



# BIKE WAY

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

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Ron Levere - President, 846-4844 [levere@maine.edu](mailto:levere@maine.edu)

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

## Events

### November

Every Friday is "Green Streets Day". Wear green and get discounts from area merchants. Eg. \$2.00 pints at Slaints

### 20 CBBC Meeting O'Naturals - Exchange St. Portland

Board meeting - 6:00 PM  
Club meeting - 7:00 PM

This is the annual meeting where club officers are elected, re-elected, or thrown out of office with the expectation of hope and change.

**28 6:00 PM** Monument Square  
Critical Mass Ride ---- Ride courteously, legally and safely. Bring lights.

### December

### 18 CBBC Holiday Party

Patty is organizing another fantastic event. This should be a great time for the whole family and all your friends so hold the date.

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## President's Column

### October, 2008



The club picnic finally happened and it was a beautiful day. Patty Medina organized the event and this year she even marked the turns on the roads. Ken O'Brien and Steve Gordon did the cooking and I didn't hear any complaints

and we finished with no left over burgers, although I'm not sure that includes the veggie burgers).

Thanks to everyone who brought lots of delicious food; Jane Merrill's homemade pickles didn't last for more than a few minutes.

Patty did an outstanding job as the chair of the 2008 nominating committee; you may have noticed that the slate of officers is really a list of



**Master Chefs at Work**

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**Casco Bay  
Bicycle Club  
Officers:**

President  
Ron Levere  
levere@maine.edu  
846-4844

Executive Vice President  
Kathy Potrepka  
799-0757  
kcp@gwi.net

Operations VP  
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kob2@maine.rr.com

Treasurer  
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233-0393  
dclements@maine.rr.com

Secretary  
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239-7757  
loonsong57@yahoo.com

Board Members

Steve Gordon

Barbara Stebbins

Committee Chairs

Events Coordinators  
Patty Medina  
pmedina@usm.maine.edu

Mick McGinn  
mainemick@msn.com

Wed. Ride Coordinators  
Barbara Stebbins/Ron Levere  
846-4844  
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Membership Coordinator  
Dave Clements  
207-657-5854  
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Newsletter Editor  
Steve Gordon 828-7990  
stevogordo@hotmail.com

**Presidents Column**



**Poor Milo had to smell those out to club members.  
burgers without getting any.**

The Board has voted to subsidize the dinner again this year so that the cost will be \$10 for active members. Not only is this a great event, but you can get your money's worth from your dues on this dinner alone. The Yankee gift swap is always lots of fun.

The next club business meeting is scheduled for 6 pm, November 20 at O'Natural's in Portland.

*Ron Levere*

the present board members since every Board member agreed to continue, however you are welcome to write in someone else's name when you vote.

Patty has been working on arrangements for the holiday party on December 18 and will be getting food options and reservation information

**Bike Shops Offer Member Discounts**

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

Gorham Bike & Ski  
1440 Congress St. Portland, ME  
773-1700, www.gorhambike.co

Bath Cycle & Ski  
U.S. Route 1, Woolwich, ME  
1-800-245-3626, www.bikeman.com

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  
Rides are done for the year and will start in May 2009

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. 233-0393

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).

## Riders of the Night

Don't give up group riding when the regular Wednesday rides are over. Get your lights and join us for our Wednesday night rides We will be 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. Call 828-7990 for info.

### 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)

## CBBC Bike MS Team

Wow! What a great team! Our team of 16 members raised \$9680.00 for local MS programs and services and for research for a cure for MS. We ranked 9<sup>th</sup> of 44 teams for fundraising! Our own Dave Collins received Honorable Mention from the MS Society for raising \$3,350.00

From a rainbow over St Joseph College on Friday evening to the thunderstorms on Sunday morning, it was a dynamic weekend. We enjoyed some team-building camaraderie during dinner at a local restaurant on Friday night. Our team members rode at a self selected

pace on Saturday. We were easy to spot among beginner, moderate, and expert riders during the ride because we were wearing our colorful club jerseys. Dave, Rob and Paul helped us relax by listening to their tunes late Saturday afternoon. The food was excellent (lobster, chicken, burgers, pasta, salads, etc) at the college.

Some of us have already signed up for the 2009 25<sup>th</sup> anniversary ride. Come join the fun next year!  
Kathy Potrepka, Team Captain

## Dear Missing in Action:

**We miss you, and we'd like to see you again.**

**Please consider joining us for our *\*\*Annual Holiday Dinner\*\****

**It's a club tradition and we want you to be part of this special get together.**

The dinner is only \$25 per person including tax and gratuity.

**OR** if you join our club with a membership fee of \$15 your dinner is only \$10.

What a deal !! By joining you get discounts at local bike shops, **Free** entry to the annual beaches ride, Fryburg Frolic and White Mountain Century.

You also get a discount on the Bike Rally. How can you lose?

We hope you will join us. If so, Please indicate your renewal.

You may send a total of \$25 for dinner and membership. Figure that one out!

# Casco Bay Bicycle Club

*Annual Holiday Party*

**Thursday, December 18, 2008**

**Verrillo's Convention Center**

Portland

**York Room**

Behind Howard Johnson

Maine Turnpike - Exit 48 (Formerly exit 8)

**Happy Hour 5:30**

**Dinner 6:00 PM**

**\* CBBC SPONSORED EVENT \***

Cost to CBBC Members: \$10

Non-members: \$25 per person

*We are fortunate again this year to have a Banquet room just for our group.  
Please RSVP no later than December 10 for final Banquet arrangements.*

Please **Return** Bottom portion with your main dish selection and number of people attending **no later than December 10 with payment.**

Please bring a **Gift** under \$5.00 to the party for a Fun Yankee Swap!!

Please send checks **Payable to: Casco Bay Bike Club**

**Mail to:** Patty Medina  
20 Waterhouse Road  
Cape Elizabeth, ME 04107



**Menu:**      **Your Name(s):** \_\_\_\_\_

Homemade Soup  
Tossed Garden Salad

**Please include payment**

**PLEASE SELECT: Choice of one entrée p/p)**

- \_\_\_\_\_ Baked Fresh North Atlantic Haddock with Lemon Butter Crumbs
- \_\_\_\_\_ Sautéed Breast of Chicken: Marsala Wine Sauce w/ Garlic & Mushrooms
- \_\_\_\_\_ Charbroiled Filet Mignon with Port Wine Sauce

All entrees include Chef's potato, vegetables, rolls & butter

**Dessert**    **\*\*Carrot Cake\*\***



# 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 Ron Levere 846 - 4844

**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    Family Rate - \$25.00    Business rate negotiable

Renewable annually in the month originally joined

New \_\_\_\_\_    Renewal \_\_\_\_\_

**For Club use:**

Member # \_\_\_\_\_

Date paid \_\_\_\_\_

Amt. Paid \_\_\_\_\_

Expires \_\_\_\_\_

**Mail to:**

CBBC  
P.O. Box 10523  
Portland, ME 04104