



BIKE WAY

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

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

Ron Levere - President, 846-4844 levere@maine.edu

on the web: www.cascobaybicycleclub.org

Events

May

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

9 -- York Beach Ride, 9am, York Harbor, 25mi Road, Bob Bruce, bobbiker@roadrunner.com, 319-8009, www.mer-rymeetingwheelers.org

11-15 -- Commute Another Way Week-Take the Commuter Challenge, Statewide, Carey Kish, ckish@gpcog.org, www.com-muteanotherwayweek.org

21 CBBC Meeting
O'Naturals - Exchange St. Portland
Board meeting - 6:00 PM
Club meeting - 7:00 PM

31 -- Women's Ride for Heart Health, 8:00am, Freeport, LL Bean Casco Conference Center, 15 Casco Street, 5-25mi Road, free yoga, massage, nutrition presentations, screenings, Deborah Ladner, Deborah@

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President's Column

Spring is almost here and we're all getting antsy about getting out on the road. I have been out for a few miles (very few) and I'm still thawing out. I know that warmer days are coming and I'm looking forward to them.



Speaking of warmer days, we did get to do some biking in Florida in January. It isn't exactly the training ground for Lance with the flat landscape, especially when you see people roller-blading and skate-boarding along the bike path, but it has one major quality in its favor - it's warm.



Here's a photo from our bike ride on the Legacy Rail Trail near Sarasota taken in January.

Now, in Maine, we're faced with drivers who haven't seen many bicyclists, especially groups, on the road since last fall, so we need to be aware of their enjoyment of our absence. I was reminded of the drivers' concern when I went to the bank the other day (on my bike) and in a discussion with the bank manager about biking, she said how concerned she was when she encountered bicyclists on the road. She isn't sure what to do and gets nervous when she has to pass bicyclists.

I told her that many bicyclists were also concerned and gave her some of the principles we use like leaving gaps for cars to leapfrog

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**Casco Bay
Bicycle Club
Officers:**

President
Ron Levere
levere@maine.edu
846-4844

Executive Vice President
Kathy Potrepka
799-0757
kcp@gwi.net

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

Treasurer
Dave Clements
233-0393
dclements@maine.rr.com

Secretary
Jody O'Farrell
239-7757
loonson57@yahoo.com

Board Members

Steve Gordon

Barbara Stebbins

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
Dave Clements
207-657-5854
dclements@maine.rr.com

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

President's Column

groups of cyclists; not riding several abreast; using hand signals; wearing bright clothing; etc. I told her that there was a bicyclist safety group formed by BCM which was dealing with bicycle safety.

I hope that in some small way I have convinced one person who fears encounters with bicyclists. We have many more to convince and no matter how much right we have to the road, it's the largest vehicle that wins in a confrontation.

The Yarmouth Saturday rides began on April 18 with Bill Jose taking the leadership role for the rides. If you would like to lead a ride, I'm sure that he would welcome some volunteers - his email is: billjtwo@hotmail.com.

The Yarmouth Wednesday evening rides will begin on May 6 at 6 pm, so let's hope for some nice warm spring evenings - see you there, since I'm the first ride leader.

We're beginning to use Facebook as an additional way of communicating and sharing with club members so if you log into Facebook, look up Casco Bay Bicycle Club. There is a sister-Facebook site called Casco Bay Bicycling Club on Facebook which also features club-related events.

Most club members now know that our newsletter distribution has gone all-electronic. It is a sign of the times that electronic communication is taking precedence over printed distribution. With that preface, I would like to remind

everyone that our club calendar is a good way to check on ride information.

We have been trying to keep the calendar up to date so that it has a current listing of bicycle events, times, and with maps to the locations.

The web address is: <http://casco-baybicycleclub.org/calendar.htm> - a good bookmark to add to your browser. Also, you can email Ken O'Brien (kob2@maine.rr.com) or me (levere@maine.edu) with club-related events to be posted.

I'll see you soon on a ride.

Ron Levere

Events June

7 -- Kennebunks Tour de Cure, 7am, Middle School, 60 Thompson Road, Kennebunk, 15-60mi Road, Emily Silevinac, esilevinac@diabetes.org, 774-7717 x3720, www.diabetes.org/tour

13 - World Naked Bike Ride
<http://www.worldnakedbikeride.org/>

28 - Pemaquid Ride with picnic to follow ride. Leave Hanaford's on Route 1A north of Damariscotta. Travel through Chamberlain and New Harbor to Pemaquid Light House. Travel back through Bristol and Walpole. There will be a picnic following the ride free to members and \$5 to non-members. Contact Bob Bruce bobbiker@roadrunner.com 319-8009

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May 2009
**Special Rides for
2009**

Let's take on a new perspective for 2009 and join in on some special rides.

