



## Events

September

**3-5 Cabot Trail Bicycle Tour**  
 ctrail@atlanticcanadacycling.com

**10 White Mountain Century**  
 FMI For more information, call Ken O'Brien at (207) 839-5469 or e-mail: [wmc@cascobaybicycleclub.org](mailto:wmc@cascobaybicycleclub.org).

**12 Portland Bicycle-Pedestrian Advisory Committee**  
 6:00 PM, Room 209, City Hall  
 Steve Gordon 828-7990  
[stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

**11 NYC Century Bike Tour**  
 100, 75, 55, 35 and 15 mile routes FM I: <http://www.trans-alt.org/calendar/>

**17 Fryeburg Frolic Century**  
 Ken O'Brien at (207) 839-5469  
 E-mail: [kob2@maine.rr.com](mailto:kob2@maine.rr.com)

**If you have never done a century before this is the ride for you. It is fully supported with four rest stops and SAG.**

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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](mailto:stevogordo@hotmail.com)  
 Dave Clements- President, 657-5854 [oldred4000@aol.com](mailto:oldred4000@aol.com)  
 on the web: [www.cascobaybicycleclub.org](http://www.cascobaybicycleclub.org)

## The CBBC Club picnic and Tour du Beaches Bike Ride SATURDAY, SEPTEMBER 24TH.

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 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, 26-30 and 33 Miles.

**Cost:** CBBC members free entrance to park, picnic and ride  
 Non-members: \$3.00 suggested donation to cover food and park fee.

**Food:** There are 5 grills at the group site. 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.

**\*\*\*\*Special Help request:** If there is a club member who would like to come to the picnic and not ride, Possibly help with set up and buying last minute burgers, We could se your help and also to arrange the food while the ride is going on.

Please let Patty know: [pmedina@usm.maine.edu](mailto:pmedina@usm.maine.edu) 780-4642

Home that morning: 767-2844.

**Directions: to Cape Elizabeth;**

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 towns fire station, town hall, Pond Cove shopping Center, High School, then the ice cream stand, big hotel and then on your left will be the Crescent Beach State Park.

**Casco Bay  
Bicycle Club**

**Officers:**

**President**

Dave Clements  
657-5854  
oldred4000@aol.com

**Executive Vice President**

Melissa Mirarchi  
878-0905  
[percival@maine.rr.com](mailto:percival@maine.rr.com)

**Operations VP**

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

**Treasurer**

Turk Duddy  
838-6834  
cbbc@rjduddy.com

**Secretary**

Jody O'Farrell  
207-657-5854  
loonsong@maine.rr.com

**Board Members**

Steve Gordon

Roland Lavigne  
[MyMashu@worldnet.att.net](mailto:MyMashu@worldnet.att.net)

**Committee Chairs**

**Events Coordinator**

Melissa Mirarchi, assisted by  
Nancy Shedd - Party Coordinator  
[nshedd@maine.rr.com](mailto:nshedd@maine.rr.com)

**Wed. Ride Coordinators**

Barbara Stebbins/Ron Levere  
846-4844  
[stebbins@usm.maine.edu](mailto:stebbins@usm.maine.edu)  
[levere@usm.maine.edu](mailto:levere@usm.maine.edu)

**Membership Coordinator**

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

**Newsletter Editor**

Steve Gordon 828-7990  
[stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

**Proofreader**

Nancy Shedd

Events: from page 1

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 8/26/05.

Both centuries for \$30.00 US.

