



# BIKE WAY

**NEWSLETTER OF THE CASCO BAY BICYCLE CLUB**

**SERVING THE SOUTHERN MAINE BICYCLING COMMUNITY**

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Steve Gordon - Editor, 828-7990 [stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)  
 Dave Clements- President, 657-5854 [oldred4000@aol.com](mailto:oldred4000@aol.com)  
 on the web: [www.cascobaybicycleclub.org](http://www.cascobaybicycleclub.org)

## Events

### December

12 Portland Bicycle-Pedestrian  
Advisory Committee  
6:00 PM, Room 209, City Hall  
Steve Gordon 828-7990  
[stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

### CBBC

**ANNUAL HOLIDAY PARTY**  
**Thurs. Dec. 15, 2005**

**at Verrillo's Resturant**  
**Portland**  
**York Room**

Behind Howard Johnson's  
(Exit 48, formerly Exit 8)  
Happy Hour 5:30, Dinner 6 PM

CBBC Sponsored Event  
Cost to members: \$10  
Non-members: \$19

Please bring a gift under \$5.00  
for a fun Yankee swap.

We need the head count ASAP  
so please contact Patty Medina

[pmedina@usm.maine.edu](mailto:pmedina@usm.maine.edu)

Unless you RSVP you won't  
be in the "in crowd"

## Marvelous Club Picnic



A clear blue sky, warm temperatures, fabulous food and the camaraderie of almost 40 club members combined for a marvelous club picnic held September 24 at Crescent Beach State Park. This was an interclub event, so we were glad to see Bob Bruce from Merrymeeting Wheelers. Thank you to all attendees and all who assisted during the day. It is great to see bicyclists from Wednesday night, Saturday morning and Sunday morning rides gather together for a joyous outing.

Lime green vests and jackets were common as thirty-plus riders set out on a circuitous route around Cape Elizabeth and Scarborough. Thanks to Roland Lavigne, Steve Rines and Turk Duddy, the guards at corners to keep riders from going astray. Ken O'Brien has a great picture of the group as we took a rest stop by the Pleasant Hill Fire Station. Did you notice the various beach names, restaurants, cemeteries along the way? Bicyclists often slow down and notice

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# Casco Bay Bicycle Club

## Officers:

### President

Dave Clements  
657-5854  
oldred4000@aol.com

### Executive Vice President

Melissa Mirarchi  
878-0905  
[percival@maine.rr.com](mailto:percival@maine.rr.com)

### Operations VP

Ken O'Brien  
839-5468  
kob2@maine.rr.com

### Treasurer

Turk Duddy  
838-6834  
cbbc@rjduddy.com

### Secretary

Jody O'Farrell  
207-657-5854  
loonsong@maine.rr.com

## Board Members

Steve Gordon

Roland Lavigne  
[MyMashu@worldnet.att.net](mailto:MyMashu@worldnet.att.net)

## Committee Chairs

### Events Coordinator

Melissa Mirarchi, assisted by  
**Nancy Shedd - Party Coordinator**  
[nshedd@maine.rr.com](mailto:nshedd@maine.rr.com)

### Wed. Ride Coordinators

Barbara Stebbins/Ron Levere  
846-4844  
[stebbins@usm.maine.edu](mailto:stebbins@usm.maine.edu)  
[levere@usm.maine.edu](mailto:levere@usm.maine.edu)

### Membership Coordinator

Ken O'Brien  
839-5468  
kob2@maine.rr.com

### Newsletter Editor

Steve Gordon 828-7990  
[stevogordo@hotmail.com](mailto:stevogordo@hotmail.com)

details, so we soon had winners during a contest held upon our return to the park for the picnic lunch.

Mick McGinn, "Chef of the Day", brought his grill to serve up various types of burgers and hot dogs, along with colorful salads, chips, juices and sodas with a birthday cake (for Jeanne McGinn). Patty Medina was the event coordinator for the day with route selection, games at the picnic and the food. Great job, Patty!

Dave Clements unveiled brand new club jerseys with our club logo and various sponsors. Please purchase one to prepare for next season. Hope to see you next time!

*Kathy Potrepha*

## **Join TEAM CBBC and ride in the ALA's "TREK ACROSS MAINE"!**

It is not too soon to start thinking about riding next year!!

The CBBC has already formed a team for the trek. Join Us: Here is how: go to [www.mainlung.org](http://www.mainlung.org)

1. Sign up as an individual and then click on teams.
2. Under "how did you hear about the trek?" Make sure to put down the Team Captain's name: Patty Medina.
3. Add your name to the Casco Bay Bike Club Team.
4. Join our team and receive a CBBC TREK 2006 commemorative jersey. You will not only be riding with a marvelous group of people but look good doing it. (Ed.)

