



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

May

9 Portland Bike - Ped
Commitee 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

22 Downeast Bike Swap 10 -
 2, Deering HS, Portland. FMI
www.bikeman.com
davis@bikeman.com

June

5 Tour de Cure
Location: University of New
 England
For more information call:
1-888-DIABETES

6 CommuteAnother Way
Day

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White Mountain Training Series Reloaded

BEAR NOTCH

BEAR NOTCH

Date: 5/28/05 Start Time: 9:00AM Distance: 42 miles

Sag: NO

Fee: NO

Start Point: Cranmore Parking Lot, North Conway

Leaders: Ken O'Brien - Anne Murphy (Tandem)

Special Interest: Bartlett store, Albany covered bridge, a notch climb
 just the right amount challenging for early bike-season.

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

Distance: 82 miles

Sag: Leaders: Roland, 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

Party Party Party

Due to the diligent work of Patty Medina This years X Mass party will be on the third Thursday of December (the 15th) In Verillo's. We will have our own room and the cost to members will only be ten dollars. There will be a cash bar. The meal will be a choice of two entrees (Baked Haddock, Chicken Marsala and a Veggie Choice) complete with appetizers, garden salad, vegetables and desert. We couldn't have a better deal than that, with our own room, what a set up. Put it on your calendars and we will see you there

Casco Bay Bicycle Club

Officers:

President

Dave Clements
657-5854
oldred4000@aol.com

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cbbc@rjduddy.com

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Board Members

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Committee Chairs

Events Coordinator

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Nancy Shedd - Party Coordinator
nshedd@maine.rr.com

Wed. Ride Coordinators

Barbara Stebbins/Ron Levere
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levere@usm.maine.edu

Membership Coordinator

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

Newsletter Editor

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stevogordo@hotmail.com

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11 World Naked Bike Ride

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

17 - 19 Trek across Maine

Ausp. American Lung Association
For Information:
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 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 :>) >>>

Leaders Needed

for Wed. Ride. Ron will make it easy for you. Contact him: levere@usm.maine.edu
If you lead five rides you get a free club membership.

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.
Will restart May 4th 2005

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 Will restart in the spring

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

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

Many recreational riders covet a “pro” position with the handlebar four, five or more inches below the top of the saddle. But only flexible, thin and rangy cyclists can sustain a low posture for long. Being young helps, too. If you don't fit those parameters, you'll probably want to raise your handlebar so it's much closer to saddle height — or even level with it. Professional bike fitters routinely increase handlebar height to help clients alleviate back and neck pain as well as hand numbness. Of course you also need to consider how a higher bar changes other fit parameters. When you raise the bar, it's often necessary to slide the saddle back slightly. This is because moving the bar up also moves it rearward, due to the head tube angle. If you don't move the saddle back to compensate, the result

can be more hand-numbing, finger-tingling pressure. Sliding the saddle back a bit shifts weight to the rear, off the hands.

Tip! To compensate for the seat tube angle, lower your saddle 1/3 of the distance you move it rearward.

Some handlebar shapes can, in effect, make the bar higher and improve comfort without changing the stem position. Look for a bar that has a flat or nearly flat ramp to the brake levers. This produces a smooth transition with the lever hoods, creating a longer flat surface.

RBRPublishing@RoadBikeRider.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)
- 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