**17 Fryeburg Frolic Century**

Ken O'Brien at (207) 839-5469  
E-mail: [kob2@maine.rr.com](mailto:kob2@maine.rr.com)

**If you have never done a century before this is the ride for you. It is fully supported with four rest stops and SAG. The route is in a figure eight so if you need to bail you can do half of the ride The terrain is**

**easy rolling hills with only two moderate climbs and we all get a dinner at the finish line**

**24 Saturday Tour de Beaches**

**Ride and Club Picnic Meet** at 9:00 AM Crescent Beach State park, ride starts at 9:30 AM. 30-35 miles. It will also be the Casco Bay Bike Club annual picnic. FMI contact CBBC or Patty 780-4642 [pmedina@usm.maine.edu](mailto:pmedina@usm.maine.edu) Patty

**October**

**29 Saturday Dave & Jody's 2nd annual Halloween Ride Meet** at Dave & Jody's @ 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.**

**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)

# 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](mailto: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](mailto: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**— CCBC ride (Gorham); 9:00 AM. (2/3-L/M/B-20-50 miles), 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).

| Last_name          | First_name      | miles |
|--------------------|-----------------|-------|
| Gordon             | Stephen W.      | 897   |
| Clements           | David           | 551   |
| George             | Don             | 514   |
| LaVigne            | Roland          | 454   |
| McGinn             | Mick            | 380   |
| Rawlings-Sekunda   | Joanne          | 367   |
| Rines              | Stephen P.      | 354   |
| Merrill            | Jeff            | 336   |
| Medina             | Patty           | 316   |
| Merrill            | Jayne           | 255   |
| Prue               | Lester and Dale | 242   |
| Barnes             | Amy             | 196   |
| Proctor            | Scott           | 180   |
| Weybrant           | Jill            | 180   |
| White              | Tammy           | 180   |
| Musacchio          | Janice          | 178   |
| Potrepka           | Kathy           | 177   |
| Levere             | Ronald          | 172   |
| Gulovsen           | Anton           | 170   |
| Koch               | Colleen         | 141   |
| Shedd              | Nancy           | 115   |
| O'Brien and Murphy | Kenneth         | 110   |

|               |            |     |
|---------------|------------|-----|
| Dunn          | Eric       | 109 |
| MacLeod       | Margaret   | 94  |
| O'Farrell     | Jody       | 89  |
| Sauerwald     | Mark       | 77  |
| Shapiro       | Steve      | 76  |
| Guthrie       | Margaret   | 75  |
| Rioux         | Susan      | 63  |
| McGinn        | Jean       | 49  |
| Taylor-Harris | Michelle   | 49  |
| Rioux         | Stephen    | 34  |
| Danielson     | Jane       | 31  |
| Lewis         | Bryan      | 29  |
| Fierro        | Vincent    | 25  |
| McGuigan      | Mary Ellen | 23  |
| Fisher        | Wendy      | 20  |
| Barron        | Lawrence   | 18  |
| Detscher      | Michael    | 18  |
| Collins       | David      | 16  |
| Ehlers        | Gene       | 16  |
| Gutscher      | Chris      | 16  |
| Hoose         | Shoshana   | 16  |
| Stevens       | Norm       | 16  |
| Williamson    | Mary C.    | 16  |

## 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](http://www.allspeed.com)

### Back Bay Bicycle

333 Forest Ave., Portland, ME  
 773-6906, [www.backbaybicycle.com](http://www.backbaybicycle.com)

### Bath Cycle & Ski

U.S. Route 1, Woolwich, ME  
 1-800-245-3626, [www.bikeman.com](http://www.bikeman.com)

### Cape Able Bike Shop

83 Arundle Rd. Kennebunkport, ME  
 1-800-220-0907 [www.mnetwork.com/cape-ablebike](http://www.mnetwork.com/cape-ablebike)

### Cycle Mania

59 Federal St. Portland, ME  
 774-2933, [www.cyclemania1.com](http://www.cyclemania1.com)

### Ernie's Cycle Shop

105 Connant St, Westbrook, ME  
 854-4090 [bike\\_boy2002@yahoo.com](mailto:bike_boy2002@yahoo.com)

### Gorham Bike & Ski

1440 Congress St. Portland. ME  
 773-1700, [www.gorhambike.com](http://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](http://www.rainbowbike.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 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**