



Events

June

13 - 15 ALAM's Trek Across Maine!

Sunday River Resort to the sea
180 Mile tour

Contact: Gale Auclair
trek@lungme.org
www.lungme.org
888.241.6566 x115

Join the 24th annual Trek Across Maine! From the mountains of Sunday River to the beautiful sea of midcoast Maine...ending in Belfast! A 3 day tour of scenic Maine, over 180 miles across the state. Register today www.lungme.org to support the mission of the American Lung Association of Maine.

This year Mick McGinn will be the team captain for the Casco Bay Bicycle Club team. To join the team contact him at: mainemick@msn.com

19 CBBC Meeting O'Naturals - Exchange St. Portland

Board meeting - 6:00 PM
Club meeting - 7:00 PM

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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

The May business meeting lacked a quorum, so there's not much official business to report.

If you are planning to go the Maine Bike Rally (July 11-13 in Fryeburg, ME) and want to get a discount on your registration fee, you can volunteer. Registration is \$50 with four volunteer hours and \$25 for eight volunteer hours. For a list of opportunities, look at the following link: <http://cascobaybicycleclub.org/volunteer.htm>.

Click on the "Volunteer Opportunities" link to see the schedule of when the help is needed.

It looks like there are still openings for Ice Cream Scoopers – that's a sweet job and you will also be very popular.

Kathy Potrepka was the ride leader for the start the season's Wednesday evening Yarmouth rides on May 7 with seven riders. The number of riders has been increasing as the weather gets warmer, although it hasn't been warm enough for anyone to suggest riding out to Cousins Island yet.

There's still time to join the CBBC MS 150 Team (August 2-3) team which now has about thirteen members. Remember that if you use the "refer a friend" process you can lower your fundraising minimum to \$150. Contact Kathy Potrepka (kcp@gwi.net) for details.

Four volunteers are needed to work at water stations and tables for the Community Bike Day Ride on June 29, at 8 am in Payson Park. It's to support the Bike Shop; the Bike Shop works with youths in Portland's Kennedy Park.

Next club business meeting is scheduled for June 19 at O'Naturals in Portland.



Ron Levere

**Casco Bay
Bicycle Club
Officers:**

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Ron Levere
levere@maine.edu
846-4844

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Board Members

Steve Gordon

Barbara Stebbins

Committee Chairs

Events Coordinators
Patty Medina
pmedina@usm.maine.edu

Mick McGinn
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Membership Coordinator
Dave Clements
207-657-5854
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Newsletter Editor
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stevogordo@hotmail.com

Events

July

11 - 13 Maine Bike Rally

Fryeburg, Maine

This three-day event features more than 30 rides to choose from both off-road and on-road, some as short as five miles, others 100 miles long.

Camping, food (including big breakfasts, picnic lunches and all-you-can-eat dinner), all rides, entertainment, and a bike rally T-shirt are included in the affordable, weekend price.

<http://www.bikemaine.org/mainebikerally/index.html> For Registration and info.

This year the Rally will be part of the National Bike Rally so we expect people from all over the country to participate. There will be great entertainment with three bands and a film of a French couple's trip through China and Tibet.

**White Mountain Century
Training Rides**

PINKHAM/EVANS NOTCHES
Date: 6/28/08 (rain date: 6/29)
Start Time 8:00AM Distance: 82 miles Start Point: Fryeburg swimming hole Leader: Colleen Koch Special Interest: Fresh spring water at the base of Evans PINKHAM/CRAWFORD NOTCHES Date: 7/26/08 (rain date: 7/27) Start Time: 8:00AM Distance: 77 miles Start Point: Attatash Parking Lot, Rt. 302, Bartlett Leader: ?? (Colleen and Joanne will be riding around the Bay of Fundy that week) Special Interest: Bretton Woods hotel (where the Group of 7 was created and world history made), fresh spring water right before Gorham

KANK 'N' BACK

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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.

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)

Training Rides

From page 2

Date: 8/30/03 (rain date: 8/31)
 Start Time: 8:00AM Distance: 69 miles Leaders: ?? Start Point: High school parking lot, Rt. 16, Conway (right before turn-off for the Kank)

If you're interested in doing any of these rides, please give a quick 'heads up' to Joanne Rawlings-Sekunda at mjrs@securespeed.net. Thanks, and hope to see you out there!

Events

July

26 Maine Lobster Ride & Roll

The Bicycle Coalition of Maine's fundraiser event. Ride along some of Maine's most scenic coastline choosing from 16, 30, 50, 100 mile loops to choose from with lobster roll luncheon at end.

Rockland High School
 Rockland, Maine

To Register: http://www.bikemaine.org/store/lrr_register_select.htm

August

2 - 3 MS 150

New Club event

Please plan ahead and plan to join us on August 2 and 3 at St. Joseph's College in Windham. Go to www.msmaine.org to sign up. Just do it!

Ride 50 or 75 miles a day for 2 days, you can do it! (They have a 25 mile option as well)

Kathy Potrepka is our team captain. If you have any questions contact her at: 799-0757
kcp@gwi.net

September

6 - 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

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



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