



## Events

### June

#### 10 Pemaquid Ride & Annual Picnic

Hannaford's Shopping Center,  
Route 1A: 35 Miles

myasertscyler@yahoo.com

Event Website: Merrymeetingwheelers.org

FMI 207-798-9916

Comments: Pemaquid Ride with picnic to follow ride.

Leave Hannaford's on Route 1A north of Damariscotta.

Travel through Chamberlain and New Harbor to Pemaquid Light House. Travel back through Bristol and Walpole.

There will be a picnic following the ride free to members and \$5 to non-members

#### 15, 16, 17 Trek Across Maine

For info. contact Jody - 657-5854 or Mick 233-3765. Our club has a team and would welcome anyone who would like to join us.

#### 20 Portland Bike Commuting Meeting

Contact Name: John Brooking  
Contact E-mail: jbrk4\_com@pobox.com

Event Website: [www.bike.meetup.com/132](http://www.bike.meetup.com/132)

Continues on Page 2

# BIKE WAY

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

Steve Gordon - Editor, 828-7990 [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

Dave Galbraith - President, [dgalbraith@ci.auburn.me.us](mailto:dgalbraith@ci.auburn.me.us)

on the web: [www.cascobaybicycleclub.org](http://www.cascobaybicycleclub.org)

## Montreal to Portland, Maine A Great Ride For a Good Cause

This year I will be riding in my fifth Charitytreks bicycle ride, raising money for AIDS vaccine research. This ride leaves Montreal on August 14th, and will roll into Portland on August 18th. There are many charity bike rides - many CBBC members take part in the Trek across Maine, or the Tour de Cure rides - one thing that sets the Charitytreks rides apart from the others is that 100% of all the money you raise goes to the end beneficiaries. All ride costs are covered by the ride fee, and by directed donations. Another thing that sets this ride apart from other charity rides is the fundraising minimum for riders, for charitytreks has none.

The ride starts on Tuesday in Montreal, and the first day we ride to Burlington VT, which is just over 100 miles, and is dead flat. We ride down the string of islands in the middle of lake Champlain, for a very scenic ride. The second day is the hardest day, both in terms of the amount of climbing, and the 120 mile distance. The end of the second day brings us to a campground in Queechee, VT. The third day is much shorter, also through the very scenic green mountains and we end at a campsite near Webster, NH. The fourth day brings us into Maine, and is another 100 mile day, ending at the north end of Sebago lake. Saturday, we ride into Portland, have a closing ceremony and clean up for a nice dinner in Portland.

You can find out more about the ride at [www.charitytreks.org](http://www.charitytreks.org), or you can write to me at [stopaids@maine.rr.com](mailto:stopaids@maine.rr.com). If you don't want to do the ride, but want to sponsor my ride - please feel free! If you are going to do this ride - hit me up for a sponsorship.

See you on the road.

*Mark Sauerwald*

## Casco Bay

### Bicycle Club Officers:

**President**

Dave Galbraith  
dgalbraith@ci.auburn.me.us  
829-4447

**Executive Vice President**

Kathy Potrepka  
799-0757  
kcp@gwi.net

**Operations VP**

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

**Treasurer**

Dave Clements  
657-5854  
oldred4000@aol.com

**Secretary**

Jody O'Farrell  
207-657-5854  
loonsong@maine.rr.com

Board Members

Steve Gordon

Roland Lavigne  
MyMashu@worldnet.att.net

Committee Chairs

**Events Coordinators**

Patty Medina  
pmedina@usm.maine.edu

**Mick McGinn**

mainemick@msn.com

**Wed. Ride Coordinators**

Barbara Stebbins/Ron Levere  
846-4844  
stebbins@usm.maine.edu  
levere@usm.maine.edu

**Membership Coordinator**

Jody O'Farrell  
207-657-5854  
loonsong@maine.rr.com

**Newsletter Editor**

Steve Gordon 828-7990  
stevogordo@hotmail.com

Events from page 1

**July**

### 6 - 8 Friday - Sunday 19th Maine Bike Rally Yarmouth, Maine

Now is the time to make your plans for a fantastic weekend with your favorite people.

