



BIKE WAY

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

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

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on the web: www.cascobaybicycleclub.org

Events

The last Friday is “Green Streets Day”. Wear green and get discounts from area merchants. Eg. \$2.00 pints at Slaints

August

28-30 -- American Folk Festival, Bangor Waterfront, Road, Deb Melnikas, debbi@americanfolkfestival.com 992-2630, Free Valet Bike Parking, sjropiak@aol.com, www.BikeMaine.org, VOLUNTEERS NEEDED

29 Kank and back

September

13 -- Popham Beach Ride, 9am, Bath Shopping Center, 32mi Road, Bob Bruce, bobbiker@roadrunner.com, 319-8009, www.merrymeetingwheelers.

17 CBBC Meeting

Dana Center 2nd floor classroom 10 This is next to the main bldg. of the Maine Medical Center

Board meeting - 6:00 PM

Club meeting - 7:00 PM

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President's Column



It's hard to believe that September is coming soon, but for us bicyclists some of the best rides of the year are coming up.

The White Mountain Century - Sept 19

CBBC picnic and ride -September 20

Fryeburg Frolic - September 26

Dempsey Challenge – October 4

Halloween Ride – October 31

September also means that the Yarmouth evening rides will have to start earlier (5:45 pm) as the daylight hours get shorter.

Patty Medina is already making plans for the Holiday Party at Verillo's on December 17.

I want to remind you that you can check the CBBC calendar by calling up the club website to see the calendar at: <http://cascobaybicycleclub.org/calendar.htm>.

I also want to remind you that the club has a Facebook Page where you can share comments and photos and see what other club members are saying. Go to <http://www.facebook.com> and search for Casco Bay Bicycle Club.

O'Natural's in Portland has closed, so we won't be meeting there, but Kathy Potrepka has made arrangements for us to meet at Maine Medical Center. This may open the door to meetings where we can have presentations of interest to club members in addition to the business meetings. Does anyone have any ideas for meeting presentations?

The Maine Bike Rally was held in Fryeburg on July 10-12 and it was

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President's

a great success. The riding weather was excellent with the only rain during the night on Saturday. You can see photos of the Rally participants and events at the BCM site at <http://www.bikemaine.org/mainebikerally/2009wrapup.htm>

The 2010 Rally committee is working on a location for the Rally site for the next two years – a Rally site should be announced in the near future.

See you on the road.

Ron Levere

Bike MS Team 2009

What a great weekend of weather for this year's 25th anniversary Bike MS ride! On August 1 and 2, at St. Joseph's College in Windham, several members of our Club enjoyed a wonderful weekend of bicycling. Laura Smith-Petersen volunteered to be our "tent captain". She served up some tasty snacks and cold beverages under our team tent in the tent village on Saturday afternoon. Thanks Laura for a great job.

Our team did go to dinner together on Friday night at a local Windham restaurant. It is great to be together for breakfasts and dinners for social time. Dave Collins is an excellent fundraiser and helped our team achieve seventh place! Andy Smith-Petersen is also a champion fundraiser.

Corinne Moore joined us from

New Hampshire to ride with Jody O'Farrell for 50 miles both days and Mark Collins (Dave's brother) came from Massachusetts to complete 75 miles each day. . Sue and Steve Rioux rode 50 miles on Saturday and 75 miles on Sunday. Of course, Larry Hunter was up front someplace keeping pace with Joe Cupo's Velo express team. Although we all ride at our own pace, we are never alone with other riders nearby.

We loved the lobster feed on Sunday afternoon, and Dave and Paul (from Bangor) played guitars and sang songs for our dorm entertainment on Saturday afternoon. Come join our team for the 2010 ride!

Kathy Potrepka

Events

**19 White Mountain Century
for details see page 5**

**20 Tour du Beaches and picnic
For details see page 3**

**26 Fryeburg Frolic
For details see page 5**

October

**4 Dem[sey challenge
For details see page 3**

**31 Halloween Ride @ Jodys
jofarrell@healthdialog.com
877-277-5900 ext 6953**

December

17 Holiday Party

Mark your Calendars!!!

Fun !!! Fun !!!

The CBBC Club Ride and picnic this year is Sunday, September 20th.

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 closets to the beach.

Time: Meet at Group Site 9:00 AM

Ride: The ride will start from the Site around 9:30 AM.

There are several distance options: 16, 20, 26-30 and 33 Miles.

Cost: CBBC members have free entrance to park, picnic and ride. For non-members: there is a \$6.00 suggested donation to cover food and the \$4.50 park fee. Those 12 and under and 65 and older are also free.

Food: There are 5 grills at the group site. Our club will provide burgers, hotdogs, vegetarian burgers, potato salad, chips, soft drinks and cookies. Feel free to bring your favorite dish if you want.

Swimming: Maybe, bring swimsuit or wetsuit for body surfing.

Bring friends.

Dempsey Challenge

October 4th

Steve / Dave (& CBBC Members), Long time no hear. Have been wanting to get back in the saddle with the CBBC but have been dealing with a number of challenging "life issues". Hopefully I will be able to hit the road with you all very soon (this season). As you may recall I work for the City of Auburn. We have been working with a professional organization to raise both cancer awareness and funds for the Patrick Dempsey Center for Cancer Hope and Healing. We are hosting the "Dempsey Challenge": A Journey For Hope, a bicycle tour and run/walk event on October 4th and it will feature 10, 20 50, 100 mile bike rides. We have already had commitments from about 500 riders including international riders. It is our hope that this becomes an annual fall event. Thought that the CBBC may be interested in having a team

and /or that individuals may be interested. The web site is: www.dempseychallenge.org

David C.M. Galbraith

KANK 'N' BACK

Date: 8/29/09

Ride Start Time: 8:00AM

Distance: 69 miles

Start Point: High school parking lot, Rt. 16, Conway (right before turn-off for the Kank)

If you want to know more, or want to carpool from the Mountain Division Trail parking lot in Standish (Rt. 35, ¼ mile from Rt. 114), contact Joanne Rawlings-Sekunda at mjrs@securespeed.net.

