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Saturday starting point change
Upcoming Elections
Three courses offered at RSU-5
Wednesday and Thursday night 5:45 time change

Photos from this week’s rides

Taking a break at Higgins beach while on our Millcreek picnic ride on Sunday
Millcreek starting line on Sunday. We had 10 riders.

Pow-wow in Freeport. We had 10 riders on this Saturday morning ride.
Saturday rest stop at Falmouth Foreside
Monday morning ride out of Westbrook with 10 riders.

Wednesday night ride out of Yarmouth with 7 riders.

Thursday night ride out of Westbrook with 6 riders.
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<tr>
<th>Saturday Starting Point Change</th>
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<td><strong>This Saturday’s ride will be starting at Houston Park</strong></td>
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<td>Due to soccer season starting up, we will no longer be allowed to park in the Falmouth Community Park. Consequently, we are looking for an alternate start location. Houston Park, which is only one block from the community park, and located directly behind the fire station, will be our start location for this coming Saturday <em>(weather permitting)</em>. There are about 20 parking spaces there, as well as a portable bathroom. We are looking at other places for future rides, but Houston Park appears to be our best option at this time.</td>
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<th>September Board Meeting (Virtual)</th>
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<td><strong>Tuesday, September 8th at 6 PM</strong></td>
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<td><strong>On-line: Zoom video call</strong></td>
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<th>Board of Directors Elections</th>
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<td>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:</td>
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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. |
The following three courses will be led by an instructor from the Bicycle Coalition of Maine. Cost is $15 for each class at RSU5

Contact: 207-865-6171

Mechanics class is virtual:


Traffic Safety is at the Freeport Town Hall:

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BICYCLE TRAFFIC SKILLS 101 – OPTION 1
September 1, 2020 @ 5:30 pm – 7:30 pm

This is a condensed version of our 9hr Traffic Skills 101 Course. During the first half of the class we’ll review safe/correct helmet use, bicycle fit, clothing, and the 15 second ABCQ before moving onto an overview of essential Maine bicycle laws & best practices that keep us safe and mindful while on the road or trail. The remaining time will be an on-bike practicum of basic bicycle-driving techniques (e.g., starting/stopping, shifting, braking) and/or advanced crash avoidance maneuvers (e.g., emergency stop, quick turns). Instruction will be participant dependent and we’ll strive to ride within individual comfort levels. Bring your bicycle & helmet.

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BICYCLE MECHANICS 101: CARING FOR YOUR RADICAL BICYCLE
September 2, 2020 @ 7:00 pm – 8:00 pm

Class 1: We’ll discuss the ABC Quick Check, types and operation of tools and materials for road side repair, and post-ride / off-season bicycle maintenance.
Class 2: Fix-a-flat! Learn how to perform a roadside flat tire repair. We’ll review the use of flat repair kits as well as how to use common household items and recycled materials.
Have your bicycle and any mini/pocket tools you might have (pump, multitool, etc) handy and ready to use.

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Monday morning rides
Departs at 9:00 AM from various locations. Please check the website for current location. The ride can be found on the Monday Rides sheet. For more information contact: klwest382@gmail.com, 207.400.5989

Wednesday evening group ride in Yarmouth (NOTE: September time change)
Departs at 5:45 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. Last ride of the season will be September 2nd
Departs at 5:45 PM. Pace will be based on the rider’s ability. This will be the last beginner ride of the season. For more information contact Steve Buxton at smarkbux@gmail.com or text 207-632-4191.

Thursday evening ride in Westbrook
Departs at 5:45 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 (NOTE: New start location)
Departs at 9:00 AM from Houston Park, located behind the fire station near at the corner of Falmouth and Winn Roads. 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 jimbham1@gwi.net (207) 841-1388
Thank you to these shops for offering a discount to club members! (See shop for details.)