



Events

September

**6 September
Tour du Beaches
and club picnic**

Fun !!! Fun !!!

The CBBC Club Ride and picnic Saturday, September 6, 2008. The picnic will be after "The Annual Tour Du Beaches" in Cape Elizabeth.

Location: Crescent Beach State Park, Rt. 77 Cape Elizabeth. **GROUP SITE:** 3/10 of a mile from park entrance, take Right to far end of parking lot, Left onto the first parking row closest to the beach.

Time: Meet at Group Site for the 9:00 AM Ride. The ride will start from the Site around 9:30 AM. There are several distance options: 16, 20 and 35 Miles.

Cost: CBBC members free entrance to park, picnic and ride
non-members: \$6.00 suggested donation to cover food and park

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BIKE WAY

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

Steve Gordon - Editor, 828-7990 stevogordo@hotmail.com

Ron Levere - President, 846-4844 levere@maine.edu

on the web: www.cascobaybicycleclub.org

President's Column

August, 2008

A sign of the times, as summer nears a close: there was not a quorum for the August business meeting, so there is no official business to report on.

However, there are activities to bring to your attention.

The annual picnic and Beaches ride is coming up on September 6. Be sure to RSVP to Patty Medina so she can plan the food purchase. There is no charge for members and a \$6 donation for nonmembers. This includes admission to Crescent Beach State Park.

For full details about the picnic and other rides and events refer to the CBBC calendar on the web at: <http://cascobaybicycleclub.org/calendar.htm>

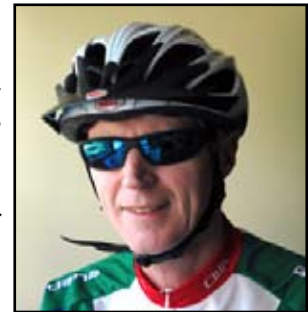
September 13 is the White Mountain Century followed one week later by the Fryeburg Frolic Century on September 20. See the CBBC web site for registration forms.

An important issue to be dealt with is the need to form a nominating committee to select a slate of officers for the next year at least 60 days before the annual meeting. The bylaws state that a slate of officers needs to be presented 30 days prior to the annual meeting in October. We need to assemble a nominating committee soon – anyone interested? Let me know if you are.

Also, consider that the club officer positions are open territory, just let one of the present officers know that you would be interested in a management position.

We will be working on a clarification of the bike shop discount policies with the various bike shops in the area in the upcoming weeks and will let you know what the results are.

The next club business meeting is scheduled for 6 pm, September 18 at O'Natural's in Portland.



Ron Levere

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

Treasurer
Dave Clements
233-0393
dclements@maine.rr.com

Secretary
Jody O'Farrell
239-7757
loongsong57@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
stebbins@usm.maine.edu
levere@usm.maine.edu

Membership Coordinator
Dave Clements
207-657-5854
oldred4000@aol.com

Newsletter Editor
Steve Gordon 828-7990
stevogordo@hotmail.com

Tour du Beaches

fee (\$4.50) Food: There are 5 grills at the group site. The Club will provide burgers, hotdogs, vegetarian burgers, potato salad, chips, soft drinks and cookies. Cake for September birthdays !! Feel free to bring your favorite dish if you want. Bring your friends RSVP: Please let Patty know if you are coming and if you are a vegetarian.
pmedina@usm.maine.edu
780-4642
Home that morning: 767-2844.

Directions: Go over the Casco Bay Bridge towards South Portland. Follow signs to Rt. 77. Take a right at the Yield Sign (Pizza Joint) this is Rt. 77. Follow that road straight all the way, passing the CE town's fire station, town hall, Pond Cove shopping Center, High School, then the ice cream stand, big hotel and then on your Left is the Crescent Beach State Park.

Events

September continued

13 White Mountain Century
FMI: Ken O'Brien
839-5468
kob2@maine.rr.com

**20 Fryeburg Frolic
Easy Century**
FMI: Ken O'Brien
839-5468
kob2@maine.rr.com

December

18 CBBC Holiday Party
Patty is organizing another fantastic event. This should be a great time for the whole family so hold the date.



---MS Ride---
The Gang of Four

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

----Rides begin May 7th----
 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

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.

Opinion:

Bicycling etiquette: a motorist's perspective from a bicyclist

Having driven an unofficial pursuit vehicle on the MS ride, it became apparent to me why some motorists get upset at some bicyclists.

This is not representative behavior of all of us, but it showed me some things which help create a backlash against bicyclists.

Here are a few of my observations.

1. Some of the riders must have thought that they were in the Tour de France where the roads are cleared of all motor traffic, since they spread across the entire roadway – both sides of the road. I was in no hurry, so it didn't bother me, but I can see how a driver might get perturbed about being denied any opportunity to pass, even on the left side of the road, without honking at the cyclists.

2. One rider in front of me held her left arm straight up (isn't that the signal for a right hand turn?). I noticed that there was a convenience store on the left side of the road and a field on the right, so I guessed that the rider really was going to turn left, so I purposely slowed down to a crawl. Sure enough, she made a LEFT turn

in front of me! She probably thought that she signaled properly. Imagine if a car were trying to go around the bicyclist on her left side.

3. A caterpillar of multicolored lycra along a narrow stretch of road next to Sebago Lake which had no gaps brought a parade of cars and motorcycles to a crawl. In group riding, isn't one of our self-defense principles and riding etiquette to leave large gaps so vehicles can leap-frog past us?

4. At another time, I watched as two bicycle riders approached a traffic light which had two lanes for traffic going straight and one lane for traffic turning left with an arrow. At the light, the riders signaled their intention to turn left and did, but from the far right lane! That meant that they had to cut across two lanes of traffic which were going straight to get to the left turn lane – right at the traffic light.

A passenger in my car who is not a bicyclist remarked: that this is one reason why he doesn't like to see bicyclists on the road. How could I disagree with him?

I know that there are rules of the road which we, as bicyclists, sometimes do not follow.

For example, how many of us endlessly wait at a red traffic light for a motor vehicle to trigger the light because our bicycle does not have enough metal to trip it?

Who follows all the bicycle lanes in Portland when they put you in an unsafe position at some intersections? Aside from rules, there are sensible things we can do when we ride which can demonstrate good will, chip away at the stereotype of arrogant bicyclists, and increase our own safety on the bicycle.

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)

Ron Levere



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