First, go to www.msmaine.org and sign up for the Casco Bay Bicycle Club Bike MS team. This will be my second year as team captain and I invite you to join our team. Please plan to join us August 1-2 at St Joseph's College in Windham for the 25 th Bike to the Breakwater. Yes, there is a registration fee and you need to raise \$250 dollars. We have club members spread out thru the ride as we tend to ride at different paces. Your choice of 50 or 75 mile rides each day, or 25 miles on Saturday. In my previous ten years of participation, I have found the event to be very well run by lots of volunteers. I started because two former MMC coworkers who are bicyclists are very involved in this ride and I wanted to help them fight this disease thru the MS Society. I believe bicyclists have a heart and help others by using our passion for riding to support worthy causes. Come join us!

Second, go to www.diabetes.org/tour and sign up for Kennebunks Tour de Cure on Sunday June 7 at Middle School. There is a choice of 25K, 50K and 100K rides. Registration is \$25 and riders need to raise at least \$150 for American Diabetes Association. Let's help fight diabetes and improve the lives of people with diabetes!

(You can donate to sponsor me, Kathleen Potrepka, if you wish!)

Ladies, let's join the Women's

Ride for Heart Health on Sunday May 31 at LL Bean Casco Conference Center , 15 Casco St, Freeport. Ride 5, 10, or 25 miles. There are free yoga, massage and nutrition presentations and screenings. Go to www.BikeMaine.org and sign up (\$25 BCM members, \$35 nonmembers yet includes new one year membership.)

Best wishes to those who are already training for June 19-21 Trek Across Maine and raising dollars for the American Lung Assn of Maine (\$50 to enter and \$500 to raise). Check this out at www.lungme.org

Kathy Potrepka

799-0757
kcp@gwi.net

SCOTT'S SPIN

Old Story

I'm a victim of elder abuse.

It happens every time I ride with younger, stronger cyclists. (I'm also a victim of, uh, younger abuse, but that's another story.)

Do you suffer from this silent scourge? There's one way to find out.

Fortunately, I work for a company that publishes pamphlets on a wide range of critical health topics, including *Body Hair Removal*, the ever-popular *Irritable Bowel Syndrome* and, yes, *Elder Abuse*.

"Is someone hurting you?" begins the *Elder Abuse* pamphlet. "Yes," I reply, "the 22-year-old with 3% body fat and no job whose chain

gets stuck on the 13 cog whenever he takes a pull."

Clearly, this pamphlet is onto something. Let's read on:

Pamphlet: *There are many ways someone can hurt you.*

Let me count them -- hills, crosswinds, attacks, refusing to stop for nature breaks every 30 minutes.

Pamphlet: *Does someone you know control what you do, who you see, or where you go?*

Check -- I have to ride in the back, in the gutter or in the wind. I'm not able to see anybody but the butts of the slowest riders. I'm forced to go on the same route Saturday after Saturday.

Pamphlet: *Does someone you know treat you like a child and make major decisions for you?*

Yup -- "We're leaving now . . . Better eat while you can . . . No, we're not stopping to pee again."

Pamphlet: *Does someone you know make fun of you, insult you or call you names?*

All the time -- "Are you ever going to take a pull? . . . Can't you boot your tire with your AARP card? . . . Nice shift, Methuselah, did they even have derailleurs when you started riding?"

Pamphlet: *Does someone you know break or destroy your*

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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 start May 6, 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.

SCOTT'S SPIN

things?

Yes -- if by "things" you mean legs or spirit.

Comment

(*Scott Martin's eBook, Spin Again, contains 181 of his witty, sometimes wacky, and occasionally heart-felt observations on road cycling. Enjoy 3 more by clicking [here](#).)*

RoadBikeRider (RBRPublishing@RoadBikeRider.com)

Events

July

10-12 -- Maine Bike Rally, Fryeburg Academy, 1-100mi Road & Mtn Tours, Maggie Warren, Maggie@BikeMaine.org, 623-4511, www.BikeMaine.org

12 -- Maine Bike Rally Time Trial (Maine TT Series #8), 9am, Main St, Fryeburg, 18mi Road Race, Michael Mendonca, michaelrichard7879@yahoo.com, 697-3574

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...](#)

August

1-2 -- Bike MS: Bike to the Breakwater, St. Joseph's College, Standish, 25/50/75/150mi Tour, Heather Orlando, heather.orlando@nmss.org, 781-7960, www.msmaine.org
 Kathy Potrepka is the team captain for the CBBC Team
 799-0757
 kcp@gwi.net

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
 693 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



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