



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

Events

May

12-16 National Bike-to-Work Week, wherever you live to wherever you work

16 National Bike-to-Work Day, wherever you live to wherever you work

15 CBBC Meeting O'Naturals - Exchange St. Portland
Board meeting - 6:00 PM
Club meeting - 7:00 PM

24 Dave's Birthday Century
7:00AM meet at the United Methodist Church on Blackstrap Road in Cumberland. FMI Dave Clements: dclements@maine.rr.com 657-5854

30 7:00 - 9:00 PM
Portland Bicycle Commuting Meet Up
Network monthly social to discuss bike commuting topics of interest. Build community and promote bicycling for transportation. Contact: John Brooking: jbrk4_com@pobox.com

Continued on Page 2

President's Column



I think that by now most of us have ventured out of our cocoons to start off the biking season by getting out on the road. If so, you know you had better keep your eyes on the road looking for sand, cracks, potholes, bumps, etc.

Planning for the Maine Bike Rally, which will be combined with the National Rally for the League of American Bicyclists, is continuing. Ken O'Brien and Steve Gordon were at the last planning meeting to help plan rides. The Rally will be held July 11-13 in Fryeburg, ME.

If you volunteer you can get a discount on the entry fee, depending upon how many hours you work:
For more information on the volunteer schedule see the CBBC website at: <http://cascobaybicycleclub.org/volunteer.htm>

The Wednesday evening Yarmouth rides will begin on May 7 at 6 pm followed by food and drink at Romeo's afterwards.

The 2008 CBBC calendar has been published on the club website with a link to the calendar on the home page. It's easy to see the scheduled rides, so if you feel like leading your favorite ride see where it could fit into the schedule.

The CBBC MS 150 Team (August 2-3) team now has about eight members.
Remember that if you use the "refer a friend" process you can lower the fundraising minimum to \$150. Contact Kathy Potrepka (kcp@gwi.net) for details.

Continued on Page 3

**Casco Bay
Bicycle Club
Officers:**

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846-4844

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Barbara Stebbins

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Wed. Ride Coordinators
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Membership Coordinator
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207-657-5854
oldred4000@aol.com

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

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

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](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.

Continued on page 3

Bike Shops Offer Member Discounts

*Support the bike shops listed below. All offer CBBC members a ten percent dis-
counts 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. 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.

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)

President's Column

The Community Bike Day Ride has been moved to June 29, starting 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 May 15 at O'Naturals in Portland.

Ron Levere

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