



# 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](http://www.cascobaybicycleclub.org)

## Events

### November

**8** Portland Bike- Ped Committee Meeting, Rm.209 6:45 PM, City Hall. FMI Steve Gordon 828-7990 [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

### **18 Club Meeting 7:00 PM**

Ken O' Brien will give a presentation on his expedition to Italy this summer.

### December

**13** Portland Bike- Ped Committee Meeting, Rm. 6:45 PM 209 City Hall. FMI Steve Gordon 828-7990 [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

### **16 DON'T MISS THE CBBC ANNUAL CHRISTMAS PARTY!**

**at the VILLAGE CAFE  
 Thursday, December 16 at  
 6pm 112 Newbury Street  
 Portland**

### January, 05

**19** Wish list club meeting. Bring your ideas on trips that you would like to take this year.

### February,05

**Annual Banquet:** Date, location and time TBA

## How to Deal With Bad Dogs

*By Fred Matheny and Ed Pavelka of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)*

Dog attacks are high on the list of cycling fears. Maybe you can't stop Fang from giving chase, but you can outsmart him if you know how dogs think—assuming that stinkin' mutt even has a brain!

· **Know dog psychology.** The majority of dogs who chase cyclists are merely defending their territory. When you pedal off the section of road that they consider their turf, you no longer pose a threat to their ancestral instincts and they lose interest. Incidentally, this is why you'll rarely be chased by a dog you encounter way out in the boonies. He's not on his turf so he couldn't care less about you.

· **Know dog tactics.** Dogs want to attack from the rear, coming up from the hindquarter. Even one who sits up in his yard ahead of you may wait till you pass before giving chase. You can use this to your advantage in the next tip because it gives you a head start.

· **Sprint!** You often can outsprint Fido when he's more interested in fooling around than in actually attacking. You can tell his intent by how hard he's running and his expression. An easy gait with woofing and ears and tail up, no problem. A full-out sprint with ears back, tail down and teeth out, problem. Still, the territorial gene can save you. If the road is flat or downhill, stand up and sprint to get past the dog's invisible boundary.

· **Guard your front wheel.** When a dog sees you coming, he might make a beeline for your bike, then attempt to turn up beside you. The danger here is that his poor little paws will skid on the pavement and he'll plow into your wheels. If he hits the front one, you'll crash. Sprint so that you move forward faster than he expects, and give him a margin for error by steering farther into the road—if traffic permits!

· **SCREAM!** Most dogs know what happens when a human is angry with them. A sudden shout of "No!" or "Git!" or "Stay!" will surprise Fluffy and probably make him hesitate for just the second you need to take the advantage. If he's hard of hearing, raise your hand threateningly as if it contains a rock. Outlaw mutts usually have had experience with bad things flying at them when a human makes a throwing gesture.

· **Play douse the Doberman.** If you see big, fast Prince up ahead and know that he sees you, sprinting might not work. Especially if the road is tilting up. Take out your water bottle. Just having it in your hand may make him stay away. If he does come near you, give him a faceful and a loud yell. This distraction will slow him down, though he may come back

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## Casco Bay Bicycle Club

### Officers:

#### **President**

Dave Clements  
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#### **Operations VP**

Ken O'Brien  
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#### **Events Coordinator**

Melissa Miracchi assisted by  
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#### **Proofreader**

Nancy Shedd

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for more. Just don't distract yourself and ride off the road.

Some riders swear by Halt pepper spray that they clip to their handlebar. This stuff works great—if you hit your target. That's a big if when you and Spot are going different speeds, the air is moving, and you're trying to stay on the road. Pepper spray stings a dog's eyes, nose and mouth, but it doesn't cause lasting damage. It also works on human attackers, but that's a different story.

***Give up and get off.*** If nothing works and Toodles has the upper hand, dismount quickly and hold your bike between you and those sharp teeth. Swing it like a weapon if necessary, and start calling for help. Someone may eventually come out of a house and yell, "Oh, he won't hurt you!"

***Call the cops.*** If you are attacked and bitten, report it to the county sheriff or other authority immediately. Include the location, a description of the dog and the owner's name and address if you know them. Get medical attention without delay. If the dog was rabid, you are at risk of serious illness or even death. Demand proof of rabies vaccination or insist to authorities that the dog be quarantined. If the same dog accosts you every time you ride the road, report this to the authorities, too. You have a right to use public roadways free from fear for your life, liberty and pursuit of cycling happiness. Keep following up with calls to make sure steps are taken to put PupPup on a rope.

## Tour De Beaches Memories

Did you miss the fantastic joint club ride and club picnic in late September? Probably not, since Patty Medina's signup sheet was quite full. (Yes, we will excuse Ken O'Brien, VP and his wife, Anne,

since they were out of the country!) It was a cool morning evidenced by numerous yellow and lime green vests and wind jackets as we started out from the group site at Crescent Beach State Park. It was wonderful to greet our buddies from Merrymeeting Wheelers as Pres. Kirk Kennedy and Secretary Bob Bruce had encouraged many of their members to come along. The Kennebec group was represented by one woman, who has come to many bicycle rallies. Maggie Guthrie made sure enough hamburgers and hot dogs would be available for the hungry gang.

It was a winding scenic route to Kettle Cove, to the Lobster Shack and along Fowler Rd and Spurwink Ave. Steve Rines stood guard at Eastman Rd to be sure, we took the corner. (Some may remember this spot from Thursday night pizza rides in the Keith Citrine era). Finally a well-deserved rest stop at Pleasant Hill fire station. Some rode quickly ahead, so they missed retired teacher Larry Barron leading his "class" of cyclists to visit Winslow Homer's studio at Prouts Neck. Others did a few extra miles over Sawyer Road before returning to Crescent Beach after the 30 mile ride.

Various board members (Jody, Roland, Steve) helped to stoke the fires for lunch. President Dave Clements unveiled new club t-shirts that are now available. Perhaps the door prizes brought out the most smiles. Will Ron Levere use that squirt gun to corral the group on next years Wednesday pizza rides in Yarmouth? Will Patty get new club jerseys for next year? Will Kirk Kennedy's ever present camera help us update our club website? Further adventures await the Casco Bay Bicycle Club. Come along now! Kathy Potrepka <kcp@gwi.net>

## Weekly Rides

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

**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](mailto: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), 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](mailto:stevogordo@hotmail.com).

## Accumulated Miles

| First Name | Last Name        | Miles |
|------------|------------------|-------|
| David      | Clements         | 1098  |
| Steve      | Gordon           | 1075  |
| Roland     | LaVigne          | 758   |
| Kenneth    | O'Brien          | 640   |
| Lawrence   | Barron           | 552   |
| Jody       | O'Farrell        | 398   |
| Patty      | Medina           | 393   |
| Kathy      | Potrepka         | 373   |
| Anton      | Gulovsen         | 348   |
| Eric       | Dunn             | 347   |
| Nancy      | Shedd            | 296   |
| Michael    | Detscher         | 295   |
| Ronald     | Levere           | 293   |
| Anne       | Murphy           | 280   |
| Albert     | Kolodji          | 263   |
| Jane       | Danielson        | 248   |
| Janice     | Musacchio        | 244   |
| Steve      | Shapiro          | 223   |
| Meredith   | Rousseau         | 214   |
| Stephen P. | Rines            | 210   |
| Kathy      | Bierce           | 190   |
| Bruce      | Bierce           | 188   |
| Mick       | McGinn           | 186   |
| Barbara    | Stebbins         | 184   |
| Jeff       | Merrill          | 174   |
| Margaret   | Guthrie          | 167   |
| Gene       | Ehlers           | 158   |
| Mark       | Sauerwald        | 138   |
| Colette    | Thistle          | 127   |
| Paul       | Balzer           | 119   |
| Beth L.    | Donald           | 119   |
| Peggy      | Shapiro          | 111   |
| Dan        | Sexton           | 108   |
| Bryan      | Lewis            | 98    |
| Jim        | Shiminski        | 95    |
| Chris      | Gutscher         | 90    |
| Melissa    | Mirarchi         | 90    |
| Albert     | Gordon           | 87    |
| Don        | George           | 86    |
| Robert     | Green            | 82    |
| Jean       | McGuin           | 72    |
| Linda      | Shiminski        | 65    |
| Meg        | Macleod          | 64    |
| David      | Collins          | 54    |
| Michael    | Newsom           | 53    |
| Ketra      | Crosson          | 40    |
| Joanne     | Rawlings-Sekunda | 36    |
| Dale       | Prue             | 35    |
| Ellen      | Call             | 35    |
| Mary Ellen | McGuigan         | 35    |
| Mary C.    | Williamson       | 32    |
| Windy      | Williams         | 25    |

|              |          |    |
|--------------|----------|----|
| Scott        | Proctor  | 23 |
| Anna         | Colpitts | 21 |
| Sue          | Maloney  | 19 |
| Tammy        | White    | 19 |
| Stephen      | Maloney  | 19 |
| Fred & Cindy | Ross     | 14 |
| Susan        | Lewis    | 12 |

These are the miles that have been sent into Dave Clements. There are still some ride sheets That have not been turned in. We usually have prizes for non board members with the most miles and the person who took part in the most rides.

## Night Rides

Our night rides have resumed. They leave from Payson Park in front of the basketball courts at 6:00 PM. Payson Park is between Baxter Blvd. and Ocean Ave. in Portland. Enter from Baxter Blvd. and drive 1/4 mile to the basket ball courts. The area is well lit. After the ride we go for something to eat. Come and see how much Dave can eat and still ride a bike. Lights are required.

## Club Meetings

Note that the Day has been changed to the third Thursday. Board meetings start at 6:00 PM and the regular meetings start at 7:00 PM

### 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)

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