



Events

September

8 September 7:00 AM

White Mountain Century

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

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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

Vacant - President,

on the web: www.cascobaybicycleclub.org

CBBC riders on the MS 150

“So, are you riding in the Trek again this year?” As we make the transition from winter into spring, I’m frequently asked that question. Friends and acquaintances know I’m involved in an annual cycling fund-raiser, so it’s a natural leap to the well-known Trek Across



David, Mark, and Dave Collins

Maine, organized by the American Lung Association.

“No, I’m doing the MS Ride again this year,” I reply, “but maybe some year I’ll do them both!” The Trek numbers its cyclists in the thousands, the MS ride typically fields around 500. I’ve of-

ten wondered why this is, although with new management in place for two years now, the MS ride seems to be gaining. Participation was up significantly this year. The weather is often better for the MS ride, falling on the first weekend in August, and logistics are far simpler. The ride consists of two 75 or 50 miles loops (rider’s choice), each starting and ending at the St. Joseph’s College campus on Sebago lake. Saturday’s loop arcs north, through Hiram, Porter and Cornish, following many of the same roads as the CBBC Fryeburg Frolic century. On Sunday, it’s a trip south to the beach at Pine Point in Scarborough, near the breakwater (hence the name “Bike to the Breakwater”).

St. Joe’s provides dorm room accommodations, or if you prefer you can set up your tent on campus. Accommodations and meals are included in the \$40 registration fee, including a lobster dinner on Sunday. The minimum fund-raising requirement is \$250.

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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.

FMI Ken O'Brien
kob2@maine.rr.com

FRYEBURG FROLIC CENTURY

7:00 am - September 15, 2007

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 9/02/05.

FMI Ken O'Brien
kob2@maine.rr.com

For registration forms for both centuries visit:
cascoybaybicycleclub.org

22 Sept. Annual Tour de Beaches and Club Picnic
Mark your Calendars!!!

Mainer's summer continues after the tourists have left.

F u n ! ! ! F u n ! ! !

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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

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

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.

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The CBBC Club Ride and picnic this year is Saturday, September 22th. The picnic/cook-out 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, 20, 26-30 and 33 Miles.

Cost: CBBC members have free entrance to park, picnic and ride. For non-members: there is a \$5.00 suggested donation to cover food and the 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 swim-suit or wetsuit for body surfing.

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)

MS 150 from page 1
2007 was my 6th year riding in the MS150 Bike to the Breakwater. My brother Mark and I have made it an annual tradition, in support of our mother who lived with MS for much of her life. This year we were joined by my 17-year old son David. CBBC Vice President Kathy Potrepka headed up another contingent from the club, and took the initiative to register a CBBC team for 2008. Mark, David and I are already on it, and we'd love more club members to join us!

In 2005 and 2006 we were blessed with temperatures in the 70's both days of the ride, so we were due for something less than perfect this year. On Saturday we paid our dues, with temps hovering around 90 humid degrees. On Sunday, both temperature and humidity dropped, to everyone's relief. We followed the ride both days with a swim in Sebago Lake and a complimentary massage.

Maybe one of these years, I'll ride in the Trek Across Maine and see what all the excitement is about, but even if I do, I'll won't give up my MS150. I'll be riding the Bike to the Breakwater for many years to come - I hope to see you there!

Dave Collins



Kathy Potrepka, Steve Rioux, Susan Rioux, Andy Smith-Petersen



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 Galbraith 829-4447

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