In This Issue:
Upcoming MillCreek picnic ride
Welcome to new members
Garmon safety radar
Upcoming Board of Directors Election

Photos from this week’s rides

Social Distancing at Cumberland Food Company
Saturday morning we had 10 riders

Taking a break at Cumberland Food Company
Relaxing after a scenic coastal ride on Rt.88 through Falmouth and Yarmouth. Of course, rumor has it the lead group averaged over 17.5 MPH. So I’m not sure how much scenery they were able to enjoy.

Our normal Monday morning ride was anything but normal.

Let’s see, water bottle? Check; Tire pressure? Check; Route map? Check; Shaded meet-up spots? Check; Air Conditioner swap? Check; (wait….what?) You’ve got it. A CBBC first (and hopefully our last).

At our first meetup spot, at the end of a shaded driveway, a very nice older lady came outside to offer us some water, and to make sure we were all set. After thanking her, she then went inside, and we were commenting on how thoughtful she was. However, before we had a chance to re-saddle, she came back outside and asked if a couple of us “strapping young men” could help her move something. So Steve and I went to check out what she wanted moved, and it turned out to be removing an air conditioner from one window, then swap out another one. It only took about 5 minutes, and we didn’t mind helping her out, but the moral of the story is: “choose your meetup spots wisely”.

Pineland Farms rest stop
No photos from our first Wednesday ride, but according to Steve “Good ride last night. 8 showed up, one had to drop out before the ride and a new rider, not a club member, took a wrong turn early in the ride and wasn’t seen again. Basically ended up with 6 riders.”

Thursday night ride out of Westbrook with 8 riders

<table>
<thead>
<tr>
<th>Milcreek Club Picnic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our club picnic is coming right up on Sunday August 23!</td>
</tr>
<tr>
<td>Our 29 mile 2020 Club picnic will begin and end at Millcreek Park on Cottage Rd in South Portland. We will be riding to several light houses and beaches. Those who wish to extend the ride can use the Eastern Trail to go to Bug Light Park (about 2 miles each way) and return for the picnic. Social distancing will be practiced at all times to keep everyone safe.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Garmin Safety Radar</th>
</tr>
</thead>
<tbody>
<tr>
<td>I purchased a Garmin Edge 830 GPS device for my bicycle, and then learned that they also made Garmin tail lights equipped with radar that will detect vehicles approaching from behind. It gives three quick beeps, and then turns the side of your Garmin screen orange. You will then see a white dot traveling up the right side of your screen, and it will move towards the top signaling how close the vehicle is behind you. If more vehicles appear before the first car clears, additional dots will appear on your screen. Once the last vehicle has cleared, your screen will turn green, signaling the coast is clear. They cost around $150 without the tail light, and $200 with the tail light. I bought mine while they offered a discount from Trek Across Maine. It’s well worth the price; especially if you do a lot of solo riding on back country roads where it’s easy to daydream while enjoying nature, only to be suddenly jolted back to reality by the horn</td>
</tr>
</tbody>
</table>
of an approaching car you didn’t see coming. It even has side radar that will detect cars approaching from side roads.

- Rearview radar with tail light provides awareness of vehicles approaching from behind up to 153 yards (140 meters) away
- Pairs seamlessly with your Edge bike computer and compatible smartphone as well as select Garmin wearables or the radar display unit
- When used with your compatible smartphone, the Varia app provides graphics — plus tone and vibration alerts — that indicate approaching cars
- When used with a compatible smartphone, Varia radar integrates with third-party apps such as Ride with GPS to overlay your maps with rearview radar alerts
- Daylight visibility up to 1 mile alerts motorists to your presence as soon as possible
- Compact vertical design mounts easily to most road-use bicycles
- Peloton mode provides a low-intensity light flash that is perfect for cycling in groups
- Battery life: up to 16 hours in day flash mode, up to 6 hours in solid mode

---

**September Board Meeting (Virtual)**

Tuesday, September 8th at 6 PM

*On-line: Zoom video call*

---

**Board of Directors Elections**

Elections for our club’s board of directors for the upcoming year is coming up next month with final voting and installation of officers to occur at our annual meeting in October. The slate of officers is as follows:

- President –
- Executive Vice President –
- Operations Vice President –
- Secretary –
- Treasurer –
- At Large –
- At Large –

If you or someone you know is interested in running for a board position please let us know and we will add the name(s) to this list. Please specify what position you are interested in.

We would like to thank the nominating committee, in particular, Kathy Potrepka for putting this slate of prospective officers together.
More details will be coming on the election process and the October annual meeting.

Welcome New 2020 Members

Fred Robie, Freeport, ME
Michael Mannion, Falmouth, ME
Steve Fielding, Portland, ME
Uwe Uhmeyer, Gorham, ME
George Larose, Portland, ME
Cynthia Kralik, Furlong, PA
William Diffenderfer, Hollis, ME

Monday morning ride in West Falmouth
Departs at 9:00 AM from the Falmouth Community Park on Winn Road. The ride can be found on the Monday Rides sheet. For more information contact: klwest382@gmail.com, 207.400.5989

Wednesday evening ride in Yarmouth (Group rides have resumed)

Other Links

CBBC Website
CBBC Membership form
Road Bike Rider
https://www.bikemaine.org/
Departs at 6:00 PM. 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.

**Wednesday **beginner ride will be September 2\(^{nd}\)**
Distance and pace will be based on the rider’s ability. This ride will be continued the first Wednesday of every month through September if the trial period for group rides is a success. For more information contact Steve Buxton at smarkbux@gmail.com or text 207-632-4191.

**Thursday evening ride in Westbrook**
Departs at 6:00 PM. Meet at the Westbrook Hannaford. The ride will be 14-20 miles at an easy to moderate pace. For more information contact Janice Musacchio at murdoch@maine.rr.com.

**Saturday Morning ride in West Falmouth** *(Group rides have resumed)*
Departs 9:00 AM from 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. FMI contact Steve Capriola at sjcapri@maine.rr.com; or Jim Hamilton at jimham1@gwi.net (207) 841-1388

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