



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

Events

July

6 & 7 MS 150

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

2005 Maine Bike Rally
July 8-10, 2005
Belfast, Maine

www.bikemaine.org

August

7 Bailey Island Ferry Ride
10am, w/Casco Bay Bike Club,
Casco Bay Lines Terminal,
Portland, 65mi tour
FMI: Ken O'Brien, kob2@maine.rr.com, 839-5468

**29 July - August 1 - Atlantic
Canada Bicycle Rally**
ctrail@atlanticcanadacycling.com

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White Mountain Training Series Reloaded

PINKHAM/CRAWFORD

Date: July 23 Start Time: 8:00AM Distance: 77 miles Sag: No
Leader: Dave

KANK 'N' BACK

Date: Aug. 27 Start Time: 8:00AM Distance: 69 miles Sag: No
Leader: Joanne

Adventures of a Trek Newby

I wanted to go on the Trek for a few years now, and this year, I finally ran out of excuses. Even my cardiologist encouraged me to take the plunge. The choice was made easier by the fact that our club had a team this year. Patty Medina, our team captain arranged for us to have a condo at Sunday River and made sure that we all had the information we needed to have a successful trip. Our team consisted of the following members: Patty Medina, Amy Barnes, Jeffrey Rosenblatt, Jill Weybrant, Jim Olson, Joanne Rawlings-Sekunda, Kelly Lockman, Lester Prue, Mike McGinn, Monique Ouellette, Scott Proctor, Sherry MacKinnon, Steve Gordon, Steve Rines, and Tamara White. We raised 10,516 for the American Lung Association of Maine.

The cold wet spring made training for long back to back to back rides difficult but there was plenty of opportunity to test our cold, wet weather gear and techniques. Dave's Birthday Century was particularly useful because if you could survive that, you could take anything the Trek had to offer.

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Casco Bay

Bicycle Club

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September

3-5 Cabot Trail Bicycle Tour
ctrail@atlanticcanadacycling.com

10 White Mountain Century
FMI For more information, call
Ken O'Brien at (207) 839-5469
or e-mail: wmc@casco baybi-cycleclub.org.

The White Mountain Century, sponsored by the **Casco Bay Bicycle Club**, climbs through four mountain passes in the White Mountain National Forest in central

New Hampshire. It starts at 7:00 at the Covered Bridge Campground on the Kankamagus Highway (Rt 112) 10 miles off Rt 16 in Conway, NH. Riders will

climb up through Bear Notch and plunge down into Bartlett. The route then climbs through scenic Crawford Notch in the shadow of Mt Washington, then turns west

toward Twin Mountain. A ride down through Franconia Notch on the beautiful Franconia Notch Bike Path, is followed by a nine mile climb up the Kankamagus to the notch at 2160 feet and a thrilling drop to the Covered Bridge Campground. There are four food stops on the ride and Sag Wagon support. Rain or shine ride.

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 8/26/05.

Both centuries for \$30.00 US.

11 NYC Century Bike Tour
100, 75, 55, 35 and 15 mile routes FM I: <http://www.transalt.org/calendar/>

17 Fryeburg Frolic Century
Ken O'Brien at (207) 839-5469
E-mail: kob2@maine.rr.com

If you have never done a century before this is the ride for you. It is fully supported with four rest stops and SAG. The route is in a figure eight so if you need to bail you can do half of the ride The terrain is easy rolling hills with only two moderate climbs and we all get a dinner at the finish line

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

October

2 Midcoast Velo Club's Rockland Ride 10am, Rockland, 15-40mi Road FMI: Mike Hartley, bikes@mainesport.com, 236-7120

December

15 Winter Solstice Celebration at Verillo's
We will have our own room and the cost to members will be only ten dollars.

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

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— CCBC ride (Gorham); 9:00 AM. (2/3-L/M/B-20-50 miles), 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)

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The first thing that struck me was how well everything was organized. Volunteers got us fed, our luggage trucked, directed traffic, serviced the rest stops and performed a myriad of other necessary tasks. Steve

and Peggy Shapiro were out there making sure we didn't get lost. Our night time accommodations were provided by USM Farmington and Colby in Waterville. The food was good and the dorm at Colby was better than a lot of the hotels I have visited and we all ate well. Did I say that already? The Trek is one ride where it is easy to gain weight.

The ride was a good trip. Pick your pace. Make new friends and just enjoy the ride. I had so much fun that I already signed up for next year's Trek. See you on the road and ride safe.

Steve Gordon

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

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

Ernie's Cycle Shop

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

Bath Cycle & Ski

U.S. Route 1, Woolwich, ME
1-800-245-3626, www.bikeman.com

Gorham Bike & Ski

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

Cape Able Bike Shop

83 Arundle Rd. Kennebunkport, ME
1-800-220-0907 www.mnetwork.com/cape-ablebike

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__

For Club use:

Member # _____

Date paid _____

Amt. Paid _____

Expires _____

Mail to:

CBBC
P.O. Box 10523
Portland, ME 04104

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

nally joined Family Rate - \$25.00 Renewal _____ month origi-