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## **Bike Shops Offer Member Discounts**

*Support the bike shops listed below. All of offer CBBC members ten percent discounts on gear and accessories (unless otherwise specified)*

### **Allspeed Bicycle & Ski**

1041 Washington Ave. Portland, ME  
878-8741, [www.allspeed.com](http://www.allspeed.com)

### **Cycle Mania**

59 Federal St. Portland, ME  
774-2933, [www.cyclemania1.com](http://www.cyclemania1.com)

### **Back Bay Bicycle**

333 Forest Ave., Portland, ME  
773-6906, [www.backbaybicycle.com](http://www.backbaybicycle.com)

### **Ernie's Cycle Shop**

105 Connant St, Westbrook, ME  
854-4090 [bike\\_boy2002@yahoo.com](mailto:bike_boy2002@yahoo.com)

### **Bath Cycle & Ski**

U.S. Route 1, Woolwich, ME  
1-800-245-3626, [www.bikeman.com](http://www.bikeman.com)

### **Gorham Bike & Ski**

1440 Congress St. Portland, ME  
773-1700, [www.gorhambike.com](http://www.gorhambike.com)

### **Cape Able Bike Shop**

83 Arundle Rd. Kennebunkport, ME  
1-800-220-0907 [www.mnetwork.com/cape-ablebike](http://www.mnetwork.com/cape-ablebike)

### **Haggett's Cycle Shop**

34 Vannah Ave., Portland, ME  
773-5117 Offers 10% discount on all purchases

### **Rainbow Cycle Center**

1225 Center St. Auburn, ME  
1-800-244-7576, [www.rainbowbike.com](http://www.rainbowbike.com)

## Weekly Rides

**Wednesdays**— Casco Bay Bicycle Club ride (Yarmouth) ; 6:00 PM (2/3-L/M - 13/25 miles), Yarmouth, Hannaford(Shop'n Save) Plaza, Route 1. FMI, call Barbara Stebbins or Ron Levere. 846-4844

stebbins@usm.maine.edu Ends 9/28  
**The Yarmouth rides are done for the year. They will resume in May of next year**

### Wednesday Night Rides

Will start Oct 5 6:00 PM leaving from Payson Park in Portland. Meet at the basketball courts which have lights. (2/3 - L/M). Rides will continue until snow and or ice make the riding too dangerous. We usually stop for supper at the end of the ride.

**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 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), CCBC 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

## Calling all TREKERS

If you want more information email [pmedina@usm.maine.edu](mailto:pmedina@usm.maine.edu)  
 Here is the websites info: <[http://www.mainelung.org/bike\\_treks/home\\_trek.htm](http://www.mainelung.org/bike_treks/home_trek.htm)>

Register now for Trek 2006!

June 16-18, 2006  
 What is the Trek?

Trek 2006 - The current count is 940 riders. Registration is Limited

What is the "Trek Across Maine"?

It is a bike ride that makes a difference, by improving the quality of life for Maine families living with lung disease. Pledges raised are used to support educational programs, advocacy efforts and research here in Maine. Nearly 1650 riders trek 180 miles (average 60 miles per day) across scenic Maine. We start at the mountains of Sunday River Ski Resort in Bethel and finish in the city of Rockland at Snow Marine Park overlooking the sea. Email us for more information! [sgrenier@mainelung.org](mailto:sgrenier@mainelung.org)

## Milage

First_name	Last_name	miles
Steve	Gordon	1381
David	Clements	1147
Roland	LaVigne	1113
Kenneth	O'Brien	641
Don	George	514
Mick	McGinn	527
Kathy	Potrepka	437
Stephen P.	Rines	435
Patty	Medina	454

Jeff	Merrill	380
Joanne	Rawlings-Sekunda	367
Jane	Merrill	299
Eric	Dunn	363
Ronald	Levere	280
Lester and Dale	Prue	267
Anton	Gulovsen	234
Jody	O'Farrell	256
Albert	Kolodji	222
Jill	Weybrant	215
Amy	Barnes	196
Nancy	Shedd	185
Scott	Proctor	180
Tammy	White	180
Janice	Musacchio	178
Margaret	Guthrie	172
Bryan	Lewis	256
Jean	McGinn	142
Colleen	Koch	141
Meg	MacLeod	130
Steve & Peggy	Shapiro	98
Wendy	Fisher	90
James	Baron	84
Michael	Detscher	79
Mark	Sauerwald	77
Vincent	Fierro	70
Anne	Murphy	70
Gene	Ehlers	64
Susan	Rioux	63
Chris	Gutscher	52
Michelle	Taylor-Harris	49
Jane	Danielson	48
Ellen	Call	46
Karen	Abbey	36
David	Galbraith	36
Joan	Gray	36
Phil	Upton	36
Theresa	Upton	36
Stephen	Rioux	34
David	Collins	34
Sherry	MacKinnon	30
Mary C.	Williamson	28
Mary Ellen	McGuigan	23
Gary	Davis	22
Beth L.	Donald	20
Richard & Andrea	Hall	20



# BIKE WAY

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

## 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\_\_

#### For Club use:

Member # \_\_\_\_\_

Date paid \_\_\_\_\_

Amt. Paid \_\_\_\_\_

Expires \_\_\_\_\_

#### Mail to:

**CBBC**  
**P.O. Box 10523**  
**Portland, ME 04104**

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