



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

October

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

29 Saturday Dave & Jody's 2nd annual **Halloween Ride** Leave from Methodist Church, Blackstrap Rd. Gray @ 9 AM (rather than in Yarmouth). Pot luck lunch following. Wear a bike appropriate costume. Non riders welcome for costume, pot luck lunch and socializing.
 152 Cottage Road Gray, Maine.
 Call for directions
 657-5854

December

15 Winter Solstice Celebration at Verillo's
We will have our own room and the cost to members will be only ten dollars. There will be a choice of entres and deserts. Paty Medina is organizing this event and it should be a great time

Frolic to Fryeburg

Or, why we ignored the weather man and had all kinds of fun.

The weather predicted for the 17th of September was rain and windy conditions which would have made for an all around messy bike ride. Fortunately three club members decided to brave conditions and do the Fryeburg Frolic Century anyway and hold up high the Casco Bay Bicycle Club Banner. They were Kathy Potrepka, Roland Lavigne, and Steve Gordon. There were a dozen non-club members who also joined the fun. Ken O'Brien did a fantastic job of organizing the ride and painting signs on he roads at the turns and intersections so nobody got lost. With the help of the volunteers: Anne Murphy, Dave Clements, Jody O'Farrell, Patty Medina, Jeff and Jane Merrill, and Amy Barnes everything ran smoothly. The rest stops were well stocked with home made brownies, fruits and Ken's specialty, baked potatoes.

Kathy and I started out first but were soon overtaken by the rest of the group. They passed us like we were standing still. One fellow we later learned was able to average nineteen miles an hour for the trip. I felt that Kathy and I were moving right along and averaged thirteen miles an hour. The ride started with us being treated to a light drizzle. After the first ten miles my rain gear started coming off. By Fryeburg the roads were completely dry and all my rain gear ended up packed away. You have heard of those under prepared suffering from hypothermia. The annals of history makes no mention of the hyperthermia of the over prepared. All I ended up with was a little extra weight.

The ride was routed through back roads with little traffic when ever possible. Without the stress of dodging cars we

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From the Editor



were able to enjoy the scenery and the rolling hills of this part of the state. Nobody saw a bear this time but there were plenty of other creatures to keep us amused. Going around a bend in the road and coming eyeball to eyeball with a skunk kind of gave me that warm and fuzzy feeling.

We returned to the USM Gorham campus to have a barbequed pork dinner with salad and corn bread supplied by "Beal Street". We did kind of feel sorry for those who missed out on a great ride because they listened to the weatherman instead of Ken. The upside is, that left us more to eat.

Steve Gordon

A big thanks to Patty Medina for organizing a fantastic picnic this year. The rides were great, the food was wonderful, and the company was the best. Mick McGinn brought his grill and did the cooking and others donated salads and other foods.

It would be nice if there could be an article on the picnic and the White Mountain Century.

Steve Gordon

Casco Bay Bicycle Club

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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

Back Bay Bicycle

333 Forest Ave., Portland, ME
773-6906, www.backbaybicycle.com

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

Cycle Mania

59 Federal St. Portland, ME
774-2933, www.cyclemania1.com

Ernie's Cycle Shop

105 Connant St, Westbrook, ME
854-4090 bike_boy2002@yahoo.com

Gorham Bike & Ski

1440 Congress St. Portland, ME
773-1700, www.gorhambike.com

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

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)
 B = Brisk (17 - 20 mph)

Night Rides

Riders of the night to hit the road again.

After the regular Wednesday rides are over for the season the night rides will start again. We will meet in front of the basketball courts in Payson Park, Portland at 6:00 PM. The rides will continue until snow and ice make the riding unsafe. We will take good roads into Falmouth and stop for something to eat afterwards. Lights are required. Ten watt halogen or one wat Luxeon lights should be the minimum lighting. For Info call Steve Gordon: 828-7990 e-mail stevogordo@hotmail.com.

Milage

First_name	Last_name	miles
Steve	Gordon	1233
David	Clements	991
Roland	LaVigne	979
Kenneth	O'Brien	641
Don	George	514
Mick	McGinn	493
Kathy	Potrepka	437
Stephen P.	Rines	435
Patty	Medina	396

Jeff	Merrill	380
Joanne	Rawlings-Sekunda	367
Jane	Merrill	299
Eric	Dunn	276
Ronald	Levere	267
Lester and Dale	Prue	267
Anton	Gulovsen	234
Jody	O'Farrell	222
Albert	Kolodji	222
Jill	Weybrant	215
Amy	Barnes	196
Nancy	Shedd	185
Scott	Proctor	180
Tammy	White	180
Janice	Musacchio	178
Margaret	Guthrie	172
Bryan	Lewis	162
Jean	McGinn	142
Colleen	Koch	141
Meg	MacLeod	130
Steve & Peggy	Shapiro	98
Wendy	Fisher	90
James	Baron	84
Michael	Detscher	79
Mark	Sauerwald	77
Vincent	Fierro	70
Anne	Murphy	70
Gene	Ehlers	64
Susan	Rioux	63
Chris	Gutscher	52
Michelle	Taylor-Harris	49
Jane	Danielson	48
Ellen	Call	46
Karen	Abbey	36
David	Galbraith	36
Joan	Gray	36
Phil	Upton	36
Theresa	Upton	36
Stephen	Rioux	34
David	Collins	34
Sherry	MacKinnon	30
Mary C.	Williamson	28
Mary Ellen	McGuigan	23
Gary	Davis	22
Beth L.	Donald	20
Richard & Andrea	Hall	20



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__

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