



Events

January

Every Friday is "Green Streets Day". Wear green and get discounts from area merchants. Eg. \$2.00 pints at Slaints

Feb. 28, 2008

Welcome to our annual Banquet - Potluck dinner, Tallent Show, Slide Show and Dance

This event has always been a good time for all. There is a lot of tallent in our club and Patty makes the dancing fun.

The place is First Parish Church in Gorham.

Best directions are: from the center of town (where Amatos is)

Proceed north on Rt#114 (School Street)

Take the first Right onto Church Street.

Church is on the left.

Parking is on the left, at the bottom of the hill.

Past practice has been (and I have not heard anything different this time) that people begin to show up around 5pm.

The meal is around 6pm followed by the program.

BIKE WAY

NEWSLETTER OF THE CASCO BAY BICYCLE CLUB
SERVING THE SOUTHERN MAINE BICYCLING COMMUNITY

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on the web: www.cascobaybicycleclub.org

21st Annual Maine Bike Rally **July 10-12, 2009 ~ Fryeburg, Maine**



▶ [Register Online](#)

The Maine Bike Rally is a much-beloved tradition that brings together hundreds of bicyclists from throughout the United States and Canada. The 2009 rally offers three days of road and off-road bike rides in beautiful western Maine and the Mount Washington Valley of New Hampshire for all levels of cyclists, plus a full weekend of family entertainment.

Rides from five to 100 miles showcase covered bridges, woodland trails, historic sites, local swimming holes and the historic Fryeburg Fairgrounds. There will be a Time Trail (where each bicyclist races against the clock), two century rides, several metric centuries, sunrise rides and stargazing night rides. The rally also will appeal to the non-cyclists in your family with canoeing, hiking, shopping and other attractions nearby.

Now in its 21st year, the rally features a colorful bike parade, ice cream social, music and other entertainment. Camping, food (including big breakfasts, picnic lunches and all-you-can-eat dinner), all rides, entertainment and a bike rally T-shirt are included in the affordable, weekend price if you preregister by June 25th.

The Maine Bike Rally is co-sponsored by the Bicycle Coalition of Maine, Casco Bay Bicycle Club, Merrymeeting Wheelers Bicycle Club and the [town of Fryeburg](#). For the second year in a row, Fryeburg Academy is hosting the rally.

An adult bike driving class (Smart Cycling-Traffic Skills 101) and a League Cycling Instructor training course will be offered in Fryeburg during the week before the rally. [Find out more...](#)

**Casco Bay
Bicycle Club
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**2009 Great Maine
Bike Swap**

April 19, 2009: University of Maine, Student Recreation and Fitness Center, Orono, 10am - 2pm

April 26, 2009: University of Southern Maine, Sullivan Gym, Portland, 10am - 2pm

Hundreds of affordable, used bicycles will be for sale at the Great Maine Bike Swap. Sponsored by the Bicycle Coalition of Maine (BCM) and university groups, the swap brings together people buying and selling used bicycles and bike gear.

All types of bicycles - from mountain bikes to road bikes, classic cruisers, kids' bikes and hybrids - will be for sale. The swap also will feature mini-workshops on topics such as how to fix a flat, displays by local bike shops, refreshments and information about Maine biking events.

You can come to buy a bike, sell one or both. A large test riding area will allow shoppers to try out bikes. Volunteer advisors will be on hand to help with pricing and bike fit.

Admission is \$3, with free admission for University of Maine students, University of Southern Maine students and children 12 or younger. The public is invited to sell used bikes in good, working condition. A small commission on bike sales will support BCM's bike safety and education programs.

For more information, please call (207) 623-4511 or email maggie@BikeMaine.org.

Bike Shops Offer Member Discounts

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

Allspeed Bicycle & Ski
1041 Washington Ave. Portland, ME
878-8741, www.allspeed.com

Cycle Mania
59 Federal St. Portland, ME
774-2933, www.cyclemania1.com

Back Bay Bicycle
333 Forest Ave., Portland, ME
773-6906, www.backbaybicycle.com

Gorham Bike & Ski
1440 Congress St. Portland, ME
773-1700, www.gorhambike.co

Bath Cycle & Ski
U.S. Route 1, Woolwich, ME
1-800-245-3626, www.bikeman.com

Cape Able Bike Shop
83 Arundle Rd. Kennebunkport, ME
1-800-220-0907 www.mnetwork.com/
cape-ablebike

Rainbow Cycle Center
1225 Center St. Auburn, ME
1-800-244-7576, www.rainbowbike.com

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
Rides are done for the year and will start in May 2009

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. 233-0393 cancelled due to injury start up in Feb.

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 = Leasurely (9 -12 mph)
- M = Moderate (13 - 16 mph)
- B = Brisk (17 - 20 mph)

WHITE MOUNTAIN SERIES

The White Mountain Series was developed as a way to train for the White Mountain Century, but even those who don't intend to do the Century can enjoy one or more of these beautiful, challenging rides.

Schedule:

(Each ride will be Saturday; the Sunday immediately following is the rain date)

BEAR NOTCH

Date: 5/30/09
Ride Start Time: 9:00AM
Distance: almost 40 miles
Start Point: Cranmore Parking Lot, North Conway

PINKHAM/EVANS NOTCHES

(the "easier" way)
Date: 6/27/09
Ride Start Time 8:00AM
Distance: 82 miles
Start Point: Fryeburg swimming hole

EVANS/PINKHAM NOTCHES

(the harder way)
Date: 7/25/09
Ride Start Time: 8:00AM
Distance: 82 miles
Start Point: Fryeburg swimming hole

KANK 'N' BACK

Date: 8/29/09
Ride Start Time: 8:00AM
Distance: 69 miles
Start Point: High school parking lot, Rt. 16, Conway (right before

turn-off for the Kank)

If you want to know more, or want to carpool from the Mountain Division Trail parking lot in Standish (Rt. 35, 1/4 mile from Rt. 114), contact Joanne Rawlings-Sekunda at mjrs@securespeed.net.



From the Editor



On Your Next Ride Don't Forget the Feet

A lot of us are familiar with the many uses that exist for "Bag Balm". It is great stuff for the prevention and cure of saddle sores. It is a fine antiseptic and lubricant. It works wonders removing the sometimes ubiquitous black gear mark we get on our right legs. I use the stuff before every ride on my feet. Bag Balm does triple duty there. One, it prevents the skin from getting dry and chapped. Two, it is a lubricant, preventing sores and calluses from forming on the friction spots on the ball of the foot and heel. And three: when I use the stuff my feet just don't stink. My boots last a lot longer as well. So do not forget the feet. Be friendly to them and they will thank you for it.



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 Ron Levere 846 - 4844

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 Family Rate - \$25.00 Business rate negotiable

Renewable annually in the month originally joined

New _____ Renewal _____

For Club use:

Member # _____

Date paid _____

Amt. Paid _____

Expires _____

Mail to:

CBBC
P.O. Box 10523
Portland, ME 04104