



BIKE WAY

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

Steve Gordon - Editor, 828-7990 stevogordo@hotmail.com

Dave Galbraith - President, dgalbraith@ci.auburn.me.us

on the web: www.cascobaybicycleclub.org

Events

July
6 - 8 Friday - Sunday
19th Maine Bike Rally
Yarmouth, Maine

Now is the time to make your plans for a fantastic weekend with your favorite people. Rides for all, Food, Camping, Entertainment, and other fun events. Get involved call Ken O'Brien - 839-5468

- **Maine Bike Rally Time Trial**
- 9:00 am -11:00 am, Sunday

SATURDAY, JULY 14

CCCP www.tbs-community-ride.org is sponsoring the COMMUNITY RIDE

Benefit ride for The Bike Shop: A non-profit child- Centered project on Portland's East End www.thebikeshop1.org
30 miles 9 to 10 am start from South Portland's Bug Light

Reverse PVC/SMCC Cape Elizabeth loop.

With a 9 to 10am rolling start, those of you doing a PVC or SMCC ride should be able to do both rides.

Dave's Century Riders



The CBBC Team ate well on the TREK



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**Casco Bay
Bicycle Club
Officers:**

President
Dave Galbraith
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829-4447

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799-0757
kcp@gwi.net

Operations VP
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839-5468
kob2@maine.rr.com

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oldred4000@aol.com

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

Board Members

Steve Gordon

Roland Lavigne
MyMashu@worldnet.att.net

Committee Chairs

Events Coordinators
Patty Medina
pmedina@usm.maine.edu

Mick McGinn
mainemick@msn.com

Wed. Ride Coordinators
Barbara Stebbins/Ron Levere
846-4844
stebbins@usm.maine.edu
levere@usm.maine.edu

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

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stevogordo@hotmail.com

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Donations welcome but not required. (Suggested \$10)TBS serves Portland's children by promoting good health through cycling. An open door project, we work with 500 children and youth from low-income homes every year. Weekend rides get us out into the greater community and our Shop makes sure that everyone's bike keeps rolling in safe operating condition.

Questions? Check out our website: www.thebikeshop1.org or call TBS @ 766-5920

21 Maine Lobster Ride & Roll

Event City: Rockland
Event Address: 400 Broadway
Distance: 16-100mi
Contact Name: Deborah Ladner
Contact E-mail: [info@Bike-](mailto:info@Bike-Maine.org)

Maine.org
Event Website: www.bike-maine.org
Phone: (207)623-4511
Comments: 15-100 mi Tours; fresh lobster roll luncheon

August

4 Saturday
Event Name: MS Bike to the Breakwater 08/04-05
Event City: Standish
Event Address: Saint Joseph's College
Distance: 25,50,75
Ride Type: Road
Contact Name: Hannah Montgomery
Contact E-mail: hmontgomery@msmaine.org
Event Website: www.msmaine.org
Phone (incl. area code): 1-800-526-8890
Comments: Don't miss the 2007 MS Bike to the Breakwater. The only MS Bike Ride where

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Bike Shops Offer Member Discounts

Support the bike shops listed below. All of offer CBBC members get 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

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

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

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

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

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

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), 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

Sundays - CBBC - Easy Ride. Ride slowly, see the scenery and just take it easy. I planned to have a ride for beginners or those who just want to spend a relaxed Sunday afternoon on their bicycles. The ride will leave from the basketball courts in Payson Park, Portland. (It is the Park between Baxter Blvd and Ocean Ave). The start time is set for 2:00 PM. Call me, Steve Gordon: 828-7990 or e-mail me, stevogordo@hotmail.com.

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lobster bibs are provided! We welcome all ages and abilities. Register today at www.msmaine.org!

September

8 September 7:00 AM

The White Mountain Century, sponsored by the Casco Bay Bicycle Club, climbs through four mountain passes in the White Mountain National Forest in central New Hampshire. It starts at 7:00 at the Covered Bridge Campground on the Kankamagus Highway (Rt 112) 10 miles off Rt 16 in Conway, NH. Riders will climb up through Bear Notch and plunge down into Bartlett. The route then climbs through scenic Crawford Notch in the shadow of Mt Washington, then turns west toward Twin Mountain. A ride down through Franconia Notch on the beautiful Franconia Notch Bike Path, is followed by a nine mile climb up the Kankamagus to the notch at 2160 feet and a thrilling drop to the Covered Bridge

Campground. There are four food stops on the ride and Sag Wagon support. Rain or shine ride.

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 8/26/05.

Both centuries for \$30.00 US.

FRYEBURG FROLIC CENTURY

7:00 am - September 15, 2005

The Fryeburg Frolic Century, sponsored by the Casco Bay Bicycle Club, attempts to be a kinder, gentler century even though it passes through the hills of western Maine, up to the edge of the White Mountains. It starts at the University of Southern Maine, Gorham Campus, off Rt. 114. The route to Fryeburg winds through pine woods and small villages; past lakes and around the Burnt Meadow Mountains. With an Indian Summer day, the Fryeburg food stop, near a beach on a quiet bend of the Saco River, may include some swimming. The return ride follows the Saco River, even though you only get to glimpse it now and then. It includes the back road from Hiram to Cornish - a classic stretch of understated Maine beauty.

There are four food stops on the ride and Sag Wagon support. Rain or shine ride

Cost is \$17.00 US for advanced registrations, and \$25.00 US after 9/02/05.

22 Sept. Annual Tour de Beaches and Club Picnic

Crescent Beach State Park, Cape Elizabeth

12 - 25 mile rides

FMI Patty Medina

pmedina@usm.maine.edu

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)



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 Galbraith 829-4447

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