



BIKE WAY

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

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on the web: www.cascobaybicycleclub.org

Events

June

5 Tour de Cure

15 Commute Another Way Day

15 Portland Commute Another Way Day activities

On June 15, 2005 we will be having a myriad of activities happening in the City Hall Plaza in a festival like atmosphere. Again the Portland Radio Group will be doing a live broadcasting. We are getting raffle prizes and different types of demonstrations to highlight non-automotive commuting. This event will run from 7:30 am to 9:30 am.

11 World Naked Bike Ride

FMI: <http://www.worldnakedbikeride.org/>

17 - 19 Trek across Maine Aisp. American Lung Association For Information:

http://www.mainelung.org/bike_treks/home_trek.htm

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White Mountain Training Series Reloaded

PINKHAM/EVANS Date: June 25 Start Time 9:00AM Distance: 82 miles

Sag: No Leaders: Roland Lavigne Start Point: Fryeburg swimming hole

PINKHAM/CRAWFORD

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

KANK 'N' BACK

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

Hot Tips

The Eyes Have It

There are two good reasons to wear sunglasses even on cloudy days. One is to stop dust, bugs and drying air from blasting your eyes. The other is to protect them from ultraviolet rays. Yes, even on overcast days there's danger. In fact, it can be greater when the sun isn't shining because you won't squint or blink as much. If the regular tint is too dark, pop in amber or even clear lenses — still effective as long as they are rated 100% UV resistant.

Save Your Skin

To limit the severity of crash rash on your shoulders and back, take a tip from racers and wear a shirt under your jersey. A light base layer will do — something that will transport sweat and won't feel hot and heavy. (In other words, a cotton T-shirt isn't the best choice.) During a tumble, the jersey will slide against the base layer instead of your skin, significantly reducing the amount of epidermis you need to regenerate.

Be sure to check RoadBikeRider's **101 Quick Tips** at http://www.roadbikerider.com/quick_tips.htm

Casco Bay Bicycle Club

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Events: from page 1

July

2005 Maine Bike Rally

July 8-10, 2005

Belfast, Maine

www.bikemaine.org

August

6 & 7 MS 150

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

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 baybicycleclub.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 FMI: <http://>

www.transalt.org/calendar/

17 Fryeburg Frolic Century

Ken O'Brien at (207) 839-5469

E-mail: kob2@maine.rr.com

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

December

15 Christmas party at Verillo's

We will have our own room and the cost to members will be only ten dollars.

Weekly Rides

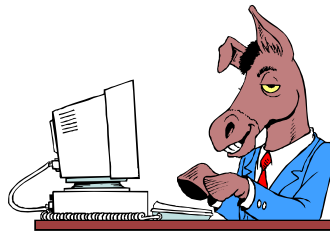
Wednesdays— Casco Bay Bicycle Club ride (Yarmouth) ; 6:00 PM (2/3-L/M - 13/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, call Barbara Stebbins or Ron Levere. 846-4844 stebbins@usm.maine.edu

Thursdays - CBBC ride (Portland) 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 2nd and 4th Thurs. of the month

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.



From the Editor

Hi folks,

It is almost June and the wet miserable spring is still with us. I had my first customers for the Easy Ride on Sunday at 2:00 PM that leaves from the basket ball courts in Payson Park. Dave Shedd and daughter braved the threat of rain and we had a nice 11 mile ride. Now that the snow blowers are put away and the bikes are out of storage, it is time to put some miles on. That hasn't been easy because of the weather. Personally I have to train for Dave's century and the TREK Across Maine. Patty has done a hell of a job organizing the CBBC Team and making sure that we all have the latest information.

I have been trying one of the new Luxeon LED They are rated at one Watt and generate 1,000 candle power. They are OK for road riding if you take it easy. You can get a descent view of road hazards out to about 25 feet. The Night Hawk has a better beam pattern than the Cat Eye but the Cat Eye has a whiter light. They don't put out as much light as my Night Rider but they are lighter and you can get 30 hours out of four alkaline batteries and 8 hours out of rechargeables. Neither has a blinking option.

Steve Gordon Ed

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)

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__

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