
David	Clements	1366
Roland	LaVigne	1157
Kenneth	O'Brien	1104
Anton	Gulovsen	650
Lawrence	Barron	578
Jeff	Merrill	470
Jody	O'Farrell	398
Patty	Medina	393
Kathy	Potrepka	392
Eric	Dunn	374
Nancy	Shedd	368
Anne	Murphy	364
Michael	Detscher	305
Ronald	Levere	293
Albert	Kolodji	263
Stephen P.	Rines	260
Jane	Danielson	248
Janice	Musacchio	244
Steve	Shapiro	223
Don	George	222
Meredith	Rousseau	214
Joanne	Rawlings-Sekunda	205
Kathy	Bierce	190
Bruce	Bierce	188
Mick	McGinn	186
Barbara	Stebbins	184
Robert	Green	182
Colleen	Koch	169
Margaret	Guthrie	167
Bryan	Lewis	167
Gene	Ehlers	158
Mark	Sauerwald	138
Melissa	Mirarchi	136
Colette	Thistle	127
Paul	Balzer	119
Beth L.	Donald	119
Peggy	Shapiro	111
Dan	Sexton	108
Jay	Evans	100
Jim	Shiminski	95
Chris	Gutscher	90
Albert	Gordon	87
David	Collins	81
Meg	Macleod	79
Jean	McGuin	72
Linda	Shiminski	65
Michael	Newsom	53
Ketra	Crosson	40
Dale	Prue	35
Ellen	Call	35
Mary Ellen	McGuigan	35
Mary C.	Williamson	32
Windy	Williams	25
Scott	Proctor	23
Anna	Colpitts	21
Sue	Maloney	19

Tammy	White	19
Stephen	Maloney	19
Fred & Cindy	Ross	14
Susan	Lewis	12



From the Editor

Now that the riding season is over with for most of us it is time to think about next year's riding season. I would like to find the reason so few members regularly participate in the club rides. Are they too fast; too slow? How about the time or place? There are many reasons for group riding. Group rides convert a highly individualistic activity into a social event adding to the fun factor. For the speed freaks there are many advantages to riding with a slower companion. You can work on your stroke, and now that you aren't concentrating on the bike in front that you are drafting you can appreciate the scenery. Above all have fun because that's what it is all about.

Directions to Maggie's house

: Head down Higgins Beach on Ocean Ave. Go all the way to the end and take a right on Bay View after the Stop sign. Take a quick Right on the One Way street, which is Houghton. Look for the 6th house on the left, which is White and is on the corner of Shell St. & Houghton - #18. Take a left on Shell and park on the street or in the driveway, if there is room. You'll see the 2-car garage. Any questions/comments please let me know. Have a great week... Maggie



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 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