





## Weekly Rides

Wednesday Nights-Get your lights and join us for our Wednesday night rides

We will be leaving from Payson Park in Portland. Meet at the basketball courts. (2/3 - L/M). We usually stop for supper at the end of the ride. Call 828-7990 for info.

Thursdays - CBBC ride (Portland) 2nd and 4th Thurs. of the month

Leave from *Back Bay Bicycle Shop* on Forest Ave. in Portland.

20-30 miles 2/3 /M For Info call Steve Gordon: 828-7990 e-mail [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com) or talk to Kris Clark at Back Bay Bicycle

Saturdays-----CBBC ride (Yarmouth); 9:00 AM All year ride (2/3-M-15/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, contact Dave Clements. 657-5854

Sundays—9:00 AM. (2/3-L/M/B-20-50 miles), CBBC ride (Gorham); meet at the USM Field House on the Gorham Campus. Take Route 114 North from the intersection with Route 25 in the middle of town. At the blinker, 1/4 mile, turn left, field house is the second house on the right. FMI, contact Ken O'Brien 839-5468

### Ride Key

#### TERRAIN

- 1 = Flat with a few easy grades
- 2 = Flat with a few rolling hills
- 3 = Rolling to moderate grades
- 4 = Rolling with some steep grades

#### PACE

- F = Family (less than 9 mph)
- L = Leisurely (9 - 12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

## A Conversation With Dave Clements

By Dave Collins

I caught up with out-going president Dave Clements last September at the annual Casco Bay Bicycle Club picnic at Crescent Beach. The weather was fantastic, as was the ride, and Dave was in top form, hawking Casco Bay Bicycle Club cycling jerseys. Between some very creative sales pitches, Dave was chatting up new members and musing on the ballots being distributed to elect new club officers. .

I first met Dave 3 years ago when I discovered Casco Bay Bicycle Club. Dave was the leader of a Saturday morning ride leaving from the Hannaford Brothers store in Yarmouth. Dave had us all introduce ourselves, and then went over the route and safety guidelines. His banter was relaxed and friendly and set the tone for the ride. Along the way, Dave made sure everyone was aware of the route and that no one was dropped. The ride was followed by breakfast at Sharon's Restaurant where Dave ordered his signature ham steak and eggs. I was convinced then and there that I'd found the cycling club I was looking for.

Dave served the club 8 years as president, starting in 1998 when he was "persuaded" to run for the office. He presided over a period of growth and definition of the club's character as a family-oriented club. There were 90 members when Dave stepped in and there are now over 112. Not dramatic growth perhaps, but as Dave points out, this coincided with a rise in the number of cycling clubs sponsored by local bike shops. When Dave describes the mission of Casco Bay Bicycle Club he says "we're not a racing club, we're a family club". Our

mission is simple - to ride bicycles and enjoy it. Not only do we bike, but we have picnics and the annual Christmas party and other events. There's lots of camaraderie. In fact today, we signed up 2 new members. And I sold three jerseys! These Jerseys are very high quality. They're Italian cut. At 35 dollars they're a very good buy." (Author's note - these jerseys are still available and would make an excellent holiday gift - contact Dave to make your order.)

Dave made safety a priority right from the beginning. He worked with the board to make wearing a helmet on club rides mandatory. He also made available a club-issued identification card. "Every time you renew your membership, you get an emergency card to be carried on your person or your bike. If you do have an accident we can figure out who you are, where to take you and who to contact.

Dave was persuaded to "run" for president for 8 years, but this year he finally did some persuading of his own, and as a result we have a new president in Dave Galbraith. Dave (Clements) said "I think we're so lucky to get Dave Galbraith, because he's very intelligent with a sense of organization, and we need organization. He's a planner for the city of Auburn."

In looking back Dave said, "I had a good board that absolutely took care of the club. We needed someone to be there at the point I took it over to guide it. I just hope I did an okay job, and I know that Dave Galbraith is going to do an excellent job. I'm staying on a treasurer, so I'll still have my hand in it. I had a great time!"

Thank you Dave for all that you've done for the club - it's been a great ride!

*Dave Collins*



# BIKE WAY

CBBC - P.O. Box 10523  
PORTLAND, ME 04104

PLACE  
STAMP  
HERE

First Class

**Notice:** check the date below your address on the mailing label of this newsletter and renew before that date.

**CBBC meetings** are held on the third **Thursday** of the month at 7:00 PM. FMI, Call Dave Clements at 875-2589

**Casco Bay Bicycle Club Application Form**

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_

**(E-Mail)** \_\_\_\_\_

Include me on the CBBC e-mail distribution list: Yes \_\_\_ No \_\_\_

I acknowledge that there is inherent risk of bodily harm in participation in any bicycling event and agree to assume all such risks. I hereby release and hold harmless Casco Bay Bicycle Club as well as their officers, organizers, ride leaders, sponsors and individuals for all claims, causes of action liabilities out of my participation in Casco Bay Bicycle Club events. I am at least 16 years of age and agree to obey traffic laws and rules of the road.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Membership:** Individual rate - \$15.00 New \_\_\_\_\_ Renewable annually in the \_\_\_\_\_  
Family Rate - \$25.00 Renewal \_\_\_\_\_ month originally joined

**For Club use:**  
Member # \_\_\_\_\_  
Date paid \_\_\_\_\_  
Amt. Paid \_\_\_\_\_  
Expires \_\_\_\_\_

**Mail to:**  
CBBC  
P.O. Box 10523  
Portland, ME 04104