In this issue:
- Photo from last summer (to keep this newsletter from being too plain)
- Message from our President on group rides
- Group Rides (ON HOLD UNTIL FURTHER NOTICE)
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- BCM events (Webinar)
- Weekly Rides (ON HOLD UNTIL FURTHER NOTICE)
- Links

Photo from one of my group rides in San Diego

Message from our President
“There have been posts on our Facebook page about people getting together for bike rides. I want to make sure that everyone understands the clubs status during the current healthcare crisis. Although we don't want to tell people what they should or shouldn't do, we do want to stress that there are NO club sponsored rides until further notice and that Casco Bay Bicycle Club is not supporting group rides of any kind until the current crisis is over. If individuals decide to ride with others on their own they do so at their own risk.

Thank you and please stay safe and healthy!”

Steve Capriola
Board Meeting (Virtual)
Tuesday, April 14th at 6 PM
On-line: Google groups
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2020 BCM EVENTS

Note: Your rides/events can be added to the Bicycle Coalition of Maine Events calendar by emailing the ride/event info to info@bikemaine.org.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Bicycle Coalition Events</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 8</td>
<td>8:00am-9:00am</td>
<td><strong>BCM Webinar: Bicycle Rodeo Training</strong></td>
<td>Webinar</td>
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<tr>
<td>Apr 8</td>
<td>9:00am-10:00am</td>
<td><strong>BCM WEBINAR: BICYCLE &amp; PEDESTRIAN SAFETY EDUCATION</strong></td>
<td>Webinar</td>
</tr>
<tr>
<td>Apr 19</td>
<td>12-4:00p.m.</td>
<td><strong>Maine Beer Company Bike Drive: CANCELLED</strong></td>
<td>Rt 1 Freeport, ME</td>
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<tr>
<td>Apr 26</td>
<td>10am-6pm</td>
<td><strong>Great Maine Bike Swap: CANCELLED</strong></td>
<td>USM 66 Falmouth St Portland, ME</td>
</tr>
<tr>
<td>Apr 29</td>
<td>3:00pm-4:00pm</td>
<td><strong>BCM WEBINAR: BICYCLE &amp; PEDESTRIAN SAFETY EDUCATION</strong></td>
<td>Webinar</td>
</tr>
<tr>
<td>Apr 29</td>
<td>4:00pm-5:00pm</td>
<td><strong>BCM Webinar: Bicycle Rodeo Training</strong></td>
<td>Webinar</td>
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</tbody>
</table>

Weekly rides: (ON HOLD)

Sunday morning ride in Gorham (ON HOLD)
Departs 9:00 AM year-round. Meet at the Field House on the USM campus. (Take Route 114 north from the intersection with Route 25 in the middle of town. At blinker, 1/4 mile, turn left, field house is the second building on right.) No set mileage. Usually closer to 20 miles in the winter and 35 miles in the summer. No set pace. Determined by slowe pace called for by any individual attendee that week, down to about 12-13 mph average (~15-16mph flat ground cruising). FMI contact Ken at 207-415-0364 or kob22225@mac.com.

Monday morning ride in West Falmouth (new for 2019)
Departs 9:00 am from the Falmouth Community Park on Winn Road. Distances will be 25 to 35 miles, and in keeping with club tradition will usually include a stop for something to eat, either during or after the ride.

Wednesday evening ride in Yarmouth
Departs 6:00 PM May – August; 5:45 in September. Meet at the south end of the Hannaford Supermarket parking lot (beyond TD Bank). 15-20-mile ride at a moderate (12-15 mph average) pace. Romeo’s Pizza after the ride for something to eat and drink.
FMI, contact cbbc-board@googlegroups.com. Sign up to lead a Wednesday ride.

Steve Buxton is also offering a “learn to group ride” session and ride on the first Wednesdays of May, June, July, August and September. This ride leaves from the same location and at the time as the regular ride. Participants are welcome to join the group afterward at Romeo’s! For more information, contact Steve at smarkbux@gmail.com or text 207-632-4191.

**Thursday evening ride in Westbrook**
Departs 6:00 PM May – August; 5:45 in September. Meet at the Westbrook Common. The Thursday evening ride is centrally accessible in Westbrook. The format will be essentially the same as our Wednesday night ride – a 12 to 20-mile ride at a moderate pace, followed by something to eat and drink. FMI contact Janice Musacchio at murdoch@maine.rr.com.

**Saturday Morning ride in West Falmouth**
Departs 9:00 AM May through September; 10:00 AM in October (please consult our calendar: no rides when some other club rides are scheduled...such as York Beaches or Fryeburg Frolic). **Our new start location is at the Falmouth Community Park at 19 Winn Road, Falmouth.** Rides are generally from 25 to 35 miles with mostly a moderate pace and moderate terrain. Stops during the ride or after the ride at Maddens Bar & Grill for food and drink. FMI contact Steve Capriola at sjcapri@maine.rr.com. **Volunteer to lead a Saturday ride***

**Club Discounts:**

*Thank you to these shops for offering a discount to club members! (See shop for details.)*

![Gorham Bike & Ski](image1.png)
![BNS Cycle Mania](image2.png)
![Ernie's Cycle Shop](image3.png)

**Links:**
Casco Bay Bicycle Club: [http://cascobaybicycleclub.org/](http://cascobaybicycleclub.org/)
Road Bike Rider: [http://www.roadbikerider.com/](http://www.roadbikerider.com/)