August Issue #4  
08/21/20 Newsletter

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Unique Adventures in Cycling
2020 CBBC Picnic at Millcreek
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Photos from this week’s rides

Taking a break at the Cousin’s Island boat landing on Saturday. Overlooking Little John’s Island.

Overlooking Chebeague Island and the boat ramp. We had 7 riders for this ride. Steve and Mike were busy changing a flat tire, so were unavailable for this photo.
Rolling down to the boat landing

Social distancing at Cumberland Food
In the photo above, we were helping to fix a bicycle issue, which is par for the course in our NORMAL cycling activities. However, the past two Monday’s were quite unusual, where Steve and Jim were found to be in very unique circumstances. Last Monday it was to swap out a woman’s air conditioners, but this Monday was a little more dramatic. Responding to what sounded like a car accident at the intersection by Cumberland Food, we discovered a truck carrying corrugated roofing on top of it had to stop suddenly at a red light, causing the roofing material to slide off the truck and “crash” into the intersection in front of it. So we immediately went to his aid and helped him remove the material from the roadway, thereby inheriting the nick name “Two Men and a Bike”.

Relaxing at Cumberland Food
Wednesday night ride out of Yarmouth with 8 riders

Our club picnic is coming right up this Sunday August 23!

Hi Everyone,

2020 CBBC picnic Sunday August 23, Millcreek Park, South Portland  https://ridewithgps.com/routes/33753143

29 mile ride leaves 9:15 to beaches and lighthouses

Bring your own food, chair, mask for picnic in shade in park, social distance, after ride

Thursday night ride out of Westbrook had 8 riders.
Let's get together and enjoy warm weather with bicycling friends!

Meet in park across street from Hannaford Millcreek on Ocean St for sign in and picnic.

Folks may bring their own food or purchase takeout from Mr. Bagel, Solo Cucina Market, or the Asia Chinese restaurant. Bathroom and food are also available in Hannaford.

Thanks,

Kathy Potrepka

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**September Board Meeting (Virtual)**

Tuesday, September 8th at 6 PM

On-line: Zoom video call

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**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 preparing a slate of prospective officers that will be submitted for a vote by our members in the near future. 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

Other Links
CBBC Website
CBBC Membership form
Road Bike Rider
https://www.bikemaine.org/

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)
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\textsuperscript{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.)