Jody O'Farrell is recovering from hip surgery and we wish her a speedy recovery.

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
693 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

Wednesdays— Casco Bay Bicycle Club ride (Yarmouth) ;5:45 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 Last ride is Sept 30

Thursdays - CBBC ride Cape Elizabeth (2/3-M) Rides start at 5:45 PM from the IGA in Pond Cove near the high school

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, Bill Jose 207-233-2753 billjtwo@hotmail.com

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

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 = Leasurely (9 -12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

Helmet Replacement

What's the matter? Your helmet is several seasons old but appears to be in good condition. However, even though you haven't damaged it in a crash or with rough treatment, you've heard that helmets lose some of their protective ability as they age. You're wondering if you should junk this skid lid and buy a new one.

Here's help: It's often recommended that a helmet worn frequently should be replaced every 3 years or so. The reason is that the foam degrades due to sun, heat, salty sweat and other environmental factors, added to the usual knocks of regular cycling activity. These things make the foam unable to provide full protection in the event of a head impact.

A helmet should certainly be replaced after it's smacked in a crash or even dented by a hard drop.

However, some experts (presumably those not working for helmet companies) maintain that a helmet will do the job no matter what its age as long as it's undamaged. In their view, there is no age limit.

There's no arguing, though, that buying a new helmet every 3 years will keep you current with comfort and safety features as well as style.

It's remarkable the improvements we've seen in helmet lightness, ventilation and fit. Almost every new model has a "cradle" for the lower rear of the head. This makes

a helmet more stable on bumps and rough roads, and it'll stay in place better when the reason for wearing a helmet is happening.

You can find big savings on some of this year's helmets when next year's models are introduced. Check bike shops and catalogs, find the price and style you like, then wear that nice new helmet on every ride you take.

<http://www.roadbikerider.com/index.htm#NOTES>

From the Editor



Hi everyone. I have been totally out of commission this last couple of months with a herniated disk. I have reached the point where I can walk a few blocks but if all goes well I'll be back in the saddle next spring. I spent June and July doped up on Hydrocodone and Vallium and therefore spent my time in a fog, not accomplishing very much. The result is that there was no newsletter last month.

I have been looking for people to send me their favorite rides or bike related activity. Someone sent me something but I can't find it. Please send it again and I promise to publish it.

My own rout is similar to the Thursday CCCP ride. It is 34 miles long and can easily be lengthened or made easier and or shorter. Next month I'll publish it with a Q sheet and if practical, a map.

WHITE MOUNTAIN CENTURY

7:00 am - September 19, 2009

The White Mountain Century, sponsored by the Casco Bay Bicycle Club, climbs through four mountain passes in the White Mountain National Forest in central New Hampshire. It starts at 7:00 at the Covered Bridge Campground on the Kankamagus Highway (Rt 112) 10 miles off Rt 16 in Conway, NH. Riders will climb up through Bear Notch and plunge down into Bartlett. The route then climbs through scenic Crawford Notch in the shadow of Mt Washington, then turns west toward Twin Mountain. A ride down through Franconia Notch on the beautiful Franconia Notch Bike Path, is followed by a nine mile climb up the Kankamagus to the notch at 2160 feet and a thrilling drop to the Covered Bridge Campground. There are four food stops on the ride and Sag Wagon support. Rain or shine ride.

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 8/31/09.

Both centuries for \$30.00 US.

For more information call Ken O'Brien at (207) 839-5468 or

E-mail: kob2@maine.rr.com

Registration Form:

Name (Mr/ Mrs) _____

Address _____

E-Mail _____

Enclose \$17.00 US (\$25.00 US after 8/31/09) payable to:

Casco Bay Bicycle Club

Address: Amy Barnes

26 Autum Lane

Portland, ME 04103

E-mail: wmc@casco baybicycleclub.org

FRYEBURG FROLIC CENTURY

7:00 am - September 26, 2009

The Fryeburg Frolic Century, sponsored by the Casco Bay Bicycle Club, attempts to be a kinder, gentler century even though it passes through the hills of western Maine, up to the edge of the White Mountains. It starts at the University of Southern Maine, Gorham Campus, off Rt. 114. The route to Fryeburg winds through pine woods and small villages; past lakes and around the Burnt Meadow Mountains. With an Indian Summer day, the Fryeburg food stop, near a beach on a quiet bend of the Saco River, may include some swimming. The return ride follows the Saco River, even though you only get to glimpse it now and then. It includes the back road from Hiram to Cornish - a classic stretch of understated Maine beauty. There are four food stops on the ride and Sag Wagon support. Rain or shine ride

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 8/31/09 Both centuries for \$30.00 US.

For more information call Ken O'Brien at (207) 839-5468 or

E-mail: kob2@maine.rr.com .

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Name (Mr/ Mrs) _____

Address _____

E-Mail _____

Enclose \$17.00 US (\$25.00 US after 9/02/09) payable to:

Casco Bay Bicycle Club

Address: Kenneth O'Brien Springbrook Lane

Gorham, Me, USA 04038

E-mail: kob2@maine.rr.com



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