



Events

January 08

17 CBBC Meeting
O'Naturals - Exchange St.
Portland
 Board meeting - 6:00 PM
 Club meeting - 7:00 PM
 Time to think about the wish list for the coming season

February 2008

Feb. 16, 2008

Uptown SaturdayNight

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.

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

on the web: www.cascobaybicycleclub.org

Happy New Year One and All

**May the new year bring peace and happiness to us all
 and that 2008 will be the greatest and safest riding
 year yet with many more to come.**

Once again Patty Medina worked her magic as a great organizer and we had a fun and joyous holiday party. The food and immaculate consumption hit the spot. The food was good and the company was the greatest. Once again we had a Yankee swap with items that were both fun and useful. The best part of the event was being able to socialize with club members that we hadn't seen for a while. It is always a treat seeing people in their dress up clothes and not in their helmets, jerseys, bike shorts and boots. We also had a chance to meet our new president, Ron Levere and wish him well in his new career. He is highly competent and I am sure he will do an excellent job. I am also confident that the rest of the club members will not take him for granted and will give him all the help that they can to increase our membership and expand the relevance of our club. Please note that our 2007 banquet will be on February 16th in Gorham. See the events column for directions and other information. This year there will be a dance event that Patty is planning for us. The potluck banquet gives us a chance to show off our culinary skills and based on past experience they are good. The entrées, salads and desserts were memorable. I hope to see you all there.



MC Jeff

**Casco Bay
Bicycle Club
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President's Column

Well, after a few lessons in protocol from a former president, I'm beginning to get the hang of the position of President of CBBC.

Our meeting was on a cold, rainy evening, so who wanted to go hunting for a parking place in Portland? But we had a good meeting with lots to look forward to – especially the upcoming Bike Rally next summer in Fryeburg. Fryeburg is rolling out the red carpet for the Maine Bicycle Rally which includes the national rally of the League of American Bicyclists.

We are looking for a monthly meeting space which would make it easier for people to attend, especially a place with adequate parking.

I had drafted a letter to the Editor of the Press Herald in response

to another letter from someone complaining about the rule change allowing drivers to cross the double line in order to safely pass bicyclists. After reading the letter to the members in attendance, they asked to have their names added to the letter. I sent it to the Press Herald the next day.

Would it make any difference? People may read the letter but the next day it's history. Follow-up: there were several other letters which conveyed the same thoughts as mine, so mine must have been dropped on the editorial room floor, if that's where electronic messages go.

One of the issues to deal with is the cost of printing and mailing the newsletters. It was discussed that there be two categories memberships: regular member and premium members where the difference is that premium
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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

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. They will return in May.

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), 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.

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)

President's column

members get a printed newsletter mailed to them whereas the regular members would receive their newsletters electronically: any thoughts?

The Holiday Banquet was held at Verillo's on Thursday, December 20. Even though the roads were still slippery from the snow storm, the attendance was good. About 43 people attended and had a good meal followed by a fun time with a Yankee Gift Swap. There were a couple of choice gifts which changed hands several times: the "emergency" basket of food items; the bicycle tree ornament (it reappeared from last year's party); and an ash candle holder custom-turned on Albert's new lathe. Larry Baron was counting on keeping it, but Ken O'Brien snatched it away. Thanks goes to Patty Medina who organized the Holiday Banquet and gift swap and Jeff Merrill who emceed the swap.

Next on the agenda is the "Wish List" of rides you would like. If you can't make a meeting, then email one of the club officers to

let your wish-rides be considered.

Ron Levere

Hello Bikers:

Here is the class for you. Make winter fly by and get in great shape.

This is a great way to train on your own bike this winter and be in shape for the outdoor cycling season.

Best of all you will do those abdominal and core exercises that we all know we should do but don't. The stretching and total fitness program will keep you INJURY FREE.

Starting February 2- March 22, 2008

Per4formance cycling

8:00- 9:00 AM

USM Sullivan Gym in Portland.

Bring your own bike. We provide the Windtrainers.

TOTAL SHAPE UP PROGRAM

5 Minute warm-up

30 minute guided windtrainer workout

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, so don't delay...

Please email Patty for details

pmedina@usm.maine.edu

Patty :>)



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 Galbraith 829-4447

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