



Events

July

11 - 13 Maine Bike Rally

Fryeburg, Maine

This three-day event features more than 30 rides to choose from both off-road and on-road, some as short as five miles, others 100 miles long.

Camping, food (including big breakfasts, picnic lunches and all-you-can-eat dinner), all rides, entertainment, and a bike rally T-shirt are included in the affordable, weekend price.

<http://www.bikemaine.org/mainebikerally/index.html> For Registration and info.

This year the Rally will be part of the National Bike Rally so we expect people from all over the country to participate. There will be great entertainment with three bands and a film of a French couple's trip through China and Tibet.

**17 CBBC Meeting
O'Naturals - Exchange St.
Portland**

Board meeting - 6:00 PM

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BIKE WAY

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

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Ron Levere - President, 846-4844 levere@maine.edu

on the web: www.cascobaybicycleclub.org

President's Column

The Maine Bike Rally is coming July 11-13 in Fryeburg and there are still volunteer opportunities -- look at the following link: <http://cascobaybicycleclub.org/volunteer.htm>.

Kathy Potrepka has raised about 15 riders for a CBBC Team for the MS-150 ride on

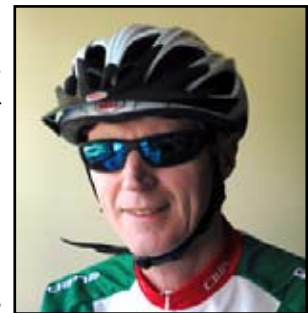
August 2-3 and has won two prizes for her efforts. There is still time to sign up and reduce the fundraising minimum to \$150 by using Kathy under the "refer a friend" process.

Patty Medina has already made the reservations at Verillo's Restaurant for the Holiday Party on Dec. 18 and hopefully we won't have a snowstorm on that night this year.

The CBBC has purchased a 10' x 20' tent for use at events. The deal was spotted by Jeff Merrill, the bargain hunter, at Marden's. Jeff alerted Ken O'Brien who waded into a pack of shoppers and came out victorious with the last one. We will be able to set this up for use at CBBC events.

The electronic distribution of the newsletter seems to be going well since almost everyone has access to a computer and the internet these days, even if it means going to a local library. The conversion to electronic distribution will save money which was being used for postage and printing. It also is less work than preparing and mailing printed copies, so it might help keep Steve Gordon as newsletter editor a while longer.

An issue which seems to have arisen pertains to CBBC rides. The



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Bicycle Club
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President's Column

Casco Bay Bicycle Club's niche is that it offers the opportunity for bicyclists to ride and socialize together. Lately, I have heard concerns that too often the rides turn into a competitions, leaving slower riders lagging behind.

Sometimes, when riders arrive at a regrouping spot, the faster group takes off as soon as the slower riders get there – some rest stop!

One rider commented to me recently after arriving at a regrouping spot that the “antelopes have already left”.

Another comment was relayed to me that one rider who came for a ride and was left in the dust vowed to not come back to Casco Bay Bicycle Club rides; some are riding with other bicycle clubs.

What to do?

When I plan a Wednesday ride, I try to plan it so that there is a short-cut available for those riders who are slower so that everyone will finish about the same time,

but I'm sure that this is not the only answer.

I welcome a discussion of the matter, but I know that I have always been proud of the fact that the CBBC club members were considerate to all riders, fast or slow.

When I had a blowout on a recent ride, I had about five other club members stop to help me repair the tire – that's the perception I like for our club.

The next club business meeting is scheduled for July 17 at O'Naturals in Portland.

Ron Levere

**White Mountain Century
Training Rides**

PINKHAM/CRAWFORD NOTCHES Date: 7/26/08 (rain date: 7/27) Start Time: 8:00AM Distance: 77 miles Start Point: Attatash Parking Lot, Rt. 302, Bartlett Leader: ?? (Colleen and Joanne will be riding around Continued on next page

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

----Rides begin May 7th----
 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. 233-0393

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.

Training Rides

From page 2
 the Bay of Fundy that week)
 Special Interest: Bretton Woods hotel (where the Group of 7 was created and world history made), fresh spring water right before Gorham

KANK 'N' BACK

Date: 8/30/03 (rain date: 8/31)
 Start Time: 8:00AM Distance: 69 miles Leaders: ?? Start Point: High school parking lot, Rt. 16, Conway (right before turn-off for the Kank)

If you're interested in doing any of these rides, please give a quick 'heads up' to Joanne Rawlings-Sekunda at mjrs@securespeed.net. Thanks, and hope to see you out there!

Events

July

26 Maine Lobster Ride & Roll

To Register: http://www.bikemaine.org/store/lrr_register_select.htm

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)

August

2 - 3 MS 150

New Club event

Please plan ahead and plan to join us on August 2 and 3 at St. Joseph's College in Windham. Go to www.msmaine.org to sign up. Just do it!

Ride 50 or 75 miles a day for 2 days, you can do it! (They have a 25 mile option as well)

Kathy Potrepka is our team captain. If you have any questions contact her at: 799-0757
kcp@gwi.net

September

6 - 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

13 White Mountain Century

FMI: Ken O'Brien 839-5468
kob2@maine.rr.com

20 Fryeburg Frolic Easy Century

FMI: Ken O'Brien 839-5468
kob2@maine.rr.com

December

18 CBBC Holiday Party

Patty is organizing another fantastic event. This should be a great time for the whole family so hold the date



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