



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

Fun and Games at the 2005 Banquet more pictures on Page 3

March, 05

17 Club meeting - Bike repair workshop and finalize wish list. Event to take place at **Back Bay Bicycle, 333 Forest Ave., Portland**

27 Maple Sugar Ride
 FMI: Ken O'Brien 839-5468

April

11 Portland Bike - Ped Committee meeting 6:00 PM, room 209, City Hall. FMI: Steve Gordon - 828-7990

21 Club Meeting
 Time and place TBA

May

9 Portland Bike - Ped Committee meeting 6:00 PM, room 209, City Hall. FMI: Steve Gordon - 828-7990

19 Club Meeting
 Time and place TBA

22 Dave's Birthday Century
 FMI: Dave Clements 657-5854



Casco Bay Bicycle Club

Officers:

President

Dave Clements
657-5854
oldred4000@aol.com

Executive Vice President

Melissa Mirarchi
878-0905
percival@maine.rr.com

Operations VP

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

Treasurer

Turk Duddy
838-6834
cbbc@rjduddy.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 Coordinator

Melissa Mirarchi, assisted by
Nancy Shedd - Party Coordinator
nshedd@maine.rr.com

Wed. Ride Coordinators

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

Membership Coordinator

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

Newsletter Editor

Steve Gordon 828-7990
stevogordo@hotmail.com

Events: from page 1

June

5 Tour de Cure

Location: University of New
England

**For more information call: 1-
888-DIABETES**

11 World Naked Bike Ride

FMI: [http://
www.worldnakedbikeride.org/](http://www.worldnakedbikeride.org/)

17 - 19 Trek across Maine

Ausp. American Lung Associa-
tion For Information:
[http://www.maine.org/
bike_treks/home_trek.htm](http://www.maine.org/bike_treks/home_trek.htm)

July

2005 Maine Bike Rally

**July 8-10, 2005
Belfast, Maine**

www.bikemaine.org

August

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 Amy Barns 799-4796
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.

For more information call Ken O'Brien
at (207) 839-5469 or
E-mail: kob2@maine.rr.com

11 NYC Century Bike Tour

100, 75, 55, 35 and 15 mile
routes FMI: [http://](http://www.transalt.org/calendar/century/)

[www.transalt.org/calendar/
century/](http://www.transalt.org/calendar/century/)

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 :>) >>>

<OLDRED4000@aol.com>

December

15 Winter Solstice Banquet

Verillo's 6:00 PM
155 Riverside St., Portland
\$ 17 includes a complete meal, tip
and we get our own room.

Weekly Rides

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)



From the Editor

By unanimous opinion our latest banquet was one of the best ever. Special thanks go to Patty Medina for the excellent job she did in organizing the talent show. She not only put the show together but was one of the star performers and gave a dance class as well. For the first time many of us danced the mambo and salsa. Thanks also go to Steve Rines for obtaining the church for our banquet. The food was great. There is a definite correlation between bicycling and culinary talent.



Saturdays-----CBBC ride

(Yarmouth); **9:00 AM** All year ride (2/3-M-15/25), 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), 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

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.

Bike Shops Offer Member Discounts

Support the bike shops listed below. All 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