



Events

October

19 CBBC election meeting
Board meeting - 6:00 PM
Election meeting - 7:00 PM
O'Naturals, Exchange St.
Portland
Wednesday Night Rides

Starting October 4th,
6:00 PM

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.

October

28 Halloween Ride and Party at Dave and Jody's house. Call 657-5854 FMI or see WEB site

December

14 - Holiday Party at Verillo's
 Great food
 Fun and Games
 Details to follow

Get Well Jody!

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

Fryeburg Frolic Century

It's 6:15 AM, and I'm on my way to Gorham for the CBBC Fryeburg Frolic Century ride. I've ridden in the MS 150 two-day ride for the last 5 years, but it's been over 30 years since I've ridden 100 miles in one day. I bypassed the White Mountain Century in favor of something less threatening. The Fryeburg *Frolic* – how bad could a “Frolic” be?

The weather for the Frolic arrives as advertised – fog in the morning, burning off by 10 or so, giving way to afternoon highs in the mid to high seventies. The worst fog I encounter is on the drive from my house to the USM campus in Gorham. I almost miss the turn onto 114 in the center of Gorham, as the fog hides familiar landmarks.

When I arrive in Gorham, ride organizer Ken O'Brien has set up camp in front of Costello Field house. He's presiding over the registration table, his bright red Chevrolet Aveo nearby, ready for SAG duty. The blanket of fog mutes the festive mood, but conversations are animated as bicycles circle the parking lot, tires are pumped, clothing adjusted, rendezvous' planned, and energy snacks stowed in cycling jerseys.

The doors are locked at the Costello field house, keeping us from accessing the bathrooms and causing some nervousness. Yankee ingenuity loves a challenge, so we improvise in various ways and the ride commences just a few minutes past 7:00 AM.

Underway, we keep a keen eye out for the white spray-painted circles on the side of the road, each with a line emitting from the top, indicating the direction of the next turn. These modest signals are our signposts along the road, like blazes along the Appalachian trail. The markings are remarkably efficient, and my group misses only one marking along the 100-mile trip.

Continued on Page 2

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Bicycle Club
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Frolic from Page 1

Ann Murphy is manning the first food stop in Cornish, at mile 27. The same location serves as the 3rd food stop in the afternoon at mile 71. Anything left over at that point is shipped to food stop 4 at mile 87. At this first stop, the pickings are plentiful. Ann has created a banquet in the center of the park in Cornish village. She explains that the food selection is based on a long history of serving riders what they need: "sweets to raise the blood sugar – brownies, muffins and fruit, peanut butter for protein, and bagels for bulk. Water and Gatorade are always available."

I start the ride with a group of friends from CBBC, but get engaged in a conversation with Joe ("Turbo") from the Merrymeeting Wheelers. As sometimes happens, the more we talk, the faster we ride. Joe's enthusiasm is infec-

tious, and before long we realize we've left the group behind. I end up spending most of the ride with Joe. After lunch we're joined by Chris, also from the Merrymeeting Wheelers. Throughout the rest of the day, we cover a lot of ground and conversation.

Lunch is served up by Amy and Joanne at mile 51. They have hot baked potatoes, cooked with and without shallots, peanut butter sandwiches, fruit, and peanut butter eyeballs (Halloween must be close). I have two potatoes with shallots, sour cream, and chives fresh from Joanne's garden. It is the generosity and commitment of club volunteers that make the CBBC Century Rides possible. Joanne says, "I rode in the White Mountains last week. I was the beneficiary of people volunteering for that one, and driving all the way out to the White Mountains, so the least I could do is volunteer for *this* one."

Continued on Page 5

Bike Shops Offer Member Discounts

Support the bike shops listed below. All of offer CBBC members get 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

Cycle Mania
59 Federal St. Portland, ME
774-2933, www.cyclemania1.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.co

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

CBBC 2006 Ballot

President

Dave Galbraith

Write in _____

Executive Vice President

Kathy Potrepka

Write in _____

Operations Vice President

Ken O'Brien

Write in _____

Treasurer

Dave Clements

Write in _____

Secretary

Jody O'Farrell

Write in _____

Board Members

Steve Gordon

Write in _____

Roland Lavigne

Write in _____

Please mail or bring to the October meeting

October 2006

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Tape or staple trifold

Fold

fold

Return Address

PLACE
STAMP
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BIKE WAY
CBBC - P.O. Box 10523
PORTLAND, ME 04104

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 will resume May 3rd.

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), 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.

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)

Frolic from Page 2

The club does not look to make money on the Century rides, but they like to at least break even. Amy is glad that participation is up this year, "we've had bad weather the last couple of years, a couple of years ago it was rained out," she says. Ken explains that the rides usually break even, sometimes come out ahead, and occasionally lose money when the weather is bad and riders decide not to come. Average participation is around 35 riders. The highest was a few years ago when the ride was advertised in *Cycling Magazine*. There were 51 riders that year, many of them from Massachusetts. No one knows exactly how long the Frolic has been held, but the consensus is "a good long time," probably since the inception of the Casco Bay Bicycle Club.

I grab a peanut butter eyeball to wrap up lunch, and hit the road again with Chris and Joe.

Around mile 80 my right knee starts to ache. Ibuprofen ("vitamin I") mostly solves this, but all of us except Joe are riding under reduced steam. Joe is keeping

us rolling with stories and jokes, popping wheelies on the up hills, and riding point to pull us along on the long clear stretches. "It's just my carbon-fiber bike" he explains modestly.

Ken's periodic appearance in his tiny red car assures us we're on the right route. He hosts food stop 4 with leftovers from the first 3 food stops on the side of the road overlooking the Saco River. Chris has another baked potato. Joe and I attack the brownies, which seem hot out of the oven after sitting in the sun in their Tupperware container.

The last 15 miles of the ride are a blur as I shift around on my bicycle to stay comfortable. I find I can ease the ache in my right shoulder by keeping a light touch on the handle bars with my right hand, relying on my back and left arm for support. Joe keeps issuing challenges to me and Chris in his Czechoslovakian cycling coach persona. It's totally hilarious, but I'm too tired to laugh out loud.

At mile 103, we roll onto the Gorham USM campus and swing down to where Ken and crew are serving up pulled pork from Beale Street Barbecue, along with coleslaw and cornbread. There are even *more* baked potatoes. At this stage in the game, even steamed tofu would taste good, but the pulled pork is heavenly. I top it off with another potato, with shallots. Life on the road is good - you could even say it's a *frolic*!

Dave Collins
CBBC Member



BIKE WAY

CBBC - P.O. Box 10523
PORTLAND, ME 04104

PLACE
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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

For Club use:
 Member # _____
 Date paid _____
 Amt. Paid _____
 Expires _____

Mail to:
 CBBC
 P.O. Box 10523
 Portland, ME 04104