In this issue:

- Feature presentation
- Group Rides (ON HOLD UNTIL FURTHER NOTICE)
- April Board Meeting (ONLINE)
- BCM events (Webinar)
- Weekly Rides (ON HOLD UNTIL FURTHER NOTICE)
- Links

**Feature Presentation: Cycling in Oregon**

Since there isn’t much to report on the cycling front (other than “CANCELLED”), I thought it might be nice to hear about cycling adventures from around the country, as well as around the globe. I will start out this issue with some photos and items of interest while cycling in Oregon this past summer.

Portland Oregon (also known as the Rose City) has about the same population as Boston, so it is a big city. What’s unique about this city is that it is split down the middle by the Willamette River, and both sides have a bicycle / walking path. The West side has the downtown and the waterfront park. The East side bike path has a floating bridge. There are 14 bridges crossing this river, and most of them can be crossed by bicycle. One of the newest bridges allows only bicycles, pedestrians, and trolleys. This city is extremely bicycle friendly.
This is an intersection with a light dedicated to bicycles. When the traffic light (that’s in the shape of a bicycle) turns green, you are then allowed to cross the intersection diagonally.

Here are two of my cycling buddies waiting for their turn to cross. You can see the bike path directly behind them.
This is Multnoma Falls. It’s about 30 miles South-East of Portland. A great cycling destination in the Mt. Hood Columbia Gorge Region. Overall, my cycling experience was a memorable one. We had rainy days and very hot humid days, but overall, the weather was very nice and I was able to experience some breath taking views. I even had a close encounter with a huge elk in the North-West corner of the State. I wish I had taken a picture of it, but wasn’t sure if they were as aggressive as a moose or not, so I didn’t dare go back to attempt a picture.

A shipwreck (or what’s left of it) on the Oregon coast.
This is the bicycle I bought while in Oregon. It’s a 21 speed. Not as fast as my Felt bike, but sufficient to keep up with the cycling groups. It was cheaper than renting one (or flying my other bike back and forth). Plus I was able to make someone very happy when I donated it to them before I left.

Just remember, when you travel, be very diligent and aware of where you park your bicycle, and how secure you need to make it. This poor soul lost a very expensive bicycle when it was “locked up” outside a shopping mall.

So there you have it. A brief idea of what it’s like cycling in Oregon. Let me know if you have any photos and/or stories you would like to share during this time of sparse cycling events.

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**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 19</td>
<td>12-4:00pm</td>
<td><strong>Maine Beer Company Bike Drive</strong>: CANCELLED</td>
<td>Rt 1 Freeport, ME</td>
</tr>
<tr>
<td>Apr 26</td>
<td>10am-6pm</td>
<td><strong>Great Maine Bike Swap</strong>: CANCELLED</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>
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**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 slowest 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) (ON HOLD)**
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 (ON HOLD)**
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 (ON HOLD)**
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 (ON HOLD)**
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

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**Club Discounts:**

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

![Gorham Bike & Ski](Gorham_Bike_and_Ski.png)
![BNS](BNS.png)
![CycleMania](CycleMania.png)
![Ernie's Cycle Shop](Ernie's_Cycle_Shop.png)

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