Rides for all, Food, Camping, Entertainment, and other fun events. Get involved call Ken O'Brien - 839-5468

• **Maine Bike Rally Time Trial**

• 9:00 am -11:00 am, Sunday

**21 Maine Lobster Ride & Roll**

**Event City:** Rockland

**Event Address:** 400 Broadway

**Distance:** 16-100mi

**Contact Name:** Deborah Ladner

**Contact E-mail:** info@Bike-Maine.org

**Event Website:** www.bike-maine.org

**Phone:** (207)623-4511

Comments: 15-100 mi Tours; fresh lobster roll luncheon

## August

**4 Saturday**

Event Name: MS Bike to the Breakwater 08/04-05

Event City: Standish

Event Address: Saint Joseph's College

Distance: 25,50,75

Ride Type: Road

Contact Name: Hannah Montgomery

Contact E-mail: hmontgomery@msmaine.org

Event Website: www.msmaine.org

Phone (incl. area code): 1-800-526-8890

Comments: Don't miss the 2007 MS Bike to the Breakwater.

The only MS Bike Ride where lobster bibs are provided! We

welcome all ages and abilities.

Register today at www.msmaine.org!

Continued on Page 3

### Bike Shops Offer Member Discounts

*Support the bike shops listed below. All of offer CBBC members get 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

**Cycle Mania**

59 Federal St. Portland, ME  
774-2933, www.cyclemania1.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.co

**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

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](mailto:stevogordo@hotmail.com).

## The Five Boro Bike Tour

Sunday, May 6, a small group of Casco Bay Members were a very small part of the 42,000 cyclists participating in the 30<sup>th</sup> Five Boro Tour. Weather was perfect so the cycling was very comfortable and the many New York skyline views absolutely spectacular.

Club members Julie Lawrence and Gene Ehlers were joined by Ellen Brown on the Tour. We stayed at Hostelling International – New York, the headquarters of Bike New York – Spartan, but perfectly adequate accommodations. Four other club members were on the tour, but we were not able to connect with them.

It's unusual that one can ride on the FDR drive or across the Varrazano-Narrows Bridge. Many cyclists had special costumes and/or companions. Many had children in tow or alongside. Several had dogs in bike baskets and one cyclist had a live parrot on his shoulder. We were entertained by several bands, the most notable being a steel drum band in Manhattan.

The pace was generally slow with many stops to let traffic through on the cross streets. My fastest speed was 27 mph, but the average was 8 (not accounting for time spent on stops) There were especially long waits at Wadsworth Park in Staten Island and at the ferry back to Manhattan. We were not at all tired and decided to bike up the West Side bike trail back to the hostel. That added an extra miles to the tour for a total of 53 for the day.

For more information, google Bike New York on the Web. If you plan to go in the future, be prepared for a slow pace. I would stay at the Hostel (I'm not rich), but go for the regular dorm price of \$35 instead of there special of \$60 which includes a pass to the head of the line. If you get there early enough, you're at the head anyway. Some people didn't get in line on Church Street, but waited on side streets up town until the leading cyclists passed and then started. There was a terrific backup at the ferry because of mechanical breakdowns. There was a ferry breakdown the last time I when on the tour.

It was a great day, I hope to do it again( perhaps next year)

*Gene Ehlers*

Ed. Note

Unbeknown to Gene, three more club members were on the ride. Jeff and Jane Merrill and Jane Danielson have their own stories to tell about what it is like taking a grand tour of N.Y.C. with 42 thousand companions.

### 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)



# 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\_\_

### 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 Family Rate - \$25.00 Business rate negotiable

Renewable annually in the month originally joined

New \_\_\_\_\_ Renewal \_\_\_\_\_