



Events

November

10 Maine Bike Rally meeting
6:30 PM at the Yarmouth Town
Hall Offices. Call Ken O'Brien
839-5468 for detailed direc-
tions. Planned activities include:
1) sponsorship requests, 2) form
sub-committees for sponsor-
ships, marketing, food, enter-
tainment, road rides,
mountain bike rides. 3) Rally
brochure and booklet art work.

14 Portland Bicycle-Pedestrian
Advisory Committee
6:00 PM, Room 209, City Hall
Steve Gordon 828-7990
stevogordo@hotmail.com

**17 CBBC Meeting: 6:00
PM**
Albert Kolodji will give a
presentation on his Alaskan
expedition. The location
will be decided later. Call
Dave 657-5854 or Ken
839-5468 for final info.
Also the details of the pre-
sentation and its location
will be on the club web
site. The meeting will start
at 6:00 PM to allow extra
time for the presentation

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

Casco Bay Bicycle Club Annual Holiday Party Thursday, December 15, 2006

Verrillo's Restaurant

York Room

Portland

Behind Howard Johnson's
(Exit 48, formerly Exit 8)

Happy Hour 5:30, Dinner 6:00 PM

* CBBC SPONSORED EVENT *

Cost to CBBC Members: \$10
Non- members: \$19 per person

Please bring a Gift under \$5.00 for a Fun Yankee Swap!!

Look for the formal invitation in a separate mailing.
Verrillos needs the head count a week previous to the event
so please RSVP, ASAP

From the Editor



It is that time of the year again when much of our riding is done under low light conditions or at night. You have all been berated about needing lights so I won't go there this time. Most bicycling outerware is made of high visibility material with

Continued on page 2

Casco Bay**Bicycle Club****Officers:****President**

Dave Clements
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oldred4000@aol.com

Executive Vice President

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Turk Duddy
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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

Mick McGinn

Wed. Ride Coordinators

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

Membership Coordinator

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

Newsletter Editor

Steve Gordon 828-7990
stevogordo@hotmail.com

Proofreader**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 Ends 9/28
The Yarmouth rides are done for the year. They will resume in May of next year

Wednesday Night Rides

Will start Oct 5 6:00 PM leaving from Payson Park in Portland. Meet at the basketball courts which have lights. (2/3 - L/M). Rides will continue until snow and or ice make the riding too dangerous. We usually stop for supper at the end of the ride.

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), CCBC 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

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)

Bike for Sale

Trek 2000 women's design bike
44/46 cm silver and red.
27 speed
Shimano 105 and Ultegra shifters
3 years old --paid \$1,200 new will sell for \$400
call: Patty @ 780-4642
pmedina@usm.maine.edu

Apology

The last issue of the newsletter was not proofread and contained some errors.

Editor Page 1

reflective striping. We see it on boots bags, tights, and packs. Some of the reflective material is made with the glass beads on the surface where they can get wet. The refractive index differential between glass and water isn't enough to reflect the light back towards the source. Typically the grey reflective material has this problem. It is a good idea to test your reflective surfaces when wet to see if they will work when you need them most.

Ride Safe and have fun!

Steve Gordon

2006 Ballot
CBBC Officers and Board Members

Officers:

- President: Dave Clements
Write In
- Executive Vice President..... Kathy Potrepka
Write In
- Operations Vice President..... Ken O'Brien
Write In
- Treasurer..... Richard Duddy
Write In
- Secretary..... Jody O'Farrell
Write In

Board Members:

- Steve Gordon Write In
- Roland Lavigne Write In

Committee Chairs:

- Events Coordinators Patty Medina and Mick McGinn
- Wed. Night Ride Coordinators Barbara Stebbins and Ron Levere
- Membership Coordinator Jody O'Farrell
- Newsletter Editor Steve Gordon

Please mail your ballots to:

CBBC
P.O. Box 10523
Portland, ME 04104

or bring it to the holiday party.



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 657-5854

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 New _____ Renewable annually in the

Family Rate - \$25.00 Renewal _____ month originally joined