



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

Events

April

17 CBBC Meeting

O'Naturals - Exchange St.
Portland

Board meeting - 6:00 PM

Club meeting - 7:00 PM

Time to think about the wish list for the coming season

27 Great Maine Bike Swap - Portland

USM Sullivan Gym

10 AM to 2 PM
We need volunteers to help out at the Great Maine Bike Swap in Portland (April 27) and Orono (May 4). Volunteers get to check over the bike inventory before the swap opens to the public. That's a real plus if you're in the market for a bike.

This year's Portland swap will feature an Earth Day Bike Parade around Back Cove, beginning at 1 p.m. from the University of Southern Maine's Sullivan Gym on the Portland campus. Green Streets Portland is organizing the parade - and they will have a bike decorating station at the swap. So, bring your family, and let your imagination go wild!

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President's Column

It's here – Spring is officially here, but it still seems that winter will never end. Some bikers who also like to ski are still happy, but there are lots of us who are anxiously anticipating the disappearance of snow and ice and arrival of warmer weather with ice and sand-free roads. I hope that all those potholes get filled in as well as having the bumps in the roads go back to where they came from.

As a follow-up to my column last month, I wanted to mention that at the potluck dinner Steve Gordon was presented with a gift certificate to L.L. Bean for contributions to the club. I think that the certificate might get used in the bicycle section of the store.

Plans for the Bike Rally (July 11-13) are continuing with the regular representatives (Kathy Potrepka, Ken O'Brien, and Steve Gordon) from CBBC heading up to Fryeburg for planning meetings.

The CBBC MS 150 Team (August 2-3) team now has 6 official members. Five other individuals have "refer a friend" papers as new riders to submit and lower their fundraising minimum to \$150. Contact Kathy Potrepka (kcp@gwi.net) for details or go their website at: http://bikemem.nationalmssociety.org/site/PageServer?pagename=BIKE_MEM_Details

At the last meeting Maggie told us about one of her interesting rides: she took the Amtrak Downeaster train from Portland to Wells and biked back to Portland with some of the route on the East Coast Greenway (<http://www.greenway.org/>). This sounded like a good ride to "put in the hopper" for this season.

The Bike Swap is coming on April 27 at the USM Sullivan Gym. The CBBC is planning to volunteer at the Bicycle Coalition of Maine table. Let a board member know if you are interested in participating.

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**Casco Bay
Bicycle Club
Officers:**

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Steve Gordon

Barbara Stebbins

Committee Chairs

Events Coordinators
Patty Medina
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Wed. Ride Coordinators
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Membership Coordinator
Dave Clements
207-657-5854
oldred4000@aol.com

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

Events

26 8:30 AM - 3:00 PM Eastern Trail 50 Mile Shore Ride: 50 mile road ride

Eastern Trail Alliance Ride. We will ride the Eastern Trail from Saco to Wells. Return by scenic ocean route. Ride with group (~14 mph or go at your own pace. Map provided.

ride will leave from the Downeaster Train Parking Lot - 110 Maine St. Saco.

Contact: Mogens Ravn
mravn@maine.rr.com
207-934-1643

It sounds like a great way to combine a train ride with a nice bike adventure (Ed.)

May

24 Dave's Birthday Century 7:00AM meet at the United Methodest Church on Blackstrap Road in Cumberland. FMI Dave Clements: oldred4000@aol.com 657-5854

June

13 - 15 ALAM's Trek Across Maine!

Sunday River Resort to the sea 180 Mile tour

Contact: Gale Auclair
trek@lungme.org
www.lungme.org
888.241.6566 x115

Join the 24th annual Trek Across Maine! From the mountains of Sunday River to the beautiful sea of midcoast Maine...ending in Belfast! A 3 day tour of scenic Maine, over 180 miles across the state. Register today www.lungme.org to support the mission of the American Lung Association of Maine.

This year Mick McGinn will be the team captain for the Casco Bay Bicycle Club team. To join the team contact him at: mainemick@msn.com

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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

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

Rides are done for the year. They will return in May.

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.

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)

President's Column

There will be a Community Bike Day ride on May 18 to support the Bike Shop. The Bike Shop works with youth in Portland's Kennedy Park. More details will become available.

Our club liability insurance premium will be increasing over threefold, so one way of covering the additional cost is to focus on the electronic distribution of the newsletter. I prefer the timeliness and higher quality by accessing the newsletter by computer, with the added benefits of reducing production and mailing costs to the club; being more "green"; and helping keep Steve Gordon from throwing in the towel on the newsletter production.

Some of the major events to look forward to this year are:

- May 24 – Dave Clements' Birthday Century ride
- July 11-13 – Maine Bike Rally (<http://www.bikemaine.org/mainebikerally/>)
- Aug 31 - Bike and BBQ @ Mick McGinn's place with a rain date the next day(Labor Day)
- Sept 13 – White Mountain Century
- Sept 20 – Fryeburg Frolic Century
- (Sept 27 Beaches Ride and Club Picnic) Ed.

I am attaching the results of the survey conducted at the annual holiday banquet in December so you can see what other club members are thinking about. We welcome any feedback.

Next club meeting is scheduled for April 17 at O'Naturals in Portland.

Ron Levere

July

11 - 13 Maine Bike Rally Fryeburg, Maine

This three-day event features more than 30 rides to choose from both off-road and on-road, some as short as five miles, others 100 miles long.

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.

<http://www.bikemaine.org/mainebikerally/index.html> For Registration and info.



Photos by Steve Gordon



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