



BIKE WAY

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

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on the web: www.cascobaybicycleclub.org

Events

March 08

20 CBBC Meeting

O'Naturals - Exchange St. Portland

Board meeting - 6:00 PM

Club meeting - 7:00 PM

Time to think about the wish list for the coming season

April

27 Great Maine Bike Swap - Portland

USM Sullivan Gym

10 AM to 2 PM

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.

Uptown Saturday Night Great Eats Great Fun

President's Column

Another successful CBBC winter potluck dinner took place again on Saturday, February 16. A question I wondered about was what to bring since there were no menu assignments. What happens if everyone brings, say, a dessert? I heard that it has never happened and things just work out. Sure enough, we had an assortment of great food.

Thanks go to: Patty Medina, for coordinating the event. Ken O'Brien, who made the rounds

to get door prize donations from local bike shops, ran the projector, ran out for soda, and other sundry tasks. Steve Rines, who arranged access to the facility. The kitchen crew who left the kitchen spotless. Everyone who pitched in to help make the potluck dinner event successful.



The highlight of the evening was entertainment.

We enjoyed the beautiful photos of Kathy's trips out west – bicycling in Glacier National Park and hiking in the Grand Canyon area.

Dave Collins added the musical touch with his guitar/vocal performance, then came the music of a trio consisting of Ken O'Brien on the keyboard, Chris Gaucher on the saxophone, and Dave Collins on

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March 2008

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Bicycle Club
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Uptown Saturday Night

the guitar and vocal.
Joanne entertained us with her first public performance of belly dancing with the tempo assist from the audience.

As far as the mystery event goes, we might have guessed that since Patty was the coordinator, that there would be some ballroom dancing involved, and there was: the meringue. Since I wasn't sure how to

spell "meringue" I looked it up and found the following description which I include for those who weren't there so you can see what you missed:

"a ballroom dance of Dominican and Haitian origin, characterized by a stiff-legged, limping step."



Back to some club business. The membership has made it clear that they would like to have more destination and special rides sponsored by the club. We have more than enough suggestions – the problem is which ones to sponsor and who will take responsibility for the planning and leading them.

Let any board members know if you would like to help.

Next club meeting is scheduled for March 20 at O'Naturals in Portland.

Ron Levere

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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

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

Rides are done for the year. They will return in May.

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)

NEW Challenge for 2008

This is your invitation to join the new CascoBay Bicycle Club MS 150 team. Wait a minute, this is a challenge to try something new! Perhaps you have dreamed of riding 50 or 75 miles a day for 2 days, you can do it! (They have a 25 mile option as well). Some say "I don't raise money for charities", and I say bicyclists have a heart and help others fueled by using our passion for riding. Yes, you need to raise funds, yet last year there were special deals for first time riders to lower the minimum. Give this a chance. Yes, you may ride at your own pace, if you prefer.

This will be my tenth year for participating in the MS 150 and I hope it will be a special year with our club participation. I started because two former MMC coworkers who also are bicyclists are very involved in this ride, and I wanted to help them fight this disease thru the MS Society. I truly enjoy the Sunday route from St Joseph College down to Pine Point and back. The participants

are very friendly and the event is very well run by lots of volunteers. This past year, Steve and Sue Rioux, Andy Smith-Peterson and I rode together and encouraged each other forward through heat and flat tires. Dave Collins and family naturally ride faster and were ahead somewhere. This group requested to form a team and we are acting on it. I am the captain for this team. 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!

Kathy Potrepha
Uptown Saturday Night



Photos by Steve Gordon



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