



Events

May

14 Portland Bike - Ped Committee meeting, Room 109, City Hall, 6:00 PM. for info call - 828-7990

19 Sat.

Dave's Birthday Century

The ride leaves from the United Methodist Church on Blackstrap Road in Gray. The ride is fully supported. For information, contact Dave Clements 657-5854

oldred4000@aol.com

(Ed.) If you can do this ride the Trek will seem easy.

Event Name: Mount Desert Island Tour de Cure

Event City: Bar Harbor

Event Address: 105 Eden Street

Distance: 100K, 50K, 25K

Ride Type: Road

Contact Name: Emily Williams

Contact E-mail: ewilliams@diabetes.org

Event Website: http://tour.diabetes.org/site/TR?pg=entry&fr_id=4345

Phone (incl. area code): (207) 774-7717 x3720

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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

MAINE BIKE RALLY

Bicyclists from across Maine, New England, several other states and Canada gather each summer at for the Maine Bike Rally, co-hosted by the Bicycle Coalition of Maine, The Casco Bay Bicycling Club, Merrymeeting Wheelers, and local cyclists.

With nearly 30 rides to choose from both off-road and on-road, some as short as 5 miles, others 100 miles long, there is something for everyone to enjoy at this 3-day event.

Camping, food (including big breakfasts, picnic lunches and all-you-can-eat dinner), all rides, entertainment, and a bike rally T-shirt are included.

All the bike rides are designed to take in the splendor of the region hosting the Maine Bike Rally. In addition to rides, participants enjoy the Maine Bike Expo--with a myriad of cool bikes on display--an Ice Cream Social, an awards ceremony, and other activities. The Maine Bike Rally moves its location around the state of Maine. Past Rallies have taken place in Bath, Bethel and Belfast. In addition to excellent on-road and off-road riding, participants can take part in other activities, including canoeing, hiking, swimming and visiting museums in the hosting region.

Thanks to the generous sponsorship of L.L.Bean, local bicyclists can participate in the Maine Bike Rally rides free of charge.* Bicyclists from the Yarmouth area towns listed below need to show their driver's license or proof of residence and will be able to ride on Rally rides and participate in many events at the free of charge. Yarmouth ~ Falmouth ~ Cumberland Freeport ~ Pownal
 * Local bicyclists who plan to camp, eat meals etc., are still required to pay the registration fee.

For additional information, contact the BCM at (207) 623-4511 or email info@BikeMaine.org.

**Casco Bay
Bicycle Club
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829-4447

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Comments: Ride through one of the most beautiful landscapes on the Eastern Coast, beginning and ending in the picturesque resort town of Bar Harbor. The challenging 100K route travels the perimeter of scenic Mount Desert Island, curling through peaceful coves dotted with traditional fishing villages and rocky beaches. The 50K and 25K routes wander along Acadia National Park's famous Loop Road. All routes include some hilly terrain. Satisfaction is guaranteed with spectacular ocean views and a hearty lunch served on the grounds of the College of the Atlantic.

June

11 Portland Bike - Ped Committee meeting, Room 109 City Hall, 6:00 PM. Info. 828-7990

15, 16, 17 Trek Across Maine
For info. contact Jody - 657-5854. Our club has a team and would welcome anyone who would like to join us.

20 Portland Bike Commuting Meeting
Contact Name: John Brooking
Contact E-mail: jbrk4_com@pobox.com
Event Website: www.bike.meetup.com/132

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

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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 Ends 9/28
 The Yarmouth rides will resume May 3rd.

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.

Note

Wednesday evening and Sunday afternoon rides start up in May.



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21 Maine Lobster Ride & Roll Event City: Rockland Event Address: 400 Broadway Distance: 16-100mi Contact Name: Deborah Ladner Contact E-mail: info@Bike-Maine.org Event Website: www.bike-maine.org Phone: (207)623-4511 Comments: 15-100 mi Tours; fresh lobster roll luncheon

August

August 4th and 5th-MS 150 Charity Ride for Multiple Sclerosis. Start/Finish at St Joseph College, Windham, ME. Fund-raising needed. Pre-register at www.msmaine.org. Club contact: Kathy Potrepka

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)

Scott's Spin: Road Warriors o^o o^o o^o o^o o^o

I'm pedaling to work last week. Up ahead I see another rider. Cycling clothes, backpack, mountain bike with slick tires. Must be a fellow commuter. Who else would be riding at 7:30 on a Thursday morning in freezing temps?

I'm slowly gaining on him. Oh, good. We'll say hi, commiserate about numb fingers and dumb drivers, maybe plan a lunch ride together.

Yeah, right. And I'll go curtain shopping on Saturday instead of doing the club ride.

He glances back, sees me coming. He jumps out of the saddle and sprints. A few seconds later he looks around again. The gap has grown. Then, disaster: The traffic light turns red.

Thinking fast, he bunny hops the curb onto the sidewalk and powers through the three-way intersection. He looks back, sees me stopping at the light. Game over. He could've been road kill, but that's a small price to pay for victory in the commuter wars.

What is it about bike commuters that makes them more competitive than any Cat 1 racer? I've seen it all in my 20+ years of cycling to work.

Me, I just want to get to work. Heck, the other morning I got passed by this dude on an ancient, filthy department-store mountain bike with knobbies. He was wearing jeans and sneakers. And drinking a beer.

(Scott Martin wrote feature articles for *Bicycling* magazine for a dozen years. You can reach him at scottmartin@roadbikerider